

# REAL REPORTER

No. 39

International Edition

January 10, 2020

## Nutrition Major Students Promote Health Internship in Brazil Gives New Experiences



Photos by Zuleyha Suzen

By Ayaka Kawamoto, Moeka Kobayashi, Chihiro Sasaki, Manami Shirao, Rina Sota, & Kanon Tsuji  
The University of Shimane

Students majoring in nutrition presented their findings at the University of Shimane's annual festival (Hamada Campus) on October 13, 2019.

The Department of Health and Nutrition conducted research the eating habits of college students in Japan. According to their research, both male and female students look at the energy figure on the label of the nutrition values. They also found that males tended to buy prepared foods at convenience stores more often than females. Generally, college students tend to consume excessive carbohydrates.

This result is not surprising because many university students live alone in apartments away from their families, feeling cumbersome to cook proper meals every day. College students are busy due to classes and part-time jobs. If a student buys a boxed lunch, salad and yogurt at a convenience store, it would be healthier but too expensive.

Based on their findings, the students proposed a wise shopping habit. They suggested that students buy fruits and dairy products such as oranges, milk and yogurt at a supermarket and keep them in the fridge at home, and that they should also use these foods when they eat prepared boxed lunches from a convenience store. In this way, students will be able to enjoy a healthier diet with a good balance of nutrition, but it will not be so expensive.

At the end of their presentation, the young nutrition researchers asked the audience which food should be combined with spaghetti, potato salad or cut vegetable. The correct answer is cut vegetable. Thanks to their educational presentation, most of the audience answered correctly. Their educational presentation was a great success!

One male student asked why they were so beautiful, although the answer was obvious. Good food! The students are aspiring to be certified dietitians when they graduate from college. The Department of Health and Nutrition at the University of Shimane is the first program for registered dietitians in the area.

### The International Student Support Club, HOW.U

By Somin Im  
University of Ulsan

The number of international students studying in Korea is rapidly increasing. The University of Ulsan interacts with more than 50 universities abroad, so more and more foreign students come to the university to study. However, living in an unfamiliar country with no acquaintances and taking classes in different language can be challenging. To solve these problems, there is a student club called HOW.U which assists international students to adapt to the Korean life.

HOW.U is a club at the University of Ulsan, via the International office. The name of the club stands for 'Hang Out with Us', which means everyone is welcome to visit and hang out. The main function of this club is to help international students who need assistance at school or in their daily lives. For example, students with lack of Korean skills who might have problems reading and filling opportunities for both international and Korean documents, when opening a bank account or applying for an alien registration card.

Another function of HOW.U is planning and organizing events for both international and Korean students. Every semester, members of HOW.U make plans for fresh and enjoyable events for all students to join. One of the best events was the 'World food festival', because students from different countries were able to introduce their food and everyone could taste new foods and learn about various cultures. Also, there are events like welcoming parties, sports-day, movie night and Korean holidays.

With the help of HOW.U, international students can easily make friends and adapt to the Korean culture. At the same time, Korean students in University of Ulsan can experience various foreign cultures through the events and become friends with foreign students. This club gives great opportunities to students who want to communicate with each other, and is highly recommended for those wishing to settle into the University of Ulsan.

By Zuleyha Suzen  
Centro Universitário de Jaguariúna

What was the biggest risk you ever took in your life? Stealing, skydiving or living in another country which has a different language from your native language? The latter was the biggest risk I took in my whole life. I am an exchange student from Turkey at Centro Universitário de Jaguariúna, in Sao Paulo in Brazil. In my country, college students must do two internships for graduation, so I had been looking for a good company to do an internship since the beginning of the first semester, when I heard an opportunity to intern at Uni FAJ, Brazil.

I felt both happy and worried, because I could not speak Portuguese and I had no information about the country. Being aware of the advantages of doing an internship, however, I decided to study in Brazil, because I knew doing an internship in a foreign country would help me develop both personal and professional skills.

From the first day here, I met many new people and I experienced a lot of new things. Brazil and Turkey are in opposite hemispheres, so the seasons are inverted. While it was winter here it was summer in Turkey. The differences of seasons were weird for me too. The languages are also different. I started to learn some expressions such as "hi," "thank you," "sorry," etc. in Portuguese, and now I can buy water speaking Portuguese.

Foods are very different. Turkey's food culture is quite rich and wide. So, in the beginning, it was a bit difficult to get used to foods in Brazil. The girls I stayed with were always encouraging me to try new things, so, I tried *esfiha*, *pastel*, *empadão* and *pao de queijo*. I love all of them!

Geographically, Brazil is also very different. When I decided to come here, I thought three months would be enough to explore the entire country. But I did not realize how big the country actually is! I tried to visit as many places as I could, including Holambra, which was like a little Holland. There were windmills and bridges with padlocks. I asked my friend why it looked like Holland, she told me, "the first person who came to Holambra was Dutch" so he/she tried to assimilate this place to Holland.

Also, I went to Rio de Janeiro and it was amazing. When I saw the view of the city I was fascinated, it has lakes, beaches, mountains, parks, luxurious buildings and *favelas* in contrast, which are poor areas. There



Zuleyha with friends in Brazil

are too many places to see in Brazil.

In addition to these new experiences, I encountered situations to solve problems. I got out of my comfort zone with my own family and friends back home. Shopping was a challenge. I had to figure out what I wanted to buy. Also living with someone unfamiliar is difficult.

To sum up, coming here was the best decision for me in my whole life. If I had not come here, I could not have seen this beautiful place and would not have met these amazing people. I would like to advise all college students to experience an internship in a foreign country. Do not limit yourself. Your only limit should be the sky. If you want to do something, just believe in yourself. Never be afraid of making a mistake. Be sure that our mistakes are the greatest experience for improving ourselves.

### Editor's Choice of Quotes

"I Have a Dream!"

-Reverend Doctor Martin Luther King Jr.

"My humanity is bound up in yours, for we can only be human together"

-The Most Reverend Desmond Tutu

"In the academic world, [unfortunately]most of the work that is done is [just] clerical, a lot of the work done by professors is [only] routine"

-Noam Chomsky

"When people believe they have a good cause, the violence within them bursts forth unrestrained, as if their good angel has given permission for it to escape."

-Fuminori Nakamura, *Evil & the Mask*



## C O N T E N T S

EXPERIENCE

Page 2

CREEPY CRYPT TALES

Pages 3

EDUCATION & CULTURE

Page 4-7

SPORTS & ENTERTAINMENT

Page 8



# EXPERIENCE

## Teamwork Produces Friendship



Photos: by Ayaka Joichi, Yu Takayama & Sachika Yashiro

Ayaka Joichi, Yu Takayama & Sachika Yashiro  
The University of Shimane

An international collaborative activity between Korean and Japanese students brought the joy of learning and building relationships among students majoring in nutrition.

The joint study seminar was conducted on Oki, an island off the west coast Shimane Prefecture, Japan. The activity was carried out in July 2019 by the Department of Health and Nutrition within the University of Shimane.

