

WISH Times

Version 36

January 2020



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BAKERIES OF NAKANO

WRITER: MOEKA

TRANSLATOR: RENUKA

**This time I've picked up some of my
personal favourite bakeries near WISH!
Let's try and find one that suits your taste!**

Croix



This is one of Nakano's hidden treasures of bread! Many WISH residents who use the Nogata Station may know about it. The owner has made the bakery a part of his house. Although it's a small shop, you can experience the heavenly feeling of the smell of wheat spreading throughout when you enter. In spite of the fact that the owner manages the shop by himself, he makes seasonal bread on a daily basis, so even if you go everyday you're sure to find something new. My recommendations are the "fig campagne" and "vegetable oyaki (Grilled Buns)". The number of breads sold in a day is limited, so it is best to aim for the early hours when there are many kinds still available.



La Clochette



They have many kinds of breads, such as baguettes and other hard breads, as well as croquette sandwiches. Although it's a bit far from WISH, the shop is in a quiet place and you can take your time to choose. I've tried the salami egg sandwich and it has an addictive taste with a peppery effect which gives a bit of spiciness. Recommended for those who want to try a different egg sandwich!

BELBE Nakano Central Park ★★★★★

A bakery known to every WISH resident! I like the mini breads that can be individually bought! The bakery also has several other services that not many people know about;

1. An eat-in space where you can watch the park
2. A cup of free coffee with purchases of or over 500 yen (Eat-in only)
3. 10% discount on all breads on Tuesdays
4. 30% discount from 7pm

On holidays I often wake up leisurely and have a nice brunch there in the park! What an ideal way to spend your day off!



KINOKUNIYA Bakery

★★★★☆

A conveniently located bakery at the Nakano that has sweets, side dishes and drinks. During the morning rush if you feel like grabbing some freshly baked before going out, do check it out! In December, they have a Christmas limited-time sweet "Stollen" which was sliced and sold. One slice is sufficient, and it was a nice choice for me when I wanted to grab a small bite.



Premier Saint Germain

★★★★☆

Located just off the south exit of Nakano Station, the shop is large and varied. I found a really cute snowy bread here during the Christmas season. It's open late at night, so you can stop by on the way home which makes it very convenient.

Bonjour Bon



This bakery is recommended for those who like sweets. The first thing that comes to mind is their maple melon bread! Soaked in plenty of maple and butter, the texture is absolutely irresistible and addictive enough to keep on eating. Indeed, it is "the devil's melon bread". Here you can collect 20 point stickers and save 300 yen. It is located in a corner of the shopping district and is always crowded, but it is advantageous to aim for days when you can get 3 or 5 times more points than usual.



AN EXTRA AT THE NAKANO SUN MALL

Tenma

Curry bread from a curry shop. You can take some curry bread home after having curry at the restaurant! You can try and compare all sorts of breads with fillings like keema, mozzarella, soft-boiled eggs and beef. My favourite is the curry bread with mellow soft-boiled eggs! Even if you warm it up again at home in the toaster, it still remains melty and delicious.



Tezukuri tenshin mata ashita.

I've tried steamed shrimp dumpling and meat bun; the gravy deliciously falls apart the moment the hot meat bun is broken! High quality Japanese pork is used, and the aftertaste is refreshing. The outer layer is supple and contains plenty of filling, so you'll be very satisfied! Meat buns or steamed shrimp dumplings, which do you prefer? If you bring your previous receipt, you get a 10% discount the next time!

Here around WISH, you have the chance to try out many different kinds of delicious bread every day! You too can go around exploring all kinds of bakeries and maybe find a hidden jewel or two!

☺ The content of this article is just personal feedback☺

exam season: not as stressful as you think

WRITER: SARAH

As scores of students return to school from a winter break of vacationing, spending time with family, or ringing in the new year with their friends, we must face the looming reality that hangs over us: exams season.

The culmination of our semester and a major factor in our final grades, it is understandable that these few weeks in particular can be a source of immense stress for all students. For many students (like me) that suffer with anxiety, trying to manage the uncontrollable feeling of gloom can be a task that is difficult, but all too familiar.

The good news is that in the long run, exams matter a lot less than many let on, and even so, there are many ways to help manage the stress and anxiety that come from this final sprint towards the end of the semester.

