



wish times

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Freshman Advice
WISH Kitchen Recipies
Encounters on a Hitchhike: Part I
Get to Know Nakano



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A Message for Incoming Students: Welcome to Waseda and WISH!

**Writer:
Sarah Kunii
MacDonald**

First and foremost, to everyone who is entering Waseda and WISH this year, congratulations, and take a quick breather. I'm sure that you have all worked incredibly hard to get to where you are, and all of us in the WISH community would like to wholeheartedly welcome you into this truly unique living space.

At the beginning of last semester when I entered WISH, there were a lot of things that I wish I could have known before beginning my whirlwind of a first semester at Waseda. Help seems pretty scarce when you are scrambling to get your bearings and meet new people, who will be both your roommates and your companions for the next 2 years, and in this article I'd like to give you a bit of advice, from a first year's perspective.

First off, I think it's most important to meet new people and form new connections. Try to open up, because I promise you, it is worth it. The people you meet come from all kinds of different countries and backgrounds, and have under their belt a variety of experiences that you have probably never encountered. For me, I've been learning Chinese for six years, but never got to test it out on other people, because everyone else could just speak English or Japanese, the languages I am most comfortable in. Particularly at WISH, I got to meet a lot of Chinese-speaking friends who gladly help me out and have conversations in Chinese with me, but I wouldn't have met them if I hadn't gone out and approached them first, by saying hello. I didn't notice it at first, but that was such a gratifying moment for me; I felt that I had challenged myself in a way that I hadn't before because I was too scared to fail.

That leads me to my next point; I hope that you fail at least a couple of times when you are here at Waseda. This may come as a shock to you, and it definitely was shocking to me when I first heard this advice, but if you want to learn something new, you are probably going to fail at it for a while. It's a pity that we've been taught that not knowing an answer is a bad thing, because if you don't know something, it is an opportunity to grow, and receive an answer from someone who knows a lot more than you. I would even go as far as to say that it is a blessing. You may be worried about your GPA dropping, however, assignments like homework are the perfect opportunity to make mistakes, because they are essentially practice for learning new analytical techniques and strategies.

Additionally, take classes that are actually interesting to you, rather than taking classes that are "easy for you" or on topics that you have already learned. I found it really hard to take a class that I ended up not being interested in, because even though I was putting effort into it, it took me so much more time to study and understand the material. Choose classes that you can give your all, because if you fail, it means that is another opportunity for you to pick yourself back up and learn something meaningful.

Waseda has some of the best resources for college students in Japan, like the main library—which is wonderful, by the way, be sure to use it from time to time!—and some of the best professors, too. I know it is difficult to approach people who know way more things than you and seem kind of scary at first, but I have found that once you approach them and have a chat, they encourage you to be curious about your passions and do further research. For example, I have gotten so invested in a Freshman Seminar paper about Mass Shootings in America that I wrote 3,000 words over the original word limit, and after consulting with my professor, she said that she would be glad to read it in full. Now, that may be unique to just her, but the point is, I wouldn't have known that was possible if I hadn't gone out of my way to ask her personally. I've been inspired by a lot of my professors in this way; if you go out and show your interest in the subject, chances are they will happily return the enthusiasm through advice and knowledge, as all of them are great people who have years of experience that you don't have yet.

Lastly, Waseda is what you make of it. I know people who have gone through Waseda without reaching out to anyone, who took the classes, got the credit, and graduated in four years or less. Well, that's a perfectly valid way to go through college, but to me, I would rather use my resources in full to help build my skills in order to fulfill a dream of mine. So, having a long term goal can be helpful to choosing your courses and building your schedule, but if you don't, you don't have to rush, just take courses that really interest you at the moment. Go with your gut. Take risks, believe in yourself and your strength, and push through it. I've had times where I question why I am here, in Japan, why I left America to go to college here. And I realized it was because I needed a community that held different perspectives on life and society, and by getting into heated debates, arguing opinions, and coming up with solutions, develop my own thoughts and stick by my values. If you focus on just getting yourself through each day, slowly building your arsenal and getting valuable experiences and tools under your belt, you'll find that you have found a path from yourself, and have a better sense of who you are and what you want to do. You might even find that there are ways that you can help others through the work you've done.