Three Korean students from Daegu Health College joined the seminar which studied eating habits in Japan, and was organized in an effort to educate young students to become registered dietitians.

Korean and Japanese students conducted a survey together to investigate the eating habits of residents in the remote island.

The students had an opportunity to present their results at a local supermarket, but they faced great difficulty because they were not able to use a microphone; therefore, it was very challenging to gain the attention of shoppers.

The heart-broken students learned to speak louder and to hook the audience with interesting remarks and gestures. It was very challenging for Korean students to ask questions in Japanese because their spoken Japanese was limited.

Both Korean and Japanese students formed strong friendships because they stayed under the same roof for three nights. The Korean students cooked breakfast and dinner and they chatted in both English and Japanese during the evening.

One night when the Japanese students, who were still in the middle of the semester, studied late at night for their final exams, the Korean students brought some fruit for night snacks saying “*yashoku*” which means “meal for the night.” The Japanese students were very grateful.

What made the seminar special was the common purpose. The participants in this seminar are young students who want to become nutrition specialists. It was easy for them to overcome linguistic and cultural differences because they were bound together by a common purpose to make the world a better place by promoting health. They felt as if they were part of a team.

The students also visited a facility for disabled people, where they had an opportunity to interact with disabled people, and the students were impressed by how the disabled contributed to society.

This joint seminar is part of the international agreement between the University of Shimane and Daegu Health College and 83 freshmen and sophomores of the Department of Health and Nutrition participated in the exchange with the Korean students.

.....



## A Special Christmas in Korea

By Ko Yoonhee  
University of Ulsan

There are many ways to spend Christmas at home, but participating in Christmas events in Korea is a special experience.

First of all, the Tree Festival in Busan is very familiar and is held in Nampo-dong in Busan, where colorful lights are the very popular. Also, there are many performances and artificial snow is sprinkled just on time to make Christmas fun for many people. What is famous about this festival is the “wish tree,” where people can write down their wishes and hang them on the tree.

Second, there are special events at the Cheonggyecheon Stream in Seoul. At this place, people write wishes on hope lanterns and float them in the water. Because of this, many families or couples visit. In addition, the bright Christmas sculptures made by LED lighting are spectacular, and it is said that this is the best place to take a lot of pictures.

Finally, the World Christmas Festival in Cheonan is a well-known among Koreans. Various contests are held at this festival.

Among them are caroling contests, and many people participate because there is a serious monetary prize up for grabs. Also, if you collect seven stamps after performing a mission at the festival theme zone, you can receive *souvenirs* and you will be given a discount ticket to enjoy food when you show three pictures taken at each photo zone.

If you want to make more special memories this Christmas, you should visit Korea and celebrate Christmas here!

## American College Life

By Yui Yoshioka  
Wenatchee Valley College

It has been a month since I started my new life at Wenatchee Valley College. I found many differences between Japan and America. Although there were some difficulties, there are also a lot of great experiences.

One thing I noticed is the difference between the number of courses to take in a week. I only have three courses a week. The three courses are English Writing, Career Life Planning, and English Communication. Each course has a class every day and each class is only for 60 minutes. Although the number of the courses is less, I get a lot of homework after every class.

I was surprised at the number of courses that I must take in the U.S. be-

In my free time, I usually go shopping. Fortunately, the students of WVC can ride the bus for free, so I use the bus to go to the supermarket. I like to buy fruit and Wenatchee is famous for apples, so if you come here, you should try them. They are very good!

When I miss Japanese foods, I buy chicken, *teriyaki* sauce, and rice which can be cooked in the microwave, and I cook *teriyaki* chicken. I also like to explore the town. I have been to Town Toyota Center, which is the biggest skating rink in Wenatchee, Pybus Market, and Columbia River. I went there by free bus and each place is very nice.

My life in Wenatchee, including studying, is extremely enjoyable! I want to try many new things while I am here and I will keep studying hard in order to use English fluently.



Photos: by Yui Yoshioka

cause I took 10 or more courses in Japan. At the University of Shimane, I had many different courses every day, and one class meeting was 90 minutes.

It is difficult for me to speak in class. So far I think I am not good at group work because my classmates speak very fast and it is challenging to say my opinions quickly. So I raise my hand and answer the teacher’s questions sometimes. In order not to fail to hear important things, I record my instructor’s voice in every class and listen to it when I come back to my dorm. On Tuesday and Thursday, free tutoring is offered for the international students. I usually ask questions to my tutors about difficult points of my homework.

The life in my dormitory is comfortable and I have made many friends. My roommate, Chris is a nice person. He gives me his sodas, apples, and cookies sometimes. There is a common kitchen, and when I cook dishes, I often meet someone who lives in the same floor, and conversation begins. This is my way of making friends. I usually cook some sort of *spaghetti* such as tomato sauce and cheese sauce. Recently, we decorated our common area for Halloween. This kind of event makes me feel I am really in the American culture.

## Beauty from within

By Koharu Ichoda, Saya Sugai & Aiko Maejima  
The University of Shimane

What is beauty? You might think it is the result of good make-up and fashion. However, for young nutrition experts, nutritious foods are the source of beauty. In order to be truly beautiful, you should eat good foods including vegetables and fruit.

USJ Students made a presentation of healthy eating habits using models and panels. They demonstrated how protein contributed to formation of muscles and internal organs in the human body. They explained to the audience that protein taken into the body from foods are broken down into amino acids in the body and turned into new proteins for the skin, hair and all the parts of the body.

In other words, beauty is the result of this cycle of amino acids.

There are two types of protein. Animal protein is included in meat and fish whereas vegetable protein is included in beans and cereals. Both types have different health benefits, so it is wise to take in both sources of protein.



“Procrastinating can change the world”

Feature Story on p. 5



# CREEPY CRYPT TALES

## Alone in a Dormitory

By Sayuri Kakuta  
The University of Shimane

I live in a dormitory where a lot of international students live. One summer night I was unable to sleep. It was a quiet night, because all residents went back to their home countries. I was the only person in the building.

So, I started to watch YouTube videos. I found myself watching make-up videos for about 2 hours, but I was so awake that I couldn't sleep at all. So, I decided to watch something else.

Then I was attracted to a war movie, remembering that the end of the World War II came on a hot summer day. I thought I should watch a war movie to learn how people lived during the war. I started to watch the movie in my silent room. I heard only movie sounds.

In the movie, people were killed by guns. I was watching some people without arms or legs or other parts of the body. I was listening to roars of airplanes and shots. Then, suddenly I heard noise.

I felt something was moving outside of my room. But I didn't know what was moving. The noise became bigger and bigger. I couldn't help remembering a scary scene in the war movie. I couldn't move and held my stuffed bear. But my stuffed bear couldn't help me, because it couldn't move too. I froze on my bed with my teddy bear.

