



REAL REPORTER

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Brazil, Japan, Korea and Peru

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Blind soccer teaches communication

By Kenshiro Ota, Yusuke Nakamori, Aoi Miura, University of Shimane

Students of the University of Shimane played blind football wearing eye masks on December 5, 2019 with the help of eight blind football players.

The volunteers, most of them are firefighters, taught the 16 students how to play blind football at the University's gym.

Mr. Makoto Hai-gami, who is visually impaired, and the teammates instructed how to play blind football. A team of blind football consists of five players including the goal keeper. Although the keeper is a regular person or a person with low vision, the four players are visually impaired.

The students wore eye-masks to shut down the information coming through the eyes, and learned to kick, dribble, pass the rattling ball to the goal, shouting "voy, voy, voy" to each other. "Voy" is a Spanish word, meaning "go."

The students said it was extremely difficult to express ideas clearly to those who were wearing eye masks. It was nearly impossible to discern who was talking to whom, because the information of the surrounding was not given to those wearing masks. They realized they had relied on the infor-



Photo by Junko Kawanaka

mation through vision so much in the regular life. They understood clear verbal communication is the most important part of playing blind football.

Professor Junko Kawanaka, whose seminar aims at understanding the world of the visually impaired, said that she introduced blind football so that the students could experience the life of the visually impaired by playing blind football. She also hopes that the students can propose ideas to build a better society for the handicapped.

The students, who enjoyed playing blind football, are excited to support the players of Shimane Orochi Beat Hamada, a blind football team.

Why Japanese must study English?

By Shusuke Toda, University of Shimane

In today's Japan, many junior and high school students think they will not use English in their future. In an environment where English is not used in daily life, it is natural that they think so.

However, English is the most spoken language in the world. English is taught in many countries as a mother tongue or the second language.

According to the Ministry of Education, Culture, Sports, Science and Technology of Japan, English

online. There will be no discussion or presentation face to face. Dining and recreational services will be reduced when all local American students take lessons online from their home.

Horse therapy for kids with disabilities

By Glenda Souza de Silva, Centro Universitário de Jaguariúna

Horse therapy, a type of treatment where horses are used, has grown in recent years in Brazil. Currently, the country has the National Equine Therapy Association, which is responsible for organizing events, studies, statistical data and administration of centers for this type of treatment.

Brazil currently has 280 riding centers for people with special needs throughout the country.

Horse therapy, or equine therapy, helps promote the physical and psychological development of children.

Equine therapy is effective on children with mobility and attention deficit, motor uncoordination, failures in sensory and social integration, behavioral disorders, learning disabilities, down syndrome, autism and cerebral palsy.

The technique should only be performed after medical, psychological and physiotherapy evaluation and should be developed by a team trained for the activity.

The benefits brought by equine therapy for children with disabilities are numerous. They include: posture improvement, better motor coordina-

tion and sensory integration, improving muscle tone, stimulating body adjustment reactions, positive self-esteem, touch stimulation, memory and concentration, space orientation, visual and auditory perception, reduction of aggressiveness, and increased sociability.

The children are helped to ride the horses and are then taken for a ride, always accompanied by a multidisciplinary team, according to the child's needs. Along the way, children are encouraged to maintain posture, exercise, talk and interact with both people and animals. The therapy can provide rhythmic, precise and three-dimensional movements with the animals' gait, which brings many benefits to the patient, as it requires the full participation of the body.

A recent study at the Special Horses for Special Children clinic for children with disabilities in the United Kingdom indicated that movements made by the child's body while on the horse's relieve tension in the brain region that affects speech and vision, with this, blood in the region flows better and neural activity improves significantly. In addition, attention and mood are also benefited during treatment.

When children are with the animals, interaction with them becomes easier, making eye-to-eye contact easier.



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Effect of COVID-19 on campus

By Mariko Eguchi

President of the University of Shimane announced on February 5, 2020, that all the study abroad programs planned in March, 2020 would be cancelled.

The students, who were supposed to experience new cultures in Hawaii, Malaysia, South Korea were disappointed, but they agreed with the decision.

The Shimane students who are currently at CWU and WVC in the State of Washington, USA, learned all the courses would go online as the State of Washington declared a state-wide emergency proclamation on Friday, March 4.

They are considering going home. It would be meaningless to stay in a foreign country if courses are offered

is ranked in the second place after Chinese in terms of the population of speakers/

Also English is the language for international business. In order to communicate with business partners around the world, English is most commonly used.

Japanese companies are becoming more global so many people use English at work. Some big companies require their employees to use English at work. Memos and emails are circulated in English.

Learning to speak English will help make learner's future bright.

As the number of new COVID-19 cases skyrocketing around the globe, it would be time to reconsider the meaning of globalization.

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SOCIAL ISSUES

Blood donation: one way to help people

By Azuki Kuno
University of Shimane

I am a good blood donor because I have already donated my blood seven times. Maybe it is not too much to say, "Donating blood is one of my hobbies." I would like to tell you why I started to donate blood.

When I was 15 years old in high school, a doctor belonging to the Japanese Red Cross Society came to our high school to lecture the present situation of blood transfusion. He said, "There is not enough blood. Especially, young people's one. Every year, the number of blood donating youth is decreasing rapidly."

Blood donation can be done from 16 years old, so I decided to donate my blood when I became 16 years old.

I was very nervous then because I hated an injection.

However, I knew the merits of blood donation in there. They are contribution to society, maintaining a good quality of blood and the goodness of the service.

Blood donated by some donors is carried to patients who are waiting for blood transfusion.

According to the Japanese Red Cross Society, almost 3,000 patients receive blood transfusion per day. Blood cannot be made artificially nor kept for a long time. Also, blood donors of 10 to 30 ages are decreasing from 2,840,000 to 1,860,000 people in decades.

In future, there are in danger of reliable supply of blood.

It is obvious that blood donation helps many patients.

There is no reason to not donating blood. I think a pain of the needle was smaller than losing one's life. I think blood donation is the quickest way to contribute to the wellbeing of other people. I know there are people who are afraid of

the risk of blood donation.

However, the percentage of health damage caused by blood donation is 0.01%.

There are good points of donating blood.