**Take risks,
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So, while you are at Waseda, again, I hope you fail. I hope you learn new things, pick yourself back up, and I hope that you meet new people. I hope that at WISH you blunder through broken Chinese and laugh when you make no sense at all, and I hope that you share meals with people with different backgrounds who hold different opinions than you do. I hope you reach out when you need help, rely on the friends that you make along the way, and share your aspirations with your teachers. These precious four years of your life are what you make of it, so take that first step, no matter what your mind tells you the consequences are. Chances are, you'll be a better, happier person when you make it to the other side.

Even beginners can cook!

Delicious Cooking Life Starts at WISH

written and translated by: Ryoei



In this article, I will introduce several recipes which can be made easily and instantly for beginners, and also recipes for challengers to cook elaborate dishes. Some of the recipes are referred from a book called "世界一美味しい手抜きごはん" written by はらぺこグリズリー.

New Residents Encountering Tough Challenges

Knives, ladles, frying pans, and cooking utensils were unknown equipment to the author: a new resident who lived with family until entering this dormitory, not even touched those tools in home economics if unlucky. Those who will newly live in WISH- currently leaving from your parents' realm-also will be spontaneously compelled to choose either eating dishes in restaurants, buying lunch in convenience stores, or an ultimate option: cooking by yourself. I strongly argue that continuously cooking by yourself is the best selection as you live in WISH. It is true that there are a number of well-known places to eat in Nakano and Takadanobaba. Ramen served in "Budouka" has unforgettable revolutionary taste, isn't it? The menus in grilled-pork restaurant called "Donpishari", which is quite near to Waseda University, will surely make your stomach full. However, it costs approximately over 700 yen to satisfy the appetite of an university student. Hence, there is too much expense to eat outside everyday. Then, how about lunch sold in convenience stores? Food additives in them are highly concerned, and the balance of nutrition will be skewed. That's why I recommend "self-cooking"! You can reduce your food expenses as well. In addition, you are also able to have a diet without food additives. Above all, you can obtain more opportunities to interact with other residents in the community kitchen! Although it is hard to do self-cooking everyday because you may have dinner with your circle members and it is pretty much tiresome to cook and do the dishes during exam periods, but it is obvious that you can grow up from various aspects through self-cooking. For those of you who are afraid of knives and frying pans, it is time to go shopping in supermarkets! (In case you suffer injuries, you don't have to worry because there is a hospital nearby!)



Teriyaki Chicken with Vinegar

You need only chicken and vinegar!
You can also add your favorite spices!

Ingredients

- Five tablespoonfuls of a vinegar called "Kantansu" (made by Mitsukan)
- Chicken legs

Recipe

1. Cut chicken into bite-size pieces
2. Bake by frying pans until the surface is a little grilled (you do not need salad oil if you bake starting from the side of skin)
3. When the surface is slightly grilled, pour the Kantansu into the frying pan and boil until the vinegar is colored like caramel brown
4. It's complete when it becomes literally teriyaki!



Kimcheese Toast

SIMPLE RECIPIES FOR BEGINNERS

Japanese-style Tuna Spaghetti

Spaghetti requires relatively few procedures so it is frequently made in kitchens. It's a helpful recipe for you, since it is consisted with diversely convenient noodle soup and easily-used canned tuna.



Ingredients

- 100g of spaghetti
- One tuna can (you will also use the juice of tuna)
- Sliced onions or grated white radish (grated white radish is strongly recommended)
- Salt and pepper
- Noodle soup base(the amount is up to you)

Recipe

1. Put the spaghetti in the pot of hot water (1-2L, the amount which spaghetti soaks), and boil it in several minutes (relatively less than the noted time on the package of spaghetti) while weakening the fire so that the hot water will not pour out
Tip: seasoning of food will be better if you add 35g of salt
2. After boiling is done, place the spaghetti to boiling basket to drain hot water.
3. Place the spaghetti to a frying pan with fried onions and tuna, and it's completed after seasoning with noodle soup base, salt and pepper

Tip: you can reduce your dishes to be washed if you use a thick-soled frying pan to boil, fry and utilize as a tableware

Ingredients

- slice of bread
- slice of cheese
- Kimchi

Recipe

1. Place cheese on bread, add kimchi to your liking
2. Bake in toaster for about 5 minutes
3. Complete! The combination of the fermented foods is compatible

Bread is very cheap and you only have to use oven toasters in the kitchen. Even with little cooking experience, you can make it instantly.