After a while, the sound stopped. I was a little relieved and I went out of my room in order to check the cause of noise. I walked through the dark hallway alone.

In the kitchen water was dripping slowly. Then something moved again with big sounds. I was upset and went back to my room, but I couldn't open the door of my room, because my hands were so wet with sweat.

At that time, the door of the room next to mine opened slowly with dull sounds. It should not open, because the student in the room was not here. I knew she went back to her country during summer vacation. I cried out for help. Then the student who standing in front of me cried out too. After that, I learned she came back to Japan earlier and used the washing machine at night.

## Triva: Did you know?

In 1897, Indiana state legislators in the United States, tried to pass a bill that would have legally redefined the value of  $\pi$  as "3.2".

Reed Hastings has said he was inspired to start Netflix after a \$40 late fee on a VHS copy of *Apollo 13*.

Bacon was used to make explosives during World War II.

A face with big eyes, a small nose, and a small chin exhibits kinder-schema: the collection of traits humans have evolved to find adorable.

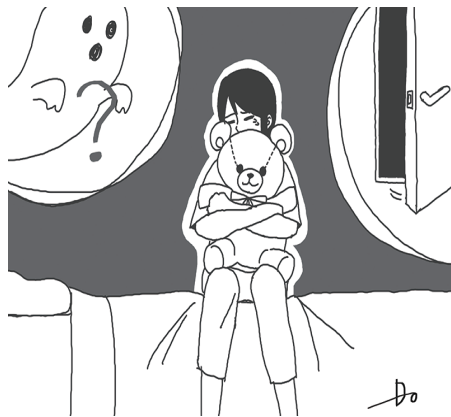


Illustration by Kaori Kondo

## A Centipede



Illustration by Yuki Matsumoto  
By Riku Nagata  
The University of Shimane

When I was a junior high school student, I came home always tired from my club activities. I used to stay up to midnight, but on that day I slept earlier than usual, because I was really tired.

I went to the bathroom before going to bed. Then I noticed the window was open. So I closed it. Then I went into my bed, plugged my ears with earphones, then tried to sleep listening to music. After a short time, I was getting sleepy. Then I felt something on my right arm. I thought the earphone cord, and I swung it off. Soon I fell asleep.

After that, I felt something on my neck. I thought the earphone cord hit me again, so I shook it off. However, that think moved from the neck to the mouth. I tried to remove it, but it moved from the mouth to the ear, and then to the nose.

I got annoyed and caught it with my right hand. I turned on the light and was alarmed at the identity of it. It was a big centipede! I got panicked and tried to throw it out of the window. I tried to open the window near my bed. That centipede is moving to my shoulder!

I shook my arm madly and it was thrown to the wall. As a result, I lost sight of the centipede. It hid itself somewhere in my bedroom. But I heard it moving around. I was so scared that I ran out of the room. On that night, I slept on the living room sofa.

The next morning, I looked around inside of my bedroom for the centipede. I found a dead centipede. The body was broken into pieces. At first, I was relieved. But it was different from the one I saw the previous night. The dead one was smaller. The one I saw was at least 10 centimeter long.

## An Old House in a Forest

Illustration Syuhei Miyoshi



By Syuhei Miyoshi  
The University of Shimane

In one afternoon, I went to a forest to pick up edible plants. Many people in Japan go to the forest to pick wild plants because they are delicacies. I went to a distant forest to harvest a lot of plants. The weather was nice. As soon as I arrived at the spot, I went inside the forest to collect plants. I was crazy about it. I realized I went really deep into the forest. It started to rain.

I found a house there. So I decided to ask for shelter temporarily. I called out, "Hello! Anybody home?" I pushed the door. It opened. I went inside cautiously. I heard a noise. An old woman was standing there. I said, "I'm sorry. May I stay here for a while because it is raining?"

She said, "Sure. Have some tea." She was a friendly woman. I had a nice talk with her. The rain stopped. So I said thank you to her and left her house. I went back home holding a lot of wild plants happily. Later I told my experience to a friend of mine. He said it was weird because no one lived in that forest.

A few days later, I was anxious so I went back to the forest. There I saw a collapsed house. Next to the house there was a tomb.

## Phone Calls at Night



By Shusuke Toda  
The University of Shimane

It was a humid and spooky night. I was exhausted in my apartment. On that night at about half past eleven, I got a phone call from the number I didn't know. I did not answer.

Then I just left it and went to bed since I had class the next day, but my phone started to ring again in the mid-night. It made me little scared so I tried to pretend I could not hear.

The phone stopped ringing

## A Spider



Illustration by Miku Yamauchi  
By Kazuya Miyashita  
The University of Shimane

In one cold and silent night, I didn't feel good. So I finished my work earlier and came home. It was two o'clock midnight. My apartment was very old. I went upstairs. I opened the door. My room was dark and silent. I heard some spooky sounds. It sounded like a rustle of old paper. I was scared, so I immediately turn on the light.

My room was quiet. Nothing was moving. But I certainly heard something. Then I heard the same noise again! Something was there! I got panicked. I said "What was it? What was it?" Fearfully I looked around. At the corner of the room I saw an enormous spider. It had long legs. It ran toward me!

I really hate spiders! I rushed out of my room. I must kill the spider, I thought. I took a long broom and got into the room again, trying to kill the spider. When I tried to poke the spider, it suddenly jumped at me. I madly swung the broom!

The broom that I shook somehow hit the spider. The spider stopped moving. I thought the spider was dead. Then using the broom, I tried to throw it into a trash box. Suddenly the spider started to move! The spider was pretending to be dead!

In a hurry I knocked it many times... many times... all over the place. The spider was dead. I threw it away in the trash box in a hurry. When I took a deep breath, I heard another sound from behind, ruffles...

"Oh, blonde hair boy!"

"I lost an important bag!"

Continued on p. 7

Feature Story on p. 4



# EDUCATION & CULTURE

## English Lessons & Homestay in Vancouver, Canada

Eighteen students from the University of Shimane participated in a cross-cultural understanding course during summer in 2019 by joining an intensive English language program hosted by Langara College in Vancouver, Canada. The students had amazing experiences with their host families and students from other countries.

### Overcoming my Fear of Speaking English

By Kaito Takechi  
The University of Shimane

At the beginning I felt nervous because I was not good at speaking English and I did not know what it was like to live in Canada. However, when I first met my host mother, I felt instantly at ease because when my name was called, she said to me, “Oh blonde hair boy” and all my classmates and teachers laughed. So I felt relaxed. I thought she was a fantastic lady who had a great sense of humor. She was very nice and made me feel comfortable by talking to me gently on our way to her house.

However, I still had my fear of talking with my host family. So on the first day in Vancouver, as soon as my host mother finished telling me how to use the bathroom, when dinner starts, and how to go to Langara College, and so on, I immediately went to my room and closed the door so that I did not need to meet my host family.