This may be a familiar scenario for you: After weeks of procrastination, you finally muster up the courage to face the fact that exams exist. You may even have marked them on your calendar, so you know exactly when the test dates are. Deciding that it is time to study, you sit down at your desk, open your laptop, prepare your notes, and finally, wonder how to begin. We've all been here before.

The first problem is, we often try to tackle the idea of “exams” as a whole. Without a good idea of what exactly we are trying to “study”; this obscure and ambiguous term often triggers anxiety and shuts the mind down instead of gearing up towards effective studying. We are often afraid of what we cannot see or grasp, which is exactly what happens when we don’t have a solid study plan, and contributes directly to stress during exams season.



If you are like me (and most people), and cannot retain every bit of information that enters your brain at any given time, an easy solution is to simply write things down. This can be in a planner, on post-its, or in a notebook, essentially anywhere that will catch your eye and remind you of its existence. Giving yourself realistic, attainable goals that you can cross off one by one is not only useful for productivity, but also boosts your self-confidence.

Additionally, breaking down studying into small increments can make studying easier and relieve the mental burden of taking on too much work. For example, instead of telling yourself, “Today, I will study for International Relations,” try creating a study plan and saying “Today, I will study and understand three kinds of international relations theory, within this one hour time limit I set for myself.” After the hour, drop everything, take a break, and at the end of the day, try to recall from memory the things that you studied.



Even simply having a solid view of what you need to do is helpful for stress, because you have physically reproduced the steps you need to take to achieve a goal, and eliminated the “unknown,” which is often the main cause of anxiety.

Separately from studying, there are also other things you can do to help relieve stress. You should remember that exams season lasts several weeks, which means it is crucial to pace yourself both physically and emotionally to make it through. So, while creating time to study, be sure to also create time for yourself to just relax, drink a hot cup of tea, and watch Netflix or read a good book. (Just be careful, because this can turn into a slippery slope!) Most of all, be sure to interact with your friends, and lean on them for support, because having common struggles can help relieve the stress as well. Once analyzed, stress is a concept that can be dealt with in simple ways and can be something that works in our favor rather than against us.

HOW TO BEGIN **HITCHHIKING**

by Satoshi Miura
translated by Ai



When the February mark of the two month spring break for college students finally arrives, the money you have been spending on travel and hotel stays may start to reach a lower limit. Even with abundant time and strength, students at some point will have trouble finding areas of activity due to lack of funds. At these kinds of times, “hitchhiking” saves money and makes the long break worthwhile. In this article, I’d like to give some advice on how to hitchhike, through an itemized list explaining the essentials.

1) NUMBER OF PEOPLE

Although there is not a set number of people you must go with, it is easiest to begin hitchhiking with two people. Compared to hitchhiking by yourself, going with two people gives you physical and mental motivation, and in addition if you happen upon trouble along the way, it is easier to take care of than if you are alone. At times, if you hitchhike with three or more people, there are cases of drivers who even though want to help you out, cannot because they lack the room in the vehicle, and in addition, they may feel deterred when they see a large hitchhiking group. And above all, safety first, so especially for women I feel that it is best to travel in twos or more. Japan is a very peaceful place, and I have never heard from female hitchhikers that there has ever been trouble, however just in case, be sure to go with at least two people.

2) LOCATION

Although this is not well known, the front of the Youga McDonald’s in the Setagaya ward is called the “Holy place of hitchhiking,” and many hitchhikers choose to begin their journeys here. Many cars pass by this spot as it is right in front of an interchange, and since there are many spaces for drivers to park in, it is very likely that you will be able to catch a ride. I started hitchhiking in front of this McDonalds, and it took me around 15 minutes to be offered a ride. Since the highway is used as a commuting route between Tokyo and the suburbs, many drivers will pick up hitchhikers on their way back home.

3) HITCHHIKING IN PRACTICE

In order to hitchhike, you will need two things: a sketchbook and a big permanent marker, which can both be bought at the 100 yen store.

When you write your destination on the sketchbook, instead of writing the final destination, first try to write that your goal is to get on the highway. So, it is best if you write the name of the service or parking area that you are trying to get to on your sign. If you use the previous Youga McDonald's as your starting point, get on the highway first, then write "Until Ebina SA" on a page of your sketchbook, as it is also a low hurdle for the driver.