RECIPES FOR THOSE WHO ARE A LITTLE USED TO COOKING

Mapo Tofu

Mapo tofu consists with many ingredients, but it is easy to challenge because every ingredient is quite familiar. Let's forget about one-day fatigue by spicy and richful taste.

(sentences below are extracted from 『世界一美味しい手抜きごはん』)

Ingredients

- Dissolved starch water (two teaspoonfuls of starch and two teaspoonfuls of water)
- 100g of chopped meat
- A block of tofu
- A half of long onion
- A tablespoon of sesame oil
- ※ 3cm of garlic paste
- ※ Two tablespoonfuls of soy sauce
- ※ Two teaspoonful of ketchup
- ※ A teaspoon of chili oil
- ※ A half teaspoon of instant bouillon
- ※ Two teaspoonful of miso (if you have it)
- ※ A tablespoon of mirin (a sweet sake)
- ※ 100mL of water

Recipe

1. Cut the tofu into bite-size and finely cut the long onion
2. Fry the long onion and meat by medium heat with sesame oil
3. Put the tofu and entire seasonings (those labeled ※) in and mix them
Tip: in order not to crush the tofu, mix slowly
4. Include the starch dissolved by water and it is done when the mapo tofu contains thickness. If you also include Szechuan pepper, the taste will be more matured



Ginger-flavored Pork

It is recommended to use something like a pamphlet as a pot stand so that frying pan can be a dish. You do not need to dish up and you can lessen your washes by this one device.

Ingredients

- 150g of minced meat of pork
- Half of an onion
- A tablespoon of soy sauce
- A tablespoon of honey
- 3cm of ginger paste
- Salt and pepper
- A teaspoon of salad oil

Recipe

1. Cut the onion into fine strips
2. Thinly spread the oil on the frying pan
Put in the onions and pork and bake with medium heat
Technique: spreading each meat while baking will enable even bargain meat to taste luxurious
3. Mix the soy sauce and honey by the ratio of 1 to 1 (the ratio is significant) and add the ginger
4. Pour the sauce made in step 4 on the pork and it's complete, cast salt and pepper as you wish





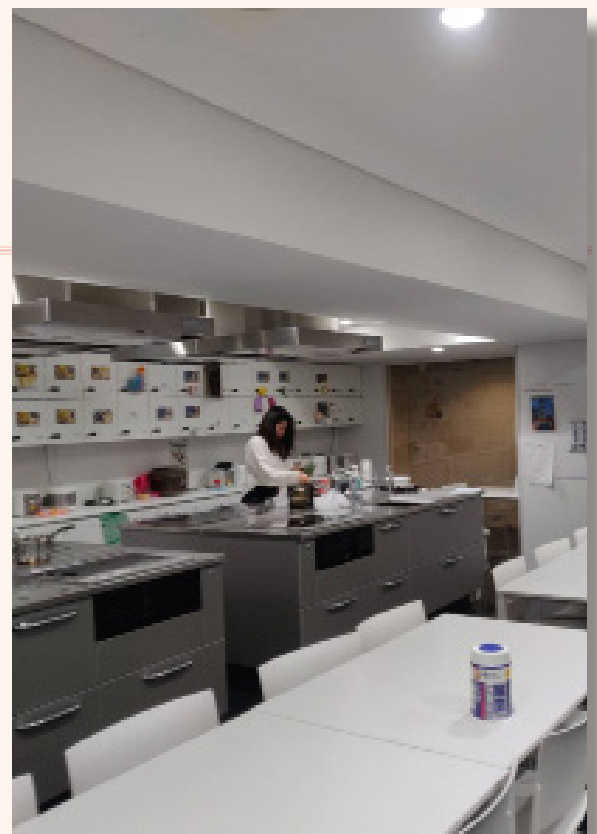
Hamburger

Hamburger has been a heartening companion of lunch from the past. Since now you departed from your parental home, why don't you make this meal on your own?