On the second and third day, I was still nervous for the same reason, that I had to use English all the time in the house, but my host mother always tried to understand what I wanted to say. She was always calm and cheerful. She laughed a lot and her kindness gave me the courage to speak English.

I finally started to speak with my host family in English. While I was in my room and being alone, I asked myself why I paid so much money to come to Vancouver? I thought hard, but the answer was simple. My answer was that I wanted to improve my English skills through this program! After realizing what I really wanted to do, I always tried to stay in the living room to talk with my host family in English, when I was in the house.

Two weeks passed, and I realized that I was enjoying talking with my host family about the cat Rio, culture, places to visit in Vancouver, where I would go and where I had been, what I bought, and so on. I truly enjoyed talking with my host mother and I felt using English improved my English speaking skill.

Gradually, the final day in Vancouver approached, and I felt I did not want to go back to Japan, and I wanted to stay in Canada longer like one more year. Now, I am grateful for my host mother because she made my Canadian life enjoyable. Thanks to my her, everything went well! I think I overcame my fear of speaking English!

On the last day I was sad because I had to say goodbye to my host family. So I wrote a letter for each family member. My host mother enjoyed reading my letter and said, “you can come



By Kaito Takechi

back to our house anytime.” When I have time and money in the future, I would like to go to Canada to meet my host family to say “long time no see!”

### Bothering Others Means Trusting Others

By Kazuki Enomoto  
The University of Shimane

After waking up in the bed at my host family’s house the morning of the second day in Canada, I realized that I did not have a certain bag with me. The bag contained an important item for overseas travel, my passport! I turned pale, but I usually try to solve problems by myself; however, I immediately reported the incident to the teacher by LINE because this was serious. Unfortunately, she did not reply. It was early in the morning, but I wanted to talk about this incident to my host family, so I went downstairs and waited in the living room for everyone to wake up.

Then my host father came down. After I said good morning, I immediately told to him, “I lost an important bag, but I would like to go to college.” He said, “today I was supposed to guide you to Vancouver, but would you like to go to college?” I tried to convey my problem in my own English, but I could not think of the right words at all and the silence continued between the both of us. I thought that I needed to locate my passport immediately, and I used a translation app to communicate my problem.

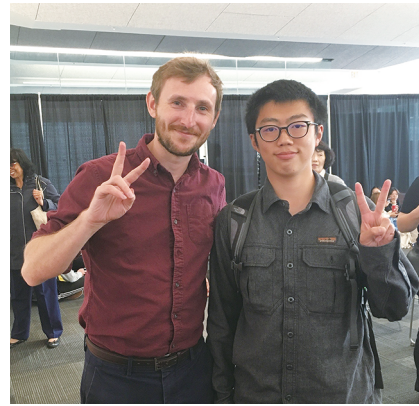
The host father kindly contacted the college and spoke to a teacher who had actually found the bag in the classroom where we had an orientation program the previous evening. I got the bag the next day and luckily found my passport!

Unfortunately, yet another incident happened on the 15th day of my stay in Vancouver. On that weekend I went to Stanley Park, where I decided to ride on a bike. I rented a bicycle and went along the cycling lane around the beach. I approached a small roundabout, and tried to make a turn, so I just applied a little bit of brake, but I was speeding too much and I lost my balance and my body completely flew forward. I immediately struck the ground so hard! It was so sudden and turbulent that I could not even begin to retell how things happened properly.

### Lost in Vancouver

By Yuko Madono  
The University of Shimane

I had a scary experience in Vancouver. My homestay family’s house was located in the suburb of Vancouver, about a 45 minute bus ride from the city. One day, I took the bus as usual and paid close attention to the display that showed each bus stop’s name. On that day there were not many passengers on the bus and the bus did not make many stops. I saw the name of my bus stop, so I got off. However, the place where I got off was not at the usual bus stop, the



Fortunately, people appeared suddenly! Two men and women who seemed to be elderly couples and one young woman rushed to me immediately. At first, I heard many things in English quickly, but I did not have the translation app, so I thought I was in trouble. They asked if I was okay and they were pointing to their knees, because my knees were injured. They also asked me where I rented the bicycle and they helped me return the bike.

Luckily, the accident was not very serious and I only hurt my knees a bit. I was sweating more from talking to them in English.

After staying in Canada for a month, I was able to experience the warmth and kindness of people overseas. My host family, my teacher and people in Stanley Park were very nice to me. They did not hate my bothering them. I think I learned a lesson that I was able to overcome troubles by trusting people. I usually act alone because I do not want to bother others, but I think it’s okay to bother others sometimes, especially when we find ourselves in a bit of trouble.

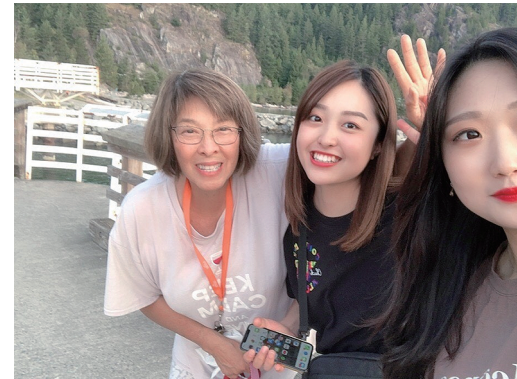


Photo by Yuko Madono

scenery was completely different.

I managed to confirm my whereabouts, but I did not have Wi-Fi and there are no stores around, so I became anxious. So, I kept walking because I was worried about asking people for directions, but after all, it didn’t help. I was completely lost becoming very scared. It was getting late, so I decided to ask for help.

I saw a woman and stopped her and explained that I was lost. Then, the woman kindly showed me the way, then I could finally get home after walking about 10 minutes. I felt relieved to see something familiar.

Thanks to the woman, I was relieved. It was very scary to be lost in an unknown land, but it was important to learn to ask people with courage. While I was in Vancouver, I had some troubles, but people were always very polite. I realized that there were many kind people who were willing to help.

### Wonderful Foreign Friends

By Taiki Maruta  
The University of Shimane

When I was finally sorted into Adam’s class at the Summer English Learning Program, SELP, at Langara College, I was very surprised to see the nationalities of my classmates. I expected a wide variety of nationalities, but there were only Korean and Japanese students. I was disappointed to tell you the truth and a little nervous about this combination, because of the current contentious political relations between South Korea and Japan.

However, I was completely wrong! Actually, I was able to make very nice Korean friends. The Korean students were great English speakers and they were very outgoing and helpful. Some of them also spoke Japanese. They were also interested in Japanese culture. I learned a lot about Korea and I did not feel any barrier with them. I visited many places with my new Korean friends. After Canada, I want to visit South Korea to meet them again.

#### Short Poem - “Greens” by James A. Emanuel

Lid’s on, steam’s risin’:  
collard greens, Lord, bubblin’ JAZZ!  
That’s appetizin’!