When you donate your blood, you receive your blood test results such as red blood cell count, hemoglobin concentration, cholesterol level etc. If you take such a blood test, you will be charged at the hospital.

However, you can get it for free at a blood donation center.

There are two places you can donate blood. One place is called the "blood donation room" and the other place is the "blood donation bus."

The blood donation room is located in various urban areas. In Shimane, it's in Matsue. It opens everyday and you can go in when as you like.

Also, it is well supplied with drinks, foods, movies, books and Wi-Fi. You can use them freely as much as you want. That's why whenever I visit there, I think it is like a café so you can visit there casually.

On the other hand, the blood donation bus come to various regions. It comes to the University of Shimane once in six months. Do you know that?

On the bus, the blood donation itself is the same as the room, but the souvenirs you receive after the blood donation are better than those in the blood donation room.

When I visited the bus, I got sports drinks, cup ramens, plastic wraps and eggs. They are all for free.

You should have noticed that the merits are greater than the demerits. Blood donation can be a win-win relationship, not just for the patient receiving blood transfusion, but for you. Try blood donation for once. You will be filled with a sense of usefulness.

Fashion has evil influence on youth

By Ju Won Woo
University of Ulsan

We cannot discount the fact that fashion trends have brought huge revolution in society. To be specific, people can easily find fashionable clothes on the internet, and also the number of exhibitions and fashion shows is being held at an ever-increasing rate.

But this situation brings not only advantages, but also drawbacks. Chasing new types of clothes has had an evil influence on many students and young adults.

For starters, some people argue that spending money helps people to relieve their stress. The reason is that when the people buy what they want, it makes them happy.

This is because of instant gratification. Instant gratification is the desire to experience pleasure or get what we want without delay or having to wait.

On the other hand, following the fashion trend causes the excessive consumption in young people.

For example, a huge number of young adults and students are passionately following entertainers, so they try to buy everything that these celebrities are wearing.

Moreover, psychologically young people want to follow their friends even though they don't need clothes, they would buy it to make fellowship.

As young people are unsure of their place in society, fashion allows them to take on different roles in life, to explore who they are and what they can be, in their search for personal identity.

For example, recently a psychological study from the University of Kansas has found that the shoes people wear offer clues about the kind of person they are. People who wear stylish new shoes are likely to earn high income, while those who do not are considered more emotionally stable.

It is believed that clothes are a good way to express the individuality. However, if we follow the fashion trend too much, we could not keep our individuality alive.

Love: Cure for Eating Disorders

By Kim Da Hui
University of Ulsan

Is the thing of beauty a joy forever? In recent days, there are countless young men and women trying to lose weight in order to reach stereotypical "beauty standards" and "to be loved". The sad truth is that the rate of patients suffering from eating disorders is also increasing steadily. Some eating disorders, including anorexia and bulimia have become maladies afflicting modern society. Low self-esteem and perfectionism are among the most widely known causes of eating disorders.

Considerable numbers of anorexic and bulimic patients have 'gentle' personalities. They tend to show sacrificial attitude and low confidence. Behind the scene, there is a strong desire to be warmly welcomed, not to be rejected. The patients often try to lose weight in order to be cared for by other people, or top their stomachs up with food to fill the void of loneliness. The mistaken belief that people would love them if they are beautiful and nice is a major symptom of eating disorders.

Excessive self-censorship also often leaves people susceptible to these disorders. Perfectionism is a very common feature of eating disorder patients. They

have inordinately high expectation of themselves and abuse themselves to fit the ideal self-image. Patients feel relief when they are in complete control of themselves. In early stages of these disorders, patients often deny that they have a problem. They just claim that they are making zealous efforts to get 'a perfect appearance'.

Eating disorders are caused by self-doubt and insane self-flagellation. Those are tragic mental illnesses, which could cost people their lives at the end of the day. The only sure cure for an eating disorder is love in this author's opinion. To love themselves just as they are is the one simple way to get over these destructive disorders. In the real world, there is no such thing as a perfect man or woman. People love and are loved by each other being just what they are. Stop denying yourself the love you deserve; every person in the world is valuable and deserves to be loved.



"Selfies @Tsim Sha Tsui" by Gad0Gad0 is licensed under CC BY-NC-ND 2.0

Causes of Late Marriage

By Yuina Ishikawa
University of Shimane

Recently the marriage age tends to get older. Marrying late is becoming a serious problem, because this contributes to declining birthrate of Japanese population as older couples tend to have a less number of children. I believe there are three major reasons why young people these days are marrying at a later age than before.

First of all, the Japanese government does not provide parents with good childcare support and education. Young couples do not have plenty of money, as their income is not very stable these days due to the bad economic situation. It is very risky to give birth to children if they are not sure that they can give their children good education. The daycare costs a lot and the education of children until college is very expensive in Japan.

Second, the increase of the number of

so-called "herbivorous boys" influences the late marriage of Japan as well. Herbivorous boys tend to be passive in terms of romance. They tend to avoid places where they encounter prospective partners. Most young women are not likely to appreciate such men.

Finally, in my view, this is the crucial factor, the marriage does not give the most happiness to women. Long time ago, most people thought that men work outside and women work at home. But this way of thinking has changed now, because women are more likely to enjoy working outside as well. Women want to enjoy their freedom to work and do things they like to do. The modern society allows women to be happy without getting married. There are probably many other reasons why young people don't get married these days, but this trend will probably continue unless the issues of economy as well as modern tendencies of men and women are addressed.



photo by MIKI Yoshimoto from <https://www.flickr.com/photos/mujitra/4568339492/in/photolist-7XFWb1>

SOCIAL ISSUES



A typical Japanese village in a mountainous area

Depopulation in Japan

By Asahi Oshima
University of Shimane

In recent years, the declining birthrate and the aging population continue in Japan, and this tendency is particularly noticeable in a small city like Hamada where the University of Shimane is located.

The population of Hamada city is decreasing year by year, and now it is around 52,000 people. This figure is one-twenty fourth of the population of Hiroshima city that is the nearest big city of Hamada city. Hiroshima city is located on the other side of the mountain range and it takes only one and a half hour by car. While Hiroshima city has many people, why the population of Hamada city is so small?

I believe there are three major reasons why population decreases in Hamada city.