Ingredients

- 200g of a mixture of ground beef and pork
- A half of onion
- A quarter cup of bread crumb
- An egg
- Salt and pepper, nutmeg
- A tablespoonful of salad oil
- One and a half cups of water

RECIPE FOR THOSE WITH CONFIDENCE IN COOKING



Recipe

1. Finely cut the onion and bake with salt and pepper by frying pan until it becomes invisible
2. Mix egg and bread crumb
Tip: these two ingredients are essential to organize the components of hamburger so mix well
3. Put all the ingredients into a bowl and knead them
4. Knead until it gets sticky, then toss the substance by both hands to each other to drain the inner air
5. Modify it into oval shape and make a slight dent on the center of the hamburger
Tip: if you have an ice, insert it in the dent, the hamburger will become more juicy
6. Bake the hamburger by medium-heated salad oil. After one side is baked, flip over it and bake for 1-2 minutes.
7. When both sides get baked, pour the water and boil it for about 10 minutes by weak heat with a cover on the frying pan
Tip: if you don't have enough time, you may heat it by a microwave oven
8. If there is no raw meat juice pouring out when poking the hamburger, it implies that it is well-heated, therefore it is complete!

CONCLUSION

The remarkable fact of WISH is that EVERY floor has a kitchen. it is usual to other dormitories that diet is provided at their cafeterias. How about "self-cooking debut" at the same time of "university debut" ? As an aside, I am really helped by cooking tools and eating utensils handed over from my seniors who already left the dormitory in order to reduce expenses. Through self-cooking, let's spend a fruitful and delicious university life!

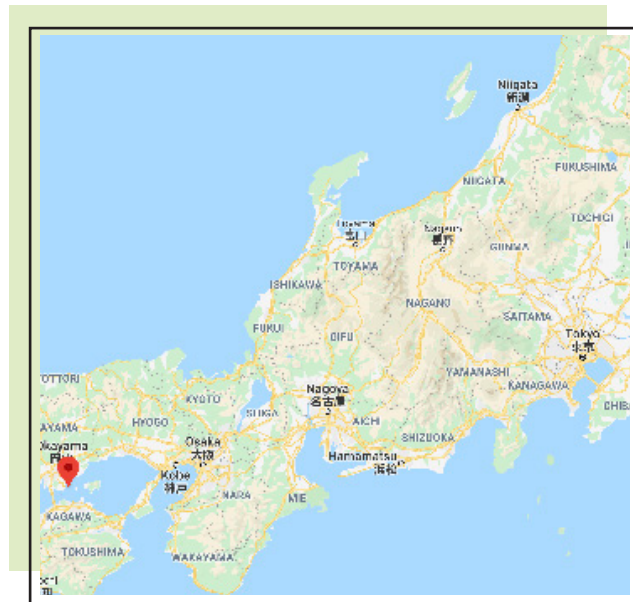
*Recipes given in this article is just references so arrangement is all up to you

Encounters on a Hitchhike: Part One

written by Satoshi Miura - translated by Luigi

The essence of hitchhiking is undoubtedly the encounters one makes during their journey. Today, as a continuation to my February piece entitled “How to Start Hitchhiking,” I would like to introduce to you a character named Lachlan who I met at on a hitchhiking adventure.

On the night of my arrival to Naoshima, the small island in Kagawa Prefecture, I decided to have dinner at a ramen shop. By the way, Naoshima attracts many visitors as an “art island” where world-famous artists such as Yayoi Kusama and Tadao Ando have set up exhibitions both inside art museums and in far-flung corners of island nature. As the ramen shop I was visiting was nearly full, I ended up sharing a table with several fellow travelers. Though the conversation began between strangers, my destined tablemates and I (a Chinese woman and an Australian backpacker couple) hit it off immediately, and after dinner we shared snacks and sang songs into the night. Before I knew it the trip I planned for one had become a four-person adventure.



"It's
fate!"