# EDUCATION & CULTURE

## The Advantage of Procrastinating

Sei Takane  
The University of Shimane

Are you a procrastinator? If so, you often carry out tasks with no set deadline such as writing a report or preparing for a presentation unless there is pressure to meet a strict deadline. Generally, procrastinating carries a negative connotation while finishing a task as soon as possible is viewed in a more positive light. Non-procrastinators tend to be hard on themselves when faced with procrastinating a task.

While undergoing the process of introspection, just until yesterday, I both denied the act of and detested the very notion of procrastinating a task. I could not forgive myself if I did not finish a task at least three days before a given deadline, and I became irritated when my friends did not submit a task to me, after I had relied on them for a project. For example, it really annoyed me that they submitted a task to me just minutes before the deadline. I took pride in myself for rarely procrastinating; consequently, I thought that I was highly productive. Contrarily, I was a complete “pre-crastinator”.

However, today, I know that my way of thinking up until yesterday is perhaps wrong. My assumption is based on the works of Adam Grant, an Organizational Psychologist and Professor at the Wharton School. His milestone work is entitled “ORIGINALS”, which discusses whether or not we are intrinsically, or whether we become “Originals”. Grant suggested that “Originals are people who “stand out and speak up,” they “drive creativity and change the world”.

To clarify, in the “Originals” sense, creativity refers to the intuitive and imaginative ability to generate ideas and actively solve problems. The book discusses the possible correlation between originals and procrastination.

Grant suggests that the most important characteristics of “Originals” is creativity (imaginative intuition). If you are not in possession of creativity, it will be difficult to “direct the course of your original life or influence the world around you.” Therefore, Grant highlights suggestive ways to strengthen our creative disposition in order to move toward the “original” end of the spectrum. Developing a sense of procrastinating is in fact, one of these ways; however, inherent “pre-crastinators” may feel nervous or uncomfortable if they have never practiced procrastinating.

Adam Grant introduces one experiment, designed by Jihea; a Professor at the University of Wisconsin. In this experience, she asked examinees to come up with an innovative business idea. Some examinees chose randomly to start right away, while other examinees were given five minutes to first play Minesweeper or Solitaire, then the two groups were asked to submit their ideas which were evaluated by a third party. Surpris-



ingly, the study found that those playing games in a group, thus, procrastinating, were 28 percent more creative than those who arbitrarily started right away. In addition, based on other experiments conducted by Professor Jihea, it was observed that the purpose of the games was not to boost creativity. Therefore, it was suggested the trait of procrastinating, is the precursor of our creativity.

Furthermore, the experiment discovered an additional viewpoint. In this case, a third group of participants were made to wait until the very last minute to begin the experiment and were not found to be more creative than the other two groups; thus, moderation perhaps improves our creativity also.

Based on the aforementioned views, I began to think of a concrete strategy for improving creativity. This “procrastinating-planning,” will involve setting a start time to begin a task when I have a set deadline. This plan inadvertently causes procrastinating. For example, if a given deadline is 10 days from today, I will only review the task on day one and I leave the task for three days; as a result, I will get started on day five. I will thus, work from day five to day ten. Yesterday’s me did not know the advantage of procrastinating. I usually began to work right away and finished my task immediately, before aiming to boost my creativity by procrastinating. I will try this strategy for writing my graduate thesis even if I am getting nervous. I would like to get started right away because I am inherently a “pre-crastinator.”

I suggest you try this strategy in today’s age of fluctuation. New technology and new ideas continuously and conveniently make us more comfortable; much more than we are traditionally used to. Who came up with the concept of creativity? Perhaps, not computers, not God, not dictators, but certainly “Originals”. If you would like to influence other people, society, and the world, this is only possible with the inherent traits of “Originals.”

Last, keep in mind that procrastinating can change the world! I would also like to introduce you to the four words spun by one of the greatest PROcrastinators of all time, in order to finish this article:

“I have a dream!”

—Rev. Dr. Martin Luther King Jr.

## Children Waiting for me at Donparape Library

By Taichi Urabe  
The University of Shimane

Last August I went to Laos and this was a special experience for me because I was able to explore something new. Originally I studied Laotian by myself, so I was able to speak with the local people and play with the children. Also, I was able to understand the literacy problem facing Laos.

Laos is located in South East Asia and it is next to Vietnam, Thailand, and Cambodia. Because it is a poor country, some people cannot afford to go to school. Also, most people speak Laotian, the national language. The capital in Laos is Vientiane. There are a lot of buildings, but it is smaller than Tokyo or Bangkok and

acy in Laos and the support Laos receives from Japan and other countries. In Japan, SVA(Shanti Volunteer Association) mainly sends children’s books to Laos. When I visited the library, many children came, so I communicated with them a lot. One day, they waited for me for three hours because they were looking forward to us coming to the library. I read a Japanese book for them in Japanese, played with Japanese toys, and danced. Regarding Japanese toys, I introduced *kendama*, *darumaotoshi*, and *origami*. They played with them well because they are skillful with their hands. The children were very interested in Japanese books and toys, so I was happy. I was also able to experience their incredible smiles.

In addition, I came to understand that Laotian people do not read books and



Photo by Taichi Urabe

there are some temples where religious ceremonies are held in the mornings.

I visited two libraries built by Kiyoko Yasui in both Vientiane and Sivirai. Kiyoko Yasui is the leader of a non-governmental organization, “Library Fund for Children in Laos”. She lives in Vientiane and is originally interested in work involving children’s books. Yasui also went to a refugee camp in Thailand to do puppet show where she became interested in children in Southeast Asia and then she came to participate in the children’s library in Laos. Now she does two activities, one is to protect the folk language of *Hmong* tribe, another is to support the library’s management. I studied about liter-

there are not a lot of books in Laos by Kiyoko Yasui’s speech and visiting some libraries such as the national library and the public university’s library in Laos. There is not a custom to read books from a young age in Laos. In fact, the national library, university library and the two libraries built by Kiyoko Yasui are all small and there are not a lot of books.

Through this activity, I was able to enjoy and gain more interest in Laos and its issues with literacy. I want to try to continue to study about Laos. Also, I want to tell a lot of people about my experience because I want them to learn about the country

## Teahwagang (Teahwa River) National Garden

By Hong Woo Jin  
University of Ulsan

Imagine feeling nature in the middle of the city. In a busy urban life, a park in the city allows us to relax and heal. In Ulsan, there is Teahwagang (Teahwa River) National Garden. On July 11, 2019, Teahwagang Park in Ulsan was selected as a national garden and it is South Korea’s second national garden.

During Japanese occupation, bamboo was planted at the Teahwa River in order to prevent floods and a small park was formed around the bamboo forest. The city of Ulsan has gradually developed Teahwagang Park for its citizens. They built a walkway where citizens could take a walk, rest, and exercise.

But there were some problems at first. Originally, the Taehwa River was a very polluted river. There used to be a bad smell, too. So, the city of Ulsan tried for a long time to improve the water quality of the Taehwa River. As a result, salmon and yellowfin returned into the Teahwa River and it became a “river of life.”