First of all, there are few commercial facilities in Hamada city compared with other big cities. There are no fashionable shops that sell clothes that appeal to young people. Also, there are a

few entertainment facilities like cafes and movie theaters. Therefore, Hamada city is not attractive for young peoples.

Secondly, Hamada city is not well known to people. People, including the citizens of Hamada city, are not aware of the attractiveness of Hamada city. There are wonderful beaches and ski resorts in Hamada city, but such attractions are not known by people. That's why few people come to Hamada city. Hamada city has an image of a country town. Due to the lack of publicity, young people of Hamada tend to look at other prosperous cities.

Finally, Hamada city has a poor public transportation. If you live in Hamada city, you will need a car no matter where you go shopping. The number of buses and trains is small, and there is no Shinkansen in Shimane Prefecture. So, it is very hard for young people who do not have cars to enjoy their lives here. The life of a city depends on a good transportation system. I hope new technologies can solve this issue and make Hamada city a good place for college students.

Health benefits of exercise

By Himeka Fuchi
University of Shimane

Today, university students are busy every day with studying, part-time job and club activities. In such a hectic environment, student don't have enough time to exercise. Do young people understand the importance of doing exercise for their future? Now I will state the benefits of exercise for university students who may not think exercise necessary because they are young and healthy. There are several benefits of exercise, including refreshing, immunity against a cold, and extending healthy life expectancy.

Recently university students have a lot of stress in their daily lives. However, if these people exercise, they could refresh themselves. Once I had some trouble and I didn't feel like doing anything. However, I was invited to jog by my friend. To tell the truth, I didn't want to jog but I decided to go. After jogging, I felt refreshed and I was able to concentrate on studying that night. No wonder scientists say that exercise activates the brains and calms them at the same time.

In addition to refreshing, exercise makes our body strong and less likely to catch a cold. When I was a junior high school student and high school student I belonged to the track and field club. I ran about 20km every day so, I didn't get a flu for six years. If we don't catch a cold, we can do a lot of things we want to do, so it is important to make a strong body.

People also can extend healthy life expectancy by exercising. According to Meiji Yasuda Corporation, exercise has three good points for our health. First, exercise is connected to longevity. Second, it decreases the risk of dementia. Third, it decreases the risk of primary nursing care. In this way, exercise have a lot of good points for our health and the effects can further increased by exercising with friends.

Everyone knows why university students need to exercise. Exercise has a lot of good points for our health and we have to exercise from a young age to increase our wellbeing. Today, university students are so busy, but I want university students to keep mind to do exercise. Let's become a cheerful elderly.

Key elements for population increase

By Moe Yamane
University of Shimane

In Japan, young people are expected to revitalize local communities with their young power, but they are leaving their local communities to big cities. There are a lot of effort by local cities to attract young people to stay in their home towns, but it does not seem very effective. People live in a world where they can go anywhere they desire. I believe there are three major reasons why young people are not very much interested in the life in a rural town.

First of all, there are few places for young people to work. Young people want to work for companies where their talents are developed. They want to find jobs that are exciting and fulfilling. However, there are not many positions in rural areas where they can broaden their potentials. Because of this, young people move

to cities that offer many choices of work.

Secondly, there are no commercial facilities that satisfy the needs of young people in rural areas. Today's information-rich world is said to be a stressful society, and people need entertainment to refresh themselves. There should be shops, cafes, restaurants, and theaters.

Finally, in my view, this is the crucial factor, the rural area is not functioning sufficiently as a community. For example, traffic is not well developed in the rural area. Unlike a city that has many subway trains coming every five minutes, the number of trains is dramatically low in the countryside. This makes it difficult for young people to move around. If they need to go to their destinations efficiently, they must take taxis, which are very expensive. Otherwise, they must wait for an hour to catch a bus. This does not suit the busy lifestyle of the modern world.

Changing community in Brazil

By Fabrício Moraes
Centro Universitário de Jaguariúna

Far from the capital, in the countryside of the state of São Paulo it is still possible to witness the traditional Brazilian community where the young and the old form a special bond through shared experiences and stories in the space in front of their houses. Although the life in the capital is surrounded with fast food restaurants, sky scrapers and pollution, the life in the countryside is tinged with happiness of the good old days.

In the morning, housewives, who wake up early to make fresh coffee, almost religiously every day, sweep the sidewalk in front of their houses. They talk to their neighbors who go to work, while sending their kids to school. Soon after lunch, children go out to play on the street. They draw lines with colored chalks, turning an emp-

ty terrain into a soccer field. The street is full of voices of the young.

By the end of the afternoon, with the sun turning orange and the twilight coming, people begin to gather, bringing chairs, or sitting on the sidewalk, to spend time talking in front of houses. Their conversation lasts for long hours into the night, about matters that encompass everyday life or simply stories, mainly coming from the elders, who tell legends and events that they heard when they were young.

Children, young people and adults who live nearby listen intently to stories, and they end up creating affective bonds with neighbors and relatives. They share wonder, sadness, pride and happiness. This appreciation of the space where they live is an irreplaceable memory of Brazilian traditions. Unfortunately, such a scene is little by little disappearing, either by technology or urbanization.

Poverty of Animators

By Sakurai Yuta
University of Shimane

Although animation is a popular culture in Japan, the animators in this country have a lot of suffering. Many of them work at very low income for about 1 million yen a year, and it's very difficult to eat decently. Besides, their work is very hard and often they even do not have time to sleep adequately. In addition, the environment in which they work is almost always bad. As a result, some of them die from overwork. I believe there are three major reasons why they are forced to work desperately.

First of all, most of the Japanese animators are freelancers, and the amount of work is not stable. They have to find a job for themselves before they work. This burden is not found among ordinary office workers.

Secondly, most of the animations produced in Japan are made by the so-called "production committee system." This system makes it easy to make ani-

mations, as many companies invest in one work. However, with this system, advertising agencies get a lot of money, but studios that make animations do not earn enough money. Pay for animators will be even less.

Finally, there is a traditional evil way of thinking in Japan that forces people to accept the idea that "the most important thing is passion." Those who hire animators think "They do this work because they love anime. If so, they will be satisfied even if their salary is low." This is a concept generally called "rewarding exploitation," and if this idea is not abandoned, Japanese animators will continue to suffer from a small pay.