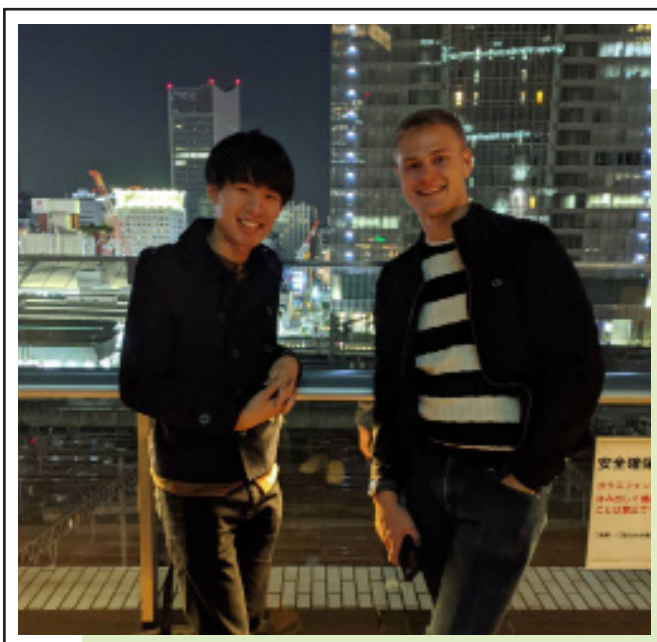
For two days together we enjoyed the island's art and luscious nature – so luscious, in fact, that my shoes were stolen by a wild fox. When it came time to say goodbye, we decided to exchange Instagram accounts to keep in touch. Upon searching for my Instagram account on Lachlan's phone, something incredible happened. As the screen displayed our mutual followers, I clearly saw the account name of Hikari, my friend from WISH who lives on the same floor. This shock instantly cut through the bitterness of our goodbye, and as I breathed a sigh of strange relief I told Lachlan the news. Wide-eyed, he stared at the smartphone's screen in disbelief. It turned out that Lachlan and Hikari had been best friends when they were studied abroad together as high schoolers in Sweden. With each of them returning to normal life in their home countries, their friendship faded out over the years. Remembering that Lachlan was going to be visiting Tokyo during his time in Japan, I suggested going out with Hikari, to which he nodded strongly. “It's fate!” he repeated until our final goodbye.

" This
experience
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One week after our farewell on Naoshima, I waited Lachlan's arrival with Hikari at Tokyo station. 15 minutes after our scheduled meetup time, his figure appeared in the crowd at long last. The moment he saw us his face lit up, and with an incredible energy he ran over to us and pulled Hikari into a big bear hug. With this gesture seemingly insufficient to quenching his joy, Lachlan lifted Hikari off the ground and spun him in circles as though he was a small child. A mixture of emotions appeared in his crumpled expression as his face flooded with memories of their time in Sweden and of all the time spent without contacting Hikari.

As we visited the imperial palace, Nakano, and Shibuya, a surprised Lachlan kept repeating the same question: "How do you guys live in such an awesome place?" To the two of us, who have already spent two years in Tokyo and take our city for granted, his fresh perspective was an opportunity to be reminded of how special Tokyo is. I did my best not to enter the conversation and allow Hikari and Lachlan to have their own time. Their discussions of memories from Sweden and years of lost contact had no end, and it soon became apparent that the location of our conversation was unimportant. Watching long-lost friends reconnect was a special experience.



Now, Lachlan and Hikari speak often on Facebook and Skype, where I also sometimes make an appearance. Lachlan seems to like Japan even more after his recent visit, and it seems he'll be returning to Tokyo this year.

This experience allowed me to feel for myself just how small the world is. It is these experiences that keep me hitchhiking and sharing my adventures with you all. Please look forward to the next issue, where I will be introducing some drivers I have met while hitchhiking. Thank you for reading until the end.

GETTING TO KNOW NAKANO



WRITER: MISATO FUJII

Nakano is really big but within the small area that stands in between/around WISH and Nakano Station, there is a lot to explore! As university students, I think maybe food, places to study, and basic necessity shopping (e.g. groceries) are important things to know about (at least that is what I think now after living here for 6 months!).