Later, the city of Ulsan tried to develop Teahwagang Park, which was finally selected as a national garden. Teahwagang National Garden has an area of 835,452 square meters, and is divided into eight sections: ecological garden, bamboo garden, seasonal garden, aquatic garden, participatory garden, *mugunghwa* garden, green garden and convenience facilities.

In spring, the flower garden in Teahwagang National Garden offers a splendid scenery created by over

Continued on p. 7



# EDUCATION & CULTURE

## Exciting Staycation in Japan

By Yuki Aomatsu  
The University of Shimane

Many people like to visit distant places when they travel; however, there are many interesting spots in Japan. Visiting local places brings us new discoveries and good experiences. One summer day, I visited some places in my local area and I had various experiences.

Kyoto, the city where I was born and raised, is in Kyoto prefecture. This city has many temples and shrines. Moreover, there are many kinds of shops like cafés, clothes shops, and souvenir stores. Foreign people can enjoy this city, and they can buy traditional sweets and foods.

I usually stay at home during all seasons. I do not like travelling far. However, my mother recommended sightseeing in my hometown, she likes to go to various tourist spots. My mother and I often talk about travel and good tourist spots.

One summer day, my mother said to me, “you look bored. Why don’t you go somewhere?” My mother told me about some good tourist spots in Kyoto, so I decided to go. First, I visited Yasui Konpiragu, a popular and powerful shrine. It is said that this shrine can end people’s bad relationships and initiate good ones by doing the ritual of crawling through the stone. I did that ritual and bought a charm and a votive tablet. I wrote my wishes on that votive tablet and hung it up in the shrine afterward. This shrine had some bad vibes and I felt cold, so I left immediately.

The next spot where was Tadasu no Mori. This is a forest in the city and registered as World Cultural Heritage Site. This forest has many kinds of trees, for example, the *keyaki* and *muku* trees. While I was walking, I came to feel calm because there were not too many people and it was very quiet.

This experience was fresh and special for me because I do not always have an opportunity to feel nature. Then, I went to buy souvenirs for my friends in Kyoto station. I couldn’t decide which to buy, because there were many delicious looking Japanese sweets. I think that choosing souvenirs is one of the great pleasures of tourism. I ended up buying *Daifuku* and *Yokan*. I had such a good time by going out. I want to go to the tourist spots in Kyoto’s that I haven’t been yet.

Visiting a far tourist location is certainly good, but finding an interesting spot in your local area is also nice. Going outside is important to discover new pleasures and understanding your own home town.

*Season's Greetings*



## Be Prepared, Secret of Success

By Takumi Oto  
University of Shimane

On October 1st, I found again that getting ready is essential for success. I got a job offer from the company I will enter after graduation from university this April. The company held a “newbie ceremony” at its building called the Comprehensive Center in Osaka on October 1st for new recruits.

One day, I was given a mission by the human resources employee before the ceremony was held. The mission was to read an address replying back to the president’s encouragement one for the new recruits. When I got the call, I felt honored, but at the same time, a little nervous, too. Referring to two previous addresses sent to me, I wrote an original one, and sent it to the company to check. After making sure my address was suitable for the ceremony twice, the time when I would have to read it got closer. Not to read it out loud with a shaking voice, I decided to practice reading and to give myself confidence. I went to a karaoke booth alone with my address paper and read it again and again through a microphone. That was the first preparation I did by myself for success.

My second form of preparation happened on the day, October 1st. I arrived at the center two hours earlier than the opening of the ceremony since I planned to practice the actions in the ceremony and read out loud the address. One HR employee and I did it together, and that was helpful because I could imagine how to behave during the ceremony. After having lunch with him, at 1:00 pm, the ceremony finally started. It’s held in a medium-sized hall, 23 new recruits including me were in the hall and 10 board members sat in front of us. After the introduction of each board member, the receiving of the offer confirmation, and then the president’s address, my turn came. I was not nervous but confident because I knew how to walk in the front of the president, read out loud the address, and fold the paper to give him, so I carried out the mission. Practicing those steps was the factor for my success. Without this practice, I would have felt more nervous and would have not been that confident when I was in front of all the participants.

Therefore, I was able to realize again that to keep practicing is the huge factor for succeeding. Those two steps -reading out loud alone in the karaoke box and practicing with a partner in the real situation- gave me confidence and better understanding of what to do in the ceremony. Getting ready for the actual performance is necessary for the success.



## Archery changes my life

By Chihiro Morihara  
University of Shimane

This August, my life of Japanese archery was changed. I participated in preliminary contest of the National Sports Festival in the Chugoku region, held in Izumo, Shimane. Meeting great teachers, teammates and other participants from other prefectures affected me very much. I could learn many things and I grew as a player of Japanese archery.

The meet gave me a chance to learn about the way to control my nervousness before a large competition. The meet was held in Izumo Dome in Shimane. Domes are larger than places where I usually practice and play. I have participated in a large meet held in a big dome like this, but I didn’t play well because I was too nervous to do my best. So, I didn’t want to make the same mistake again this time.

To do my best, I did two things. First, I talked with my teammates to prevent me from thinking too much about possible mistakes I might meet. Second, I wrote out why I was so nervous. Before writing out about it, I didn’t know what made me nervous, so I wrote out what I feel anxious to visualize my worries. For example, I wrote “It’s important to calm myself down because I can’t hit my arrows when I feel heat.” These two things worked well.

In addition, the meet gave me a chance to improve my skill of Japanese archery. Through not only the day of the meet but also self-practicing for it, I certainly could make progress. The environment around me was great because people around us cheered me and gave me advice. I was very pleased when my teammates and coaches noticed my effort and praised about it and my progress. That helped improve my skill and motivate me.

I practiced about 4 hours per day. As a result, I could hit 3 of 4 arrows on the target on the day of the meet. However, I noticed the quantity of the practice is as important as quality of it to prepare for the day of the meet, because our team couldn’t win the meet. I think I should have practiced with my teammates together more.



## Life Saving Summer Memory



Photo by Masaya Sato

Shin Takebe  
The University of Shimane

This summer I was worked at Iwami Seaside Park as a lifeguard. It was really fun because during my free time, I could enjoy some activities with other lifeguards but also there were some dangerous events. It was a really hard job for but I gained a lot of positive experiences through this job.

Hamada city, in Shimane prefecture is located on the western side of Japan. This prefecture faces the Japan Sea so there are many beautiful beaches. Iwami Seaside Park is the largest beach in Hamada city, the total length of this beach is about 3km. The sky and sea at this beach is quite beautiful to see, but when a typhoon is approaching, the waves become high and no one can swim. At the beginning of August, this beach was always crowded but around late August, the amount of bathers decreased. There are lifeguards who belong to Hamada Lifesaving Club and they are lifeguarding at the beach during the summer season. There are between 20 and 50 members. Also, there were some activities like stand-up paddleboarding, wakeboarding, and snorkeling. The participants are not professional because they work during the week and if they have free time, they lifeguard at this beach.