For example, when an animation studio employee committed a suicide in 2010, he worked more than 600 hours a month, but his overtime pay was flat. The company used his love for anime and killed him. Such an incident should not occur again. If you love Japanese culture, you have to make sure that animators get paid enough to sustain their lives.

TRENDS

Why Koreans love macaron?

By Im So Hee, University of Ulsan

Have you ever eaten a macaron in Korea? It is quite different from the original Macaron. The meringue crust is chewy, and the amount of filling is twice that of the original.

This type of macaron is loved by

Koreans, and the presence of macaron in Korea is growing day by day. The macaron is a French cookie made by filling between small, round-shaped meringue crusts with cream like jam, ganache and butter cream.

But why have so many Koreans become fascinated by this “cookie” all of the sudden?

Macarons have been sold in Korea for a long time, but were never really that popular.

However, one incident in 2018 has now changed this tiny cookie’s fortune forever it seems. Ms. A, who lived in Busan and usually ordered macaron via courier service, visited a macaron store, based on

Yongin, Gyeonggi Province, ordered 11 macarons and ate them on the spot.

The owner of the macaron store then posted a reply on Instagram feed that seemed to point out the actions of the woman in another guest’s message.

In response, Ms. A complained to the owner of the macaron store, which escalated into a public controversy as their dispute spread to various sites, which is known as the ‘10 macarons incident’.

Actually, she bought 11 of them, but the reason why it is called that is because the owner of the Macaron store wrote a comment saying “some people ate as many as 10 macarons.” The incident brought macarons to the attention of the entire nation.

Over the last twelve months since the incident, Korean macaron store owners have changed the crisp me-

ringue crust and made it chewier, and they have also made the filling less sweet according to the Korean taste preferences.

They also developed a ‘Ddungcaron’ by doubling the amount of filling. (‘ddung’ means fat)

In addition, a variety of Korean popular snacks and traditional snacks were combined with macarons to showcase the fusion macaron.

To investigate more about the Korean macarons industry, I met Ms. E, who runs a macaron shop in Ulsan.

Her shop was opened last December and is now a famous store loved by many macarons fans in Ulsan, and she confirmed that the most important thing when making macarons was to make the meringue crust chewy.

I hope the macaron industry in Korea will continue to make its own unique macarons.



Difference between AI and humans

By Takuro Kawasaki
University of Shimane

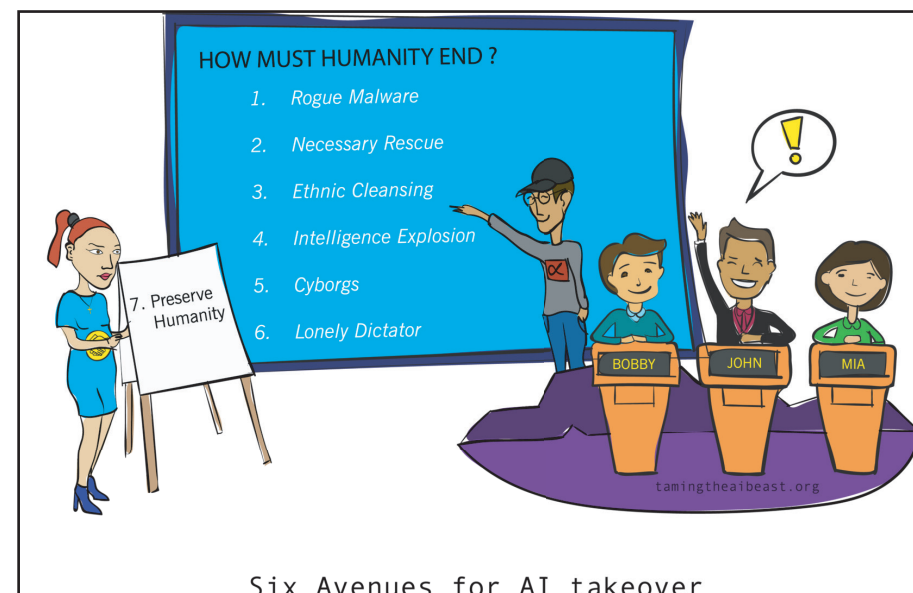
Recently many attempts have been made to install AI, artificial intelligence to conventional machines. People who are engaged in certain types of jobs are worried that someday their jobs might be stolen by AI machines. Although not many machines are so advanced enough to replace humans yet, someday in the future machines with AI will threaten people. In order to prevent the conflict between people and machines, it is necessary to understand the difference between human workers and AI supported robots.

The first difference is the endurance to long hours of work. People cannot continue to work because they get tired. Rest is necessary for people to recover mentally and physically. Otherwise, the efficiency will fall. Besides, there are laws to limit the hours of working and employers must give

their workers sufficient rest. On the other hand, machines can be run for a long time. They do not complain or take a rest. In other words, it will be no problem if machines are kept running all the time.

Another difference is the work quality. The machine can repeat the same process over and over again, so the quality of machines’ jobs is guaranteed. The machine will produce goods as programmed unless they are not broken. In comparison, the quality of human employees may vary depending on the condition that surrounds the worker. For example, if people are required to repeat the same thing over and over again, they get bored and lose concentration to cause errors.

Lastly, the flexibility to change is different. The machine works as they are programmed and is good at performing one thing for a long time without mistakes. However, the machine cannot adjust itself to a new job,



Six Avenues for AI takeover

because it cannot change its form or ability by itself. On the other hand, people have a variety of abilities and experiences. They can extend their ability by learning new things through education.

Summing up the good points of machine, the machines can work for a long time without errors. This is nice for employers, but not so much for human workers in terms of com-

petition for the same job. However, development of AI technology may produce a machine which will act like humans; they may start complaining of overwork and claiming for the same treatment as human workers. What do you think?

Illustration by tamingthebeast.org - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=80291988>

Animals have the right to live a life free of pain

By Jung Hui Eun, University of Ulsan

Do you know how many animals suffer due to humans? Lieza Swennen, an animal right activist, argues that “...animal rights are important...” as published by Lilongwe Society for the Protection and Care of Animals(LSPCA) in 2017. As the CEO of LSPCA and also an animal welfare programs director, what she is trying to convey through the article is that humans need to protect the animals that do not have a voice.