PLACES TO EAT

To begin with, for food you have many options (like, a lot). If you just walk down the little shopping street in front of the Nakano Station North Exit, you can find places like:

- Soba - Sushi
- Gyoza - Udon
- Ramen - Takoyaki
- Chinese food

Here are some of the other places I can recommend:

01 Oyaki Stall

Literally right in front of the North Exit of Nakano Station. It's a Japanese sweet where a type of pancake-like texture is filled with some kind of filling such as red bean, red bean and mochi, custard, etc.



02 Hayashi-ya Nakano

Really good omelet on rice with your choice of hayashi (beef curry) or normal curry on top. It is a really good price for a good portion and it's a really cute place to go and eat alone or with friends!



03 Dango Selling Stall



Right across Mister Donuts. It is a really small stall but their dango is so good and it's a great snack to get on your way home to WISH. There aren't exactly places to sit and it closes very early in the day, but if you happen to be in Nakano Sun Broadway or the little shopping street during the day, you should definitely go try it out!

04 Mister Donut



Not exactly a specialty of Nakano but it is nice to know that there is one in Nakano that is very close to WISH. If you walk straight down from WISH towards Sun Broadway you will see it right in front of you as you are about to enter Sun Broadway. It has quite a few places to sit (first and second floor). It's a good place to get a snack, breakfast, or get to know someone through donuts! And if you are craving donuts at night, it is open until 11pm!





05 Cafe Miyama

When you walk into Sun Broadway from the entry connected to the little shopping street, you will find it to your left immediately. This isn't exactly the most exciting cafe to explore but it does have nice pasta and food for a decent price.



06 JS Pancake

Really delicious pancakes, both sweet and savory! It is directly diagonal from WISH in central park, and you will see if it you walk across Central Park (it is on the farthest corner of Central Park to WISH). It is a really cute place to sit and get to know somebody with good food. Their price for pancakes, salad, etc. are also of a really good price. Definitely recommend their lunch sets which are really good especially if you are hungry.



07 Okonomiyaki - でめきん 2 号店

This is on the other side of WISH heading towards Sun Broadway; so if you walk down the street that is to the left of WISH. If you are craving okonomiyaki, monjayaki, or yakisoba and want to go with some friends, this is the closest place you can go! They also have an all-you-can-eat menu option.

08 Origin Kitchen (Bentou)

Also on the side left of WISH heading towards Sun Broadway. This is a bentou (take-away) food chain. If you don't feel like cooking and just want to buy something home, this is a very easy option where you can stop for something to take away and eat in the dorm.



09 Ootoya

A chain restaurant around Tokyo but it has good teishyoku (Japanese set meals). You can choose from a variety of main dishes and it will come with rice, miso soup, and some kind of vegetable. If you are feeling like you want something healthy, this could be a good place to go for a good price. You can also take-away the food (aka. take home a bentou).

10 Taliya ターリー屋

Another chain restaurant around Tokyo with good priced, good tasting Indian curry and Naan bread. It is actually very good and you can eat as many Naan bread for free (refill) if you are really hungry.



11 McDonalds

Not advising anyone to eat unhealthy but there are two McDonalds near WISH. One is in Central Park which has areas of the restaurant close earlier (around 11pm) and the other one is in the little shopping street of Sun Broadway which is open 24/7.

This is a very small list but there are so many other and unique restaurants that also are not chain restaurants around Nakano!

PLACES TO STUDY

For me, studying in my room isn't impossible but I get very distracted sometimes and need another place to study. Of course, everyone's studying habits or styles are different but here are some places that you can keep in mind for places to study:

01 Starbucks

A typical place to study but never a bad option. You can find Starbucks on the outside of the little shopping street of Sun Broadway (the outside closer to WISH). Here there is definitely wifi and it is open until 10:30pm.

02 Cafe Superiore

Directly across from Starbucks, connected to Sun Plaza. This place is open until 11p.m. and it has good food, coffee, and vibes that can help you to feel like studying.



03 Bookstore Cafe, Cafe Nota Nova

Probably one of my favorite options, other than the fact that there are no windows. It is on the second floor of the book store: Book-Off. It has wifi and also seats where you can charge your computer or phone. There are also a range of drinks you can order from too. Another plus is that there is food like actual meals or cake if you are feeling hungry or want to eat and study.