The first day, I had free time so I did stand up paddleboarding with other sea bathers and lifeguards. That was a hot, sunny day so I got a tan but the sea was a really beautiful, so we really enjoyed this activity. In the middle of August, a typhoon came to Japan. This caused big waves, which took some sea bathers out to the sea and I helped them by using a rescue board. The rescue board is quite long but it has more buoyancy and is thicker than a normal surf board. There are many rescue boards that we use in risky situations. It was a really dangerous day but no one was hurt. In brief, it was a really hard job but I learned that how to help people who are taken by big waves, how to work as a lifeguard, and so on. My Lifeguarding job remains a great summer memory that I cannot forget!

*“The greatest originals are the ones who fail the most, because they’re the ones who try the most”*

-Adam Grant



# EDUCATION & CULTURE

## Peruvian Independence Day

By George Alzamora  
ESAN University

*Fiestas Patrias* is a festive day where Peruvians celebrate their independence from the Spanish colonists. On July 28 for *Fiestas Patrias*, the national army prepares a show that is watched by thousands of guests that meet just for the purpose of supporting the effort and to celebrate this festivity. What I like most about this festivity is that everybody feels like family at least during those days, because we're all proud of being Peruvian. The air force sends some planes to do some maneuvers in the air, the cavalry also prepares a show, and basically everybody celebrates in their own way.

People use red and white t-shirts with the Peruvian flag printed on them, so it makes everybody feel in harmony. In lower-income areas, people drink some beers with their friends, they go out to some clubs and party, and some others just travel to the Andes Mountains or the Amazon Rainforest, two of the most important regions of our country, to spend time with family.

At school, kids prepare many shows from kindergarden to high school, and in history class, they research and recreate important historical events such as theatrical skits. The President of Peru also gives an address about the national situation, and everybody is aware of it. When the president finishes a term and transfers power to another president, this event also happens on the same day, July 28. Many Peruvian artists make presentations honoring Peru, and many people go to watch these incredible events.



A study revealed that a liking for bitter-tasting foods and drinks can be a sign of dark personality traits, including Machiavellianism, sadism, & narcissism.

Sagioglou C. & Greitemeyer T., Individual differences in bitter taste preferences are associated with antisocial personality traits, *Appetite* (2015), doi: 10.1016/j.appet.2015.09.031.

## USJ CREEPY CRYPT TALES CONTINUED

### Goblins and an Old Man with a Lump

Kim Seung Mi  
University of Ulsan

An old man with a lump on his cheek went walking deep inside a mountain alone one day until eventually darkness came. Being alone in the middle of the mountain made him frightened, so he started to sing a song to get over his fear, and then suddenly, threatening looking goblins appeared.

The old man begged them to save his life then the goblins ordered him to sing the song again. They danced with his song and when it was over, they asked the old man what was the secret for his singing. The old man touched his lump, which was out of habit, but the goblins thought the lump was the secret. He denied it, but the goblins never listened. They gave the man a treasure and took his lump off.

The day after, the story of the old man went through the village, and a greedy old man with a lump on his cheek heard that too. The greedy old man went to the exact same place at night and sang a song.

The goblins came again. The greedy old man said, "My lump has all the merry songs in the world. I will give you my lump if you give me enough gold." But these goblins already knew the truth because the very lump they took off the other day was not the secret for singing well.

Then, the main goblin ordered his friends to give the lump they had on the cheek of the greedy old man. Also, they scolded him with their bats. The greedy old man got one more lump on the other cheek instead of getting rid of his old lump.

In this story, the greedy old man tried to take off his lump but he got one more lump instead. "I tried to take it off, but I put it on instead" is one of the well-known old sayings in Korea. Whenever someone uses tricks to take the easy way, but finally has more difficulties, we use it for him or her. This saying is a warning so that we do not cheat or manipulate others.

*Season's Greetings*

### Phone calls at Night

Continued from p. 3

but after a while I heard the noise of something knocking outside.

I listened to the sound since I could not sleep because of the mysterious phone call. I noticed that the sound was the noise of someone or something knocking on my window. I could not believe it because my room had a porch and the porch was about three meters high from the ground! It made me more scared, but the terrible night would not finish.

The phone call came again from the same unknown number. I was freaking out by the phone call and the knocking of the window. I wanted to try to ask my friend for help, but my phone was ringing at the moment and I was afraid my phone was hacked.

I tried to run away out of my house. Just I was about to get out of my house, I heard another knocking sound knocking on the next door. It came closer and closer to my door. I was locked in my room without a way to get out of the house or to call someone for the help.

Continued from p. 5

60 million spring flowers including poppies, cornflowers, and golden coreopsis. It is the largest single riverside flower garden in the country. Taehwagang National Garden, where citizens can relax, take a walk and feel nature in the center of the city, is one of the best tourist attractions to visit when coming to Ulsan. For those who read this article, I recommend visiting Taehwagang National Garden if you come to Ulsan.

## Interesting Facts about France

By Tania Guillermin  
University of Jean Moulin Lyon III

Hi! My name is Tania and I am an exchange student from France studying at ESAN University in Peru. I think one of the most special things about France is the particular foods that French people eat. First, something that seems very strange to foreigners is that we enjoy eating frog legs. It is not a dish that people eat too often; however, it is still common in France, and it tastes really good!

A second dish of interest is snails, which are cooked with garlic and parsley butter. Served in the shell, they are eaten at the beginning of the meal for especially during Christmas and New Year. We also have a great variety of cheese, which we eat as a dessert at the end of the meal. They are best enjoyed with bread (mostly the well-known baguette), and in the best case, we accompany cheese with a glass of red wine. There are also a lot of cheese-based dishes in France and we actually put it in most of our dishes!

Another curious characteristic about France is the way we greet people. When you are familiar with a person, you greet them by giving them a kiss on the cheek. The most common way is to do one kiss on each cheek, but it is important to know that the number of kisses change from region to region, which can create some awkward moments if you are unprepared; however in other, more formal cases, you just shake hands with the other person. These are just a few interesting facts about France.



I was so scared in the house alone.

I went to the bed and crawled inside the bed trying to pass this horrible night and wait for the light of the shining morning, but I heard another sound in the knocking of the window, door, and the phone.

I thought I was going mad because of the noise. Then I found the origin of the sound. It was my alarm. I was just having a horrible nightmare.



# SPORTS & ENTERTAINMENT

## World Cup Qualifiers

By Christopher Harbaun  
ESAN University

Each 4 years, in every part of the world, the World Cup qualifiers for soccer are played. In Peru, soccer is the most popular and most watched sport.

We have great history in this sport, but between 1982 and 2018, our national team had been unable to go to the World Cup. The reason is that to qualify, Peru had to face some of the best national teams on Earth, like Brazil, Argentina, Uruguay, Paraguay, Colombia, and Chile.