In the article, Swennen claims that animals have the right to live a life

free of pain and suffering. Just because humans are at the top of the food chain, does not mean we are the only ones with rights. In short, she thinks that for the world to stay balanced and to keep progressing there must be a balance between all living things and their respective places. That is why she says that it is our responsibility as inhabitants of this planet to ensure all living things, especially animals, are protected since they have the ability to suffer in the same way and to the same degree as humans do.

The author uses strong appeals that prove her credibility to ethos, with moral and obligation values. For example, she explains an ecosystem and the hierarchy of living beings in which each one feeds on the one below and stresses the duties of humans is to protect animals that have emotions, have basic rights to deserve, but cannot speak. She also uses her experience as an animal welfare activist to support her argument effectively. According to her piece, she says that animal cruelty and abuse globally are

on the rise, and a large number of animals are being killed every day.

Swennen effectively persuades her readers of animal rights and welfare in her article. The readers, with ethical and emotional appeal, can recognize what the issues with animal rights are and think about how to protect animals from animal abuse in her article. Her writing is encouraging readers to participate in animal welfare. We have to protect animal rights, and we have to take care of them.

COLLEGE LIFE

High School Students present in English



By Gotsu High School students

Hi. We are students from Gotsu High School. This year, we took part in English speaking events held at the University of Shimane three times.

We enjoyed speaking with the help of university students. In January, 2020, the theme of the English speaking event was "Saint Valentine's Day." So we made a plan of serving chocolate muffins for the participants.

The Home Economics' Club students made chocolate muffins. The Art Club's students made picture cards. We explained how to make

chocolate muffins using the cards.

At first, we were embarrassed when we stood in front of the audience, but when we finished the explanation and served chocolate the muffins, we felt a sense of achievement.

Many people praised for our explanation and muffins, so we were very happy.

We couldn't speak English fluently, but the native speakers of English and university students helped us and answered the questions with smiles. It was a wonderful time, and we were motivated to study English more.

Join ESS to develop leadership skills!

By Himeka Fuchi
University of Shimane

The University of Shimane English Speaking Society, ESS, is a new club just formed in October 2019. The goals of ESS are to improve English speaking skills and to develop leadership skills of the members as well as to contribute to society.

The ESS organizes events where participants can use English. Since October, the ESS offered English only events every month inviting local native English speakers and high school students. Many guests attend

ed the Halloween party, Thanksgiving party, Christmas party and Valentine party. They all enjoyed sharing stories in English.

By planning and executing ideas for the guests, the members of the ESS are able to develop various skills such as persuasion, expression, presentation, discussion in addition to English speaking ability.

The ESS members practice speaking every week. If you want to express ideas in English toward cross-cultural understanding as well as improving your English, please join the ESS.

Patrol club protects community

By Takumi Oto
University of Shimane

The patrolling club, SCOT, of the University of Shimane ensures the safety of the local community day and night.

SCOT means "Social Communication Offering Team" and their goal is to prevent crimes from happening. The members of SCOT help people on- and off-campus to build rapport among the local community.

The members of SCOT patrol around the university twice a week and in the town once a month to prevent crimes from happening. When they patrol, each of them wears a

green-yellow vest and brings a light bar or a flash light so that everyone can easily recognize that they are SCOT patrol members. While patrolling, they visit bike parking areas and see if they are locked. If a bike is not locked, they hang a warning sticker on it to warn the owner not to let the bike be stolen.

SCOT members not only patrol but also join in a volunteer activity for enlightening the risk of fraud for elderly people. The members perform a short play in which one member acts as an imposter and another as an elderly person who would be taken in.

They also play characters such as police officers and a bank clerk and

Beach club brings joy to local residents

By Mitsuhiro Sakaguchi
University of Shimane

The Beach House Club want to bring joy to local residents by hosting fun, well-planned events in the community.

The Club offer many wonderful events in Shimane Prefecture. In Masuda City this summer, they held an event called Surfing Experience. In the event, they taught children how to surf. Mr. Yamato Sakaguchi, who is the promoter of the event, said about 20 children participated in the event.

The event was very successful.

On last Halloween, they took part in an event in Gotsu City. There, they set up a vender to sell sausages. They were able to sell all the sausages. By selling delicious foods, they made local residents happy, and they were able to gain profit that should be used for planning next events.

They have meetings every Friday, when they discuss their events. Using Instagram, Beach House Club upload photos of events.

Brass band club creates harmony

By Tomomi Nakamoto
University of Shimane

The Brass Band is one of the most well-established clubs of the University of Shimane. They take part in a lot of events. They won the silver medal in an ensemble contest after their hard practice from June to December. This year they are going to win the gold medal to advance to the regional contest.

They also participated in fun events such as a Halloween, the university's cultural festival, Entrance Ceremony and an event in a school for the deaf. The event in a school for the deaf is interesting because they played with students of the school after performing music.

There are eight people in the club. They have deep connections with

their musical instruments because they practice with them. The other members play a trumpet, a trombone, a saxophone, a clarinet, a flute and so on. The manager of this club is Ryo Okamoto. Although she is only a sophomore, she is very talented and dedicated. She played trombone when she was a junior high school student. So, she wants to continue with music and playing a musical instrument. Also, she said, "I want to play a new musical instrument." So she practices hard to able to play an euphonium.

The club meetings take place twice week on Wednesdays and Saturdays. The practice schedule includes ensemble, personal practice and sectional practice. They are looking for new members.

Photo by Ryo Okamoto



they put on a play so that the audience can learn the tricks of the imposter.

SCOT was established in 2009, when a female student of the University of Shimane was kidnapped and murdered. Another purpose of SCOT is to remember this tragedy. To achieve this purpose, the members attend the security promotion meeting on Oct 26th every year and present in public why the SCOT was established and the activities they do. The

members also join the flower planting ceremony at the garden made for the victim in 2009. While all the members attend the meeting and join the planting, at least one member takes part every time.

One of the club members said, "The members are close. That's my favorite part of this circle. We keep in mind to cooperate with one another and create a harmonious club." SCOT members continue to protect the city.

