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WISH TIMES

Summer of WISH residents

Five dorm residents talk
How to spend Summer

Thailand Special
Just Hothaotic

My first year as a Japanese-
American moving to Japan

Recommended destinations
at Students' Hometown

This Summer Comes Only Once.

—SUMMER TODO LIST 2022—

Writer: Kokone

Translator: Moeka

In recent years, people antagonize the season of "summer" because of the excessive heat. I beg to differ because my love for summer makes me want to fly around the world in pursuit of it. To spread the goodness of summer, I interviewed some WISH residents. I hope that you will enjoy this summer even a little more than usual.

[Question lists]

- ① Please tell me your summer go-to song.
- ② What do you do to enjoy the summer?
- ③ Your ice-cream recommendation.



Arisa

(Freshman, Faculty of Culture, Media and Society)

[Summer go-to Song] Well, it's a standard, but it's definitely Yuzu's "Natsuiro (夏色)". I think it's a song that everyone hears once during this season on the radio or on the TV. I also have fond memories of me blowing bubbles and playing fireworks with my friends while playing the song "Natsuyo no Magic (夏夜のマジック)" by indigo la End.

[How to enjoy Summer] The "insect repellent" is my must-have item in the summer. When I went on a trip to the Philippines, I was bitten by a mosquito and had dengue fever, which was tough. Since then, I will carry a bottle of insect repellent everywhere.

[Ice-cream Recommendation] I want everyone to eat "Babahera Ice" from my hometown, Akita prefecture! A grandma will shape the ice cream into a rose with a spatula. This sorbet is a summer traditional dessert in Akita.

[A word from the writer] Arisa always greets me brightly. She was born in Akita and grew up looking at the Sea of Japan, so she'd like to see the Pacific Ocean this summer!



"Babahera Ice"
which looks like rose



Shop of "Babahera Ice"



Photo of the "Omagari Hanabi"
National Fireworks Competition

Shinnosuke

(Freshman, Faculty of International Liberal Studies)

[Summer go-to Song]

It's not a summer song, but I like Nicki Minaj's "Starships". I think Nicki is calm, but the evilness that sometimes appears in her lyrics is very cool too.

[How to enjoy Summer]

"Extravagance!" Isn't it? Buying costumes for club activities, participating in training camps, and so on will make me spend a lot. However, I think it's better to have a summer vacation where I can enjoy it to the fullest!



"This was when I was still in the United States. This is a picture of when I went to the town of Taos in Arizona. This trip is memorable because it was the longest trip in my life."
(Shinnosuke)



[Ice-cream Recommendation]

It's not my recommendation, but I do have an unforgettable memory about a certain ice cream. During my second year as an elementary school student, I spent two to three years in the United States. Just before I left, I met up with some friends in my neighborhood. At that time, he said, "Well, see you in three years." At that time, I had three brothers, but I still remember that each of them had Watermelon Ice Bars in their hands. I met him again on a school trip when I was in the sixth grade of elementary school. That felt like destiny.



"It's badly taken picture of me taking a group photo as a high school graduate. It's an important photo because it was a photo of me with friends whom I worked hard together for the exam. This photo was taken around July." (Shinnosuke)



"Photo was taken when I went to Florida, USA. It was just a luxury trip where we went to Disney or some beach, I can't afford to go at the moment." (Shinnosuke)

[A few words from the writer] Shinnosuke had his birthday the day after the interview. I got a glimpse of his playful side when he asked me "Do you know what day is tomorrow?"



Kotone

(Sophomore, Faculty of Culture, Media and Society)

[Summer go-to Song] It is "Summer Wonderland" by Back Number. This artist was