The reality of facing such stiff competition prevented us from going to any World Cup for 36 years, but in 2017 all of us Peruvians had our hearts in our throats as we watched that year's qualifiers.

Our last match was against Colombia. The national team was going to war on the soccer field.

The Colombians scored the first goal, and that made our national team players cry from desperation, but in the 80th minute, there was a free kick, and our Captain, José "Paolo" Guerrero, scored the winning goal.

It was one of the best moments in my life because the ball went in, and all of us Peruvians came to life again, because we were going to the World Cup after 36 years!

After that match, because we were 5th in our region, we needed to see if Chilean national team would lose against Brazil in the famous Maracana Stadium. They did lose 0-3, and that made Peru's national team able to play two "repechage" matches against New Zealand in order to determine which of those two teams would go on to the World Cup.

After 3 months of anxiety, we finally played against New Zealand, and the result here in Peru was 0-0. That made us even more anxious, because the next repechage match would be in their capital. That last match Peru won by 2-0.

That exciting match gave us life and made us remember every national soccer hero ever, like Cubillas, La Rosa, and Cuello, because we were headed to the World Cup! Everywhere in Peru was a party.

The streets were filled with music, Miraflores and other parts of Lima was overflowing with people drinking, smoking, and shooting off fire-

works, because we were still in the game: we were going to Russia, where the World Cup would be held! That made every Peruvian happy, and we all wanted to go to the country of Russia.

To conclude, we did go to the World Cup Certamen, but we didn't pass beyond the group stage, because we played against great countries like the winner France, Denmark and Australia. Even so, we did play really well and score goals. In the end, Peru won an award for having the best fans of the World Cup, so we didn't go home empty-handed, and that made us really proud.



Photo by Christopher Harbaum Medina

### How to say "good morning" in the languages of our international contributors:

Portuguese (Brazil): *Bom dia*  
French: *Bonjour*  
German: *Guten Morgen*  
Japanese: *Ohayo Gozaimasu*  
Spanish (Peru): *Buenos Dias*  
Korean: *Joh-eun achim-ipnida*  
Turkish: *Gunaydin*

### The Advantage of Procrastinating p. 5

#### References

- Adam Grant. 2016 "Originals: How Non-Conformists Move the World". ORIGINALS
- Adam Grant. 2016 "Why I Taught Myself to Procrastinate". New York times ([https://www.nytimes.com/2016/01/17/opinion/sunday/why-i-taught-myself-to-procrastinate.html?\\_r=1](https://www.nytimes.com/2016/01/17/opinion/sunday/why-i-taught-myself-to-procrastinate.html?_r=1))
- Adam Grant. 2016 "The surprising habits of original thinkers". Ted talks (<https://www.youtube.com/watch?v=fxbCHn6gE3U&t=18s>)

## BTS Unites the World with Music

Lee Yun Ah  
University of Ulsan

It is said by some, that BTS is like the Beatles of the present generation. Of course, there are so many K-pop idols in Korea, but why has the world gone crazy for BTS, and what are the reasons for BTS being considered one of the biggest and most popular groups in the world?

The first reason is due to their sincere communication with their fans. They usually communicate with each other via SNS and various applications. So, BTS creates a strong emotional bond with fans by sharing their lives and thoughts. Their "fandom" name the "Army". It means that BTS and "fandom" are always with each other because the uniform and army are always together. After all, they have a mutually beneficial relationship. When a fan gets good energy from BTS, they give back their love to BTS in various ways.

Secondly, it is due to the quality of their songs and lyrics. Their lyrics are comforting and touching for young people and socially underprivileged people. They also have good messages for people, and do not write only just about love. Also, they have many hit songs. Moreover, most of the members are good at composing and writing the lyrics, and even producing large portions of the entire album personally. It makes their position shine even more as true global artists.

Finally, their performances are extraordinary. In fact, the reason for the influx of foreign fans is because of their military dance maneuvers. Most of their hits feature perfect military dances combined with songs with strong beats such as "IDOL, DOPE, MIC-Drop, Fake Love, Dionysus and DNA." In particular, there is a trio called the dance line among them who always center their performances to create perfection with their military dance. In addition, J-Hope, who holds the position as leader of dance, was already famous for dancing in his hometown of Gwangju before his debut. If you are curious about his dance skills, you can watch J-Hope and Becky-G's remake of "Chicken Noodle Soup" on YouTube.

Actually, there are many other reasons why BTS is popular but the above are just three reasons why. If you want to know more about BTS, you should join in the "Army"

## Apple's Latest Items

Choi Yeji  
University of Ulsan

A few weeks ago, Apple released the iPhone 11 and iPhone 11 Pro. So, which one is better between the two new products? There are several differences between the two iPhones.

First of all, the cameras are different. The iPhone 11 has a dual-camera system with an ultra-wide camera that can zoom out for sweeping landscapes or vast interiors. In contrast, the iPhone 11 Pro has a triple-camera system with an optional telephoto lens for pro-level portraits and the ability to zoom in on distant subjects like wildlife and sporting events.

Second, they have a difference in battery life. The iPhone 11 gives an impressive all-day battery life that can be used for up to 17 hours. The iPhone 11 Pro on the other hand provides 18 hours which represents a major leap forward of up to four more hours of battery life than iPhone XS.

Third, they are different in water resistance. The iPhone 11 is water-resistant up to a depth of two meters for 30 minutes. On the other hand, the iPhone 11 Pro can resist water up to a depth of four meters for the same amount of time. Lastly, they obtain different storage spaces. Both of the iPhones supply 64GB and 256GB, but 128GB is only available for the iPhone 11, and 512GB is exclusively for the iPhone 11 Pro. Given these points, consumers should compare different features between the two devices before making a purchase.

The Real Reporter Issue No. 39 is proud to have academic contributors from Brazil, France, Germany, Japan, Peru, South Korea, Turkey, the UK & the USA.

## PUBLISHER'S INFORMATION

### Real Reporter Issue No. 39

English Newspaper for EFL Learners

Published by the GP-ICT project team of the  
University Shimane, Japan.  
Faculty of Policy Studies  
The University of Shimane  
2433-2 Nobara, Hamada  
697-0016 Japan  
0855-24-2231

#### EDITOR-IN-CHIEF

Mariko Eguchi  
University of Shimane  
ma-eguchi@u-shimane.ac.jp

#### EDITOR IN BRAZIL

Caroline de Rosso  
Centro Universitario de Jaguariun  
internacional@faj.br

#### EDITOR IN SOUTH KOREA

Johan Dawson  
University of Ulsan  
johandawson@gmail.com

#### CONTENT EDITOR & DESIGNER

Donte Amis  
University of Shimane  
d-amis@u-shimane.ac.jp

#### EDITOR IN JAPAN

Kimi Maeda  
University of Shimane  
k-maeda@u-shimane.ac.jp

#### EDITOR IN PERU

Stella Ruth Tippin De Malpica  
ESAN  
tippin@esan.edu.pe