CULTURAL TRADITIONS

Regional differences of Christmas in Peru

By Jhanpierre Adriano Cárdenas
ESAN University

For many Peruvians Christmas represents a beautiful occasion in which all family members meet and share happy moments remembering the birth of Jesus, our Savior.

Peru, as a Catholic country, has many different religious holidays, but I think Christmas is the most prominent of all. Peru is a multicultural country, and each geographical area has different customs and traditions. I would like to show how Christmas is celebrated in the three geographical regions: the jungle, the mountains, and the coast.

Christmas in the Jungle

In the jungle, children have an important role in Christmas. Many of them participate in different nativity plays dressed as shepherds at the time of Jesus. The best performing group receives sweets as a prize. In addition, there are also performances by the locals as characters from the Bible who are guided by the Star of Bethlehem.



Christmas in the Mountains

In this part of Peru, the image of the child “Manuelito” is revered. “Manuelito” was the name the first Catholics in the mountains of South America gave to Baby Jesus to distinguish him from adult Jesus. Each part of the mountains has its own traditional Christmas celebrations, but most of them include special dances and celebrations leading up to Christ-

mas.

The local “Santuranrikuy” Christmas Market takes place on December 24 in Cusco. Different handmade souvenirs are offered by different artisans, peasants and shepherds of the region who come together to offer their best products to tourists. In this market, we can find crafts made of wood, metal, cloth, etc. Especially popular are figurines of Baby Jesus, the “Manuelito Child.”



Christmas on the Coast

In this part of the country the celebrations for Christmas date back to the arrival of the first Spanish conquerors, and therefore different European cultural aspects are preserved. Despite this, in Afro-Peruvian areas such as Ica or Chincha, the “Niño Negrito,” or Black Baby Jesus, is celebrated, and he is honored with numerous dances of African origin. The Virgin of Carmen is also celebrated at this time.



Christmas in Lima

However, in Lima, Peru’s capital, most of the excitement centers around the purchases of gifts for children, of the decoration of the house with Western-style Christmas trees, lights and Christmas ornaments.

Weihnachten, Christmas in Germany

By Lucas Irmisch
ESAN University

I will tell you about my favorite holiday of the year and one of the greatest seasons of the whole year in Germany: Weihnachten, which is Christmas. Germany features a century old tradition and has some specific customs for Christmas and the whole month of December as preparation:

Advent Calendar

The Advent Calendar counts down the four weeks leading up to Christmas Eve and is one of my childhood’s greatest memories. Every day during the Advent season a new door on the Advent calendar is opened. Each opened door proceeds to reveal a chocolate or other treat. You always see where you are and the excitement is growing each day!

Advent wreath

Many families in Germany put an Advent wreath on the living room table the fourth Sunday before Christmas. Our wreaths have four large candles and, traditionally, pinecones and berries. The candles provide a very cozy atmosphere in dimmed light and are enjoyed by my whole family.

Photo By Jonathunder - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=12311700>



St. Nicholas Day On the night from the 5th to the 6th of December you put your cleaned shoes outside the door of your house and if you behaved well in the year St. Nicholas will leave a little gift in the boots, such as chocolate, nuts or fruits, or a bag of gummy bears

Christmas Markets

During Advent season the historic city centers of every German city light up with Christmas markets, known as Weihnachtsmärkte. Thousands of lights and decorations captivate you, and invite you to stroll around the vendors of local arts and crafts. We also have plenty of food! The Christmas market tradition dates back to the 15th century in Germany. Famous there is Mulled Wine (Glühwein), hot mulled red wine, with an optional shot of brandy (Glühwein mit Schuss).

Traditional Foods

One of the most anticipated German Christmas traditions is the Christmas dinner! The traditional Christmas meal features duck, goose, rabbit or a roast. This main dish is accompanied by German delicacies such as apple and sausage stuffing, red cabbage and potato dumplings. Dessert typically includes Christmas Stollen, considered one of the best Christmas pastries in the world!

So these are the main customs and traditions we have and that I found only in Germany in this form. For me the month of December is a very special month full of togetherness and family time. The days are getting short and you make it cozy with candles, Glühwein and all the good pastries. On the evening of the 24th you have the delicious meal and then enjoy your presents under the Christmas tree and the time with your beloved ones.

Korean drinking culture and customs

By Dohee Kim, University of Ulsan

Many Koreans I know drink at least three times a week. Most Koreans like to hang out with a variety of people, including friends, family and coworkers. There are three interesting characteristics of this culture.

First, modern Korea’s unique drinking culture has a ‘get-together’ culture of changing places to drink. Usually, a get-together starts after 6 p.m. after work finishes, and they often move from a place to another until after midnight. Due to this habit, Korea has developed a unique industry called “chauffeur service.” “Chauf-

feur service” is a service in which a sober driver drives a drunk person’s car home when he or she cannot drive, leave the car or return home by themselves.

Also, South Korea has some rules to abide by from the past to the present. First of all, it is not courtesy to let someone who drinks with you fill a glass by themselves. Therefore, you must check whether the other party’s glass is empty. Also, when you finish drinking, you have to pour it. Finally, when drinking with a smiling old man, it is polite to turn around and

empty the glass with both hands. If a Korean does not abide by these rules when drinking, he or she is likely to be perceived as a person who has not learned alcohol etiquette.

Finally, most Koreans drink soju, which represents their area. Most parts of Korea have soju, which represents each region. Native soju in each region is considered their self-esteem and pride. Examples include “Chamisul,” which represents Seoul, Gyeonggi Province, “Like the First Time,” which represents Gangwon Province, “Good Day,” which repre-

sents South Gyeongsang Province, and “Hallasan,” which represents the Jeju region. Koreans decide by a majority vote what soju to drink when people from various regions gather, but people from the same region drink soju that represents their area.

Thus, the Korean drinking culture exhibit interesting features. If you travel to South Korea, you may be able to witness the get-together culture, rules for drinking alcohol, and a variety of local soju. This culture not only strengthen people’s relationships but also enrich their cultural and social lives.

CREATIVE STORIES

A Mysterious Door

By Himeka Fuchi
The University of Shimane

One day, I went home after my part-time job. It was already dark, so I ran home.