04 WISH 2F

For some reason, for a long time after coming to WISH, I didn't really realize that the 2F multipurpose rooms (A and D) can be used for studying! It is definitely the closest and least expensive option (since you don't have to buy anything). A nice and quiet place to just get some things done if you don't want to leave WISH or can't concentrate in your room. (But you can't bring in any food). You can also come to these rooms if you want to study with other dorm residents or with your dorm friends.



PLACES TO SHOP, GROCERIES

01 Seiyu

You can find Seiyu in the basement floor of Sun Broadway. One plus to going to Seiyu is that surrounding it, there are a few little shops that sell fish or vegetables for a cheaper price. Closes at 11pm.



02 Ito-yokado

Closest supermarket to get your groceries done. It is on the basement of the bookstore Book Off. It is much quieter than Seiyu as well but it is actually a little bit more expensive. Closes at 10pm.



03 Life

Closest to Nakano station (North Exit), so you can choose to either go to Seiyu or Life on your way home. Life is open until 1am! Which means if you are missing something or come home really late and need to get some groceries done, Life is your best option.



04 OIOI Kaldi Coffee Farm

If you exit from the South Exit of Nakano Station, you will find the tall OIOI building to your right. Inside, if you go up to the second floor there is a little shop called Kaldi's Coffee Farm that sells imported goods. If you want to look into some more ingredients or different type of ingredients, here could be a good place to go and look around. (Just keep in mind it closes at 8pm.)



05 OIOI MUJI

In the same building on the fourth floor there is a MUJI! If you need to buy some home supplies or if you're a MUJI fan, you're lucky that there is one close by! (Just keep in mind it closes at 8pm.)

OIOI 4F



OIOI 2F



06 Don Quijote

There is a very big Don Quijote around the corner of Mister Donuts (the outside of Nakano Sun Broadway facing WISH). If you're looking for some things for a cheaper price you should go look around Don Quijote. They have snacks and drinks (like water, tea, ice tea) for a much cheaper price.



07 Daiso

There are two Daiso's in Sun Broadway. One is underground (in the same area of the supermarket Seiyu) and the other one has an entrance/exit from the outside. If you walk straight down from the left side of WISH towards Sun Broadway, you will find it. The one on the outside is much bigger than the smaller one in the basement so it has more things and more variety.



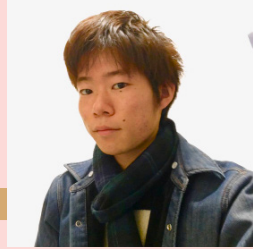
Nakano is a really great place to just walk around! Definitely take the time to explore the area and make your own list of go-to restaurants, favorite places, most convenient places to shop, etc. If you're new to WISH and you are reading this, I hope this helps you to get used to your new life at WISH! Good luck! :)

contributions

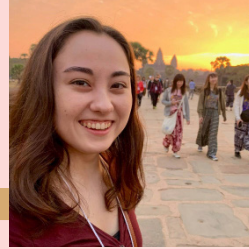
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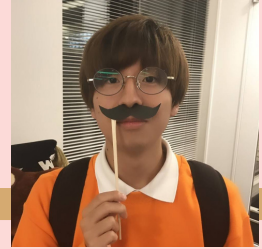
Misato



Ryoei

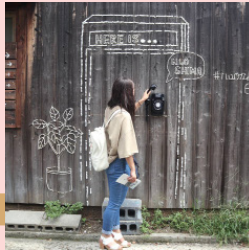


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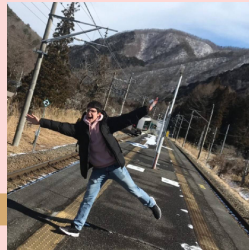


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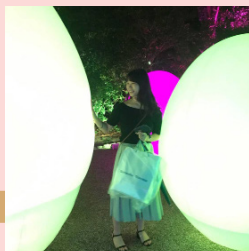


Cookie



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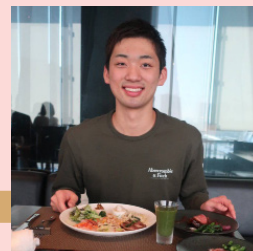
RA supporters



Miyumi



Renuka



Yuma