The point when hitchhiking in reality is to take actions that make the driver think that "my help is being asked for." Even just by waving your sketchbook back and forth or smiling at them, there is a greater chance that they will consider giving you a ride, so make sure to appeal to each and every car that passes by.

If you continue to do this, you will be able to go from Tokyo to Osaka in around 5 to 6 hours.



4) TIPS AND TRICKS

Once you get to a service area, other than raising your sketchbook, you can also look at the name of the place on the number plate, or speak directly to the driver. Even if they normally would not give a ride to hitchhikers, almost all drivers will kindly listen to what you have to say if you speak to them, so although it raises the hurdle a bit for the hitchhiker, it is a very effective way to get a ride. If this method goes well, you can get to your destination with two cars, so I would recommend this method for people who want to hitchhike as efficiently as possible.



5) IN THE CAR



While in the car, you should be most conscious of how to make the driver comfortable while driving. Since we are given a ride from the kindness of the driver, telling our thanks before and after the ride, speaking with honorifics, or treating them with courtesy is the least we can do for their trouble. Also, there are many people who give you a ride because they would like someone to talk to with driving, so be sure to create a fun atmosphere for people like this. That being said, you really do not have to think hard about topics; if you ask them simple questions like why they gave you a ride, or what they do for work, for people who like to chat, the conversation will naturally flow from there. Among the drivers that have given me rides, I have come to know a Toyota executive, a person who coincidentally runs a restaurant in Nakano, and other people who have had interesting backgrounds. Listening to the stories and advice that these people shared with me was an invaluable experience. So, from the standpoint of being able to learn lessons and advice from your seniors in life, be sure to actively engage in conversation while in the car. If you are able to become friendly with your driver, they might even treat you to a meal...

In this article I explained the basics of hitchhiking; with a little bit of courage, it is truly something that you can do easily. If you can take the first step, not only can you save money, but also gain exciting experiences and interesting stories or encounters, and it brings you nothing but profit. During this precious time of your life when you are a college student and have plenty of time and energy, why don't you try out hitchhiking?





WISH Christmas Party

by Misato Fujii / Photos by Nao Tsutsui

There is a reason why WISH is a special dorm – it is the same reason for WISH residents and RA's to leave WISH with fond memories for life. The reason for this is the close connection that we make as university students, dorm residents, and growing individuals through the events at WISH. One of the events that took place at the end of 2019 was the Christmas party.

This was organized by various RA's around 2 months before the actual event. Dorm residents were also given the opportunity to get involved in preparing for the event. The biggest help needed was in making all of the decorations. Everyone worked hard to making decorations by hand instead of buying them. There were weekend workshops and late-night meetings and times to finish it all. Being a part of it myself, I think it was one of the most fun experiences I had in preparing for an event. I not only got to see the decorations come together, but also got the chance to know the RA's and the residents better by working together.

On the day of the event, those preparing for the event started setting up the room after lunch. It was definitely rewarding to see the final product of all the work we had put in get put up. It was even more rewarding when one of the senior RA's, who had been at WISH for her four years of university, said that this was one of best Christmas party decorations she had seen at WISH. After putting up the decorations, several of those helping stayed back to help the housemaster prepare something special for the event, which if you continue reading, you'll find out what it was!

As the residents started coming in, they were separated into special candy-land themed groups. Each group got a very talented hand-drawn candy-land picture to indicate where they would sit. Each group then played a round of Pictionary under the Christmas theme. After that, the residents were all separated into two large groups and we played the game 'pass the parcel.' There were many layers to go around and everybody got a gift which ranged from stationary, food, to even a Starbucks card!





After the games, there was the special surprise for all of the residents from the housemaster. This was homemade karaage (fried chicken) and onigiri (rice balls)! The housemaster dressed up as Santa Claus as well which I think that even as we growing adults, seeing Santa Claus is always exciting! It was truly a special and heart-warming gift for all of the residents. The finale was a giant cake from the Hilton that one of the RA was able to get for us, and it was so delicious.

Events like these are so great because they allow you to create lifelong university-time memories. You also make friends and get closer to people in ways that maybe you would not have expected. I think that it is because of these events that WISH holds that WISH stand out as a dorm and home for many university students.