I was panting when I arrived at my apartment. I inserted the key and I tried to open the door.

However, when I grasped the door-knob, the door opened. I was surprised, because I didn't turn the key, yet. I felt a spine-tingling chill. I thought that someone was in my home.

So, I called my friend who lived next door and entered the room together, but there was no one. I called my mother on the phone and talked about this thing. My mother was afraid.

Two hours later, the bell of my home rang. I thought of a man who wanted to open my house standing with a knife in his hand. I didn't open the door. The bell rang many times. My heartbeat was faster, but it didn't stop ringing. So, I reluctantly peek at the peephole and I could see two policemen there. I got quite relieved to discover so and opened the door.

The policeman said it might be a case, but I wanted to believe that I had forgotten closing the door. So, I told the policeman that I thought I just had forgotten locking the door and asked him not to worry about it.

The next day, when I went to university, I double checked the lock with my friend. I thought that everything would be okay.

I went to my part-time job, and came back as usual at night. I said to myself that that day everything would be okay, and I told it to myself again and again.

However, when I grasped the door, the door was not locked. The door was not locked. It was the second time that the door was not locked. I felt a spine-chilling fear. This time I didn't forget locking the door because I had my friend check the door closed. I thought that my house was in danger and I couldn't live in this house. So, I stayed at my friend's house for a while.



Illustration by Takumi Nakamura

Maggots

By Mariko Eguchi
The University of Shimane

When I was a high school student, I lived in an old house. One night, I studied at night. It was a hot and humid night. I stood up to go to bathroom and walked to the door, when I stepped on something. I looked at the sole of my bare foot and found a maggot stuck on it. The maggot was still alive. I threw it away and shouted, "Mom!"

My mother came to me out of the kitchen. She asked, "What's the matter?" I said, "There was a maggot on the floor!"

Then I felt something fall on my hair. I stroked my hair. I found a shiny white maggot between my fingers.

Horrified, I shook it off madly, shouting "Oh, no!"

Then my mother said, "Look!"

I looked up and I saw a patch of maggots wiggling on the ceiling, just about to fall down. They were extremely disgusting.

She said, "there is something up there."

Bravely, she opened the closet door and climbed on the upper board. She pushed up the ceiling board, stuck her head in the attic. I followed her. She shone the attic floor with a flashlight. The musty and dusty smell came to my nose.

On the other side of the ceiling, there was a mound of maggots eating a dead rat.

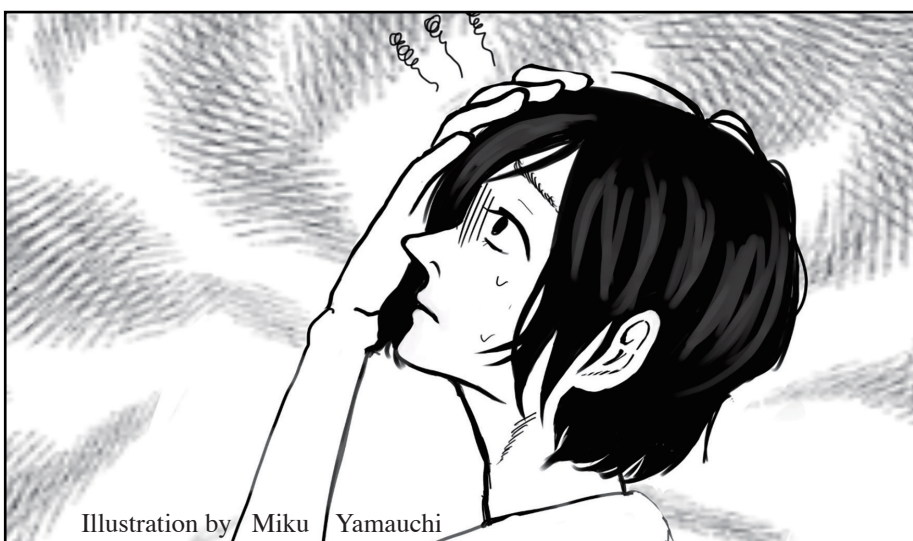


Illustration by Miku Yamauchi

Westler Challenged by Space Monster

By Ryusuke Ito
The University of Shimane

Once upon a time, there was a wrestler. He was called "Wolf" by his fans and he was the greatest in the world.

One day, he was sleeping in a magic tent. "Resting in this tent will help me recovers quickly," he thought to himself.

Suddenly, he was illuminated by a dazzling light. He woke up and to his surprise, he saw a spaceship in front of him.

An alien came down from the spaceship. The alien told him, "I've come to challenge you! You are the strongest man on Earth!"

At first, Wolf was surprised when he heard these words. He must accept the alien's challenge because he was the strongest man on Earth.

He changed into battle gear and stood in the ring.

Next, his opponent appeared. He looked like a demon and with a demon voice he said, "In this match, there are not rules. Anything is allowed. May the best man win!"

They were equal and the match was very impressive. The alien poked Wolf in the eyes, and hauled out the hammer from under the ring. He then tried to hit Wolf with the hammer. But Wolf evaded the attack and in a great back drop wrestling move, Wolf grabbed and threw the alien to the ground.

Seeing that the alien could not move, he seared for weapons under



the ring.

However, he could only find a book. So he took it out. Then a wolf came out of the book and bit the alien.

And the wrestler did the most amazing power bomb move to the alien. The wolf that had come out of the book counted to three, "ONE, TWO, THREE!" It declared the wrestler the great winner.

After the match, the alien said, "I give this in honor of your good work." The alien gave him a "space apple" and returned to his planet.

The wrestler bit the apple. Then his body became more energetic and he remained active for the rest of his life.

A Man in Black

By Shiina Yoshidomi
The University of Shimane

It was a chilly dark night. I was hungry so I went to a supermarket near my house. That day I was so tired and felt mildly ill. I wanted to go back how as soon as I chose ingredients for dinner

When I went around the supermarket, I felt something strange. I stole a glance over my shoulder, a man was standing still. But it didn't bother me at that time. I finished shopping and went home.

However, I remembered that I forgot buying something, so I went back to the supermarket again. Then I noticed the man starting in my direction, who was wearing a black shirt and trousers, and his eyes were hidden under his hair. I felt scared, so I wanted to go back to my house quickly.

While I was standing in a checkout

line, I realized that the man stayed behind me. I felt something was wrong, so immediately I put down the shopping basket on the floor and went out of the spot. I hopped on the escalator and went upstairs. But he followed me. I quickly walked behind a display shelf and tried to get rid of him. Then I went down to the first floor and got out of the shop. I desperately ran and ran! But he chased me. I tried to get away from him, but he just kept coming back.

At last I was clear from him. I had goose bumps on my legs and tears in my eyes. I made a detour and I went to back to my house. I opened the door. At the time, the man stood in front of myself. I screamed!

He looked surprised. When I took a good look at him, the man was my brother, whom I haven't seen for a year. He was barely unrecognizable.

TRAVEL

Experiencing Ulsan through whales

By Kim Ye Ji
University of Ulsan

How many times have you seen whales? In my hometown Ulsan, Korea, there is a place called ‘Jangsaengpo’ and it is well known as the town of whales. Unfortunately, it is not well-known.

According to the statistics from Korea Tourism Organization of 2019, almost 78 percent of foreign travelers visited Seoul, Busan and Jeju only.

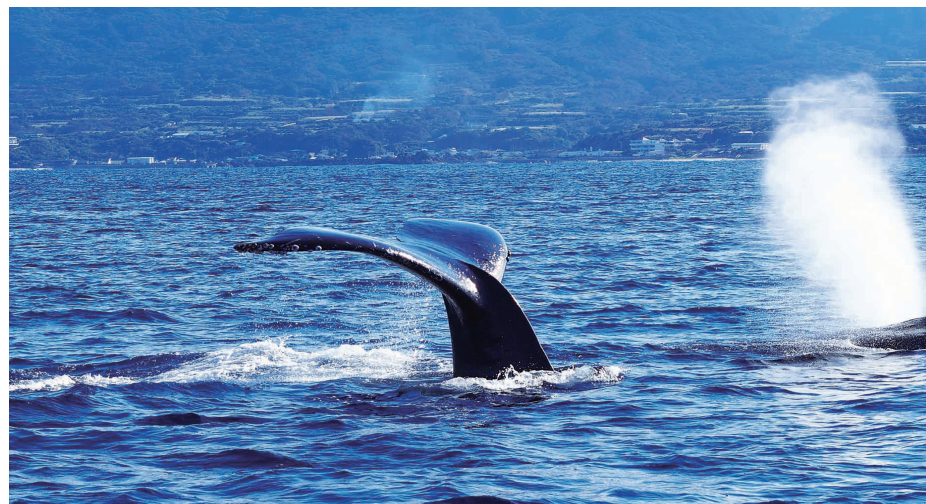
I realized the reason for this problem is because many other cities are not advertising so much about other fabulous places to visit.

If you have any other ideas to visit

Korea, Ulsan can be the perfect spot. Last summer in June, there was a huge Whale festival. Attendees enjoyed numerous kinds of foods and took part in numerous events.

Moreover as the “Whale” is the symbolic animal of Ulsan, it is fascinating to visit the ‘Jangsaengpo’ whale culture zone which is right next to it, to seek the history of whales through the skeletal models of realistic whales and whaling relics.

Also, you can enjoy visiting museums and an ecological experience center to experience vivid hands-on activities with various programs. As dolphins and whales are not as common like dogs and cats, this can make



you experience something unique.

Furthermore, there is an event where you can wear old school uniforms and see the past appearances of a Korean village. You can even buy adorable souvenirs. This opportunity

to tour through “whales” will be almost the only one in Korea. It is tremendous to visit Seoul but why not visit Ulsan and get close to whales? Come and enjoy it in person, and join the festival next year!

Fun events in France

By Tania Guillermin
ESAN University

There are a lot of interesting events in France. First of all, the most important national holiday is on the 14th of July. On this day, French people celebrate the day that people stormed the Bastille Prison on July 14 in 1789, which lead the French Revolution. On this holiday, many parades and processions are held while all the shops are closed. Fireworks adorn the night sky at various places. The streets are



decorated with French flags.

A well-known and highly covered event in France is the Tour de France, where many cyclists race through France over the span of a few weeks. Many spectators go to see these athletes compete live.

Most of the time, during the summer, young people participate in some of the numerous music festivals that are organized all over France. Since we were 16 years old, my friends and I usually go each summer to one or more music festivals. On average, they last three to four days each, and there are a lot of different ones which play all kinds of music. Normally, they take place near campsites where festival-goers can sleep or, for some of them, party all night long.

Finally, a big sporting event will take place in 2024, as Paris will host the Summer Olympic Games.

Photo of Place de la Bastille from:

<https://search.creativecommons.org/photos/b5857b69-b077-4d76-be1f-b2034f1b5c09>

Bundesliga, ritual among Germans

By Alina Bastian
ESAN University

The Bundesliga, the professional football league of Germany, is loved in Germany, enjoying incomparable national importance in the sporting area. It has been around since the 1963/64 season. Every weekend, its 18 football teams compete against each other twice, making for 34 matches altogether.

What is special about it, however, is the enthusiasm going into it. Not only does Germany have an immense number of fan clubs, public viewing events and sports bars, etc., soccer is a common interest for most people. This means that football, and especially the Bundesliga, is appreciated by the general public rather than just by football or sports enthusiasts. If you do not like football, for instance, and do not take any interest in it at all, people would be surprised by this response, as it is perceived as rather unusual.

Consequently, a very common ritual among Germans in general and

families in particular is to have Saturday dinner in front of the TV while watching the “Sportschau”, a review of all the Bundesliga matches of the weekend up to that point.

In my memory, this ritual was a special event for my brother and me, and we looked forward to it even though it took place every week. Many German children are already quite into football, playing video games such as FIFA and collecting and trading stickers and cards showing the current players of each team in the Bundesliga. Boys and girls are often almost equally participative in these activities. The merchandise revolving around the Bundesliga is also extensive. I do not think I know anyone from Germany who did not own at least one piece of football-related merchandise as a child.

While small talk is not very common in Germany (there is actually not even a German word for it), talking about football could certainly serve a similar purpose. Insofar, football is not just a national sport: it is much more than that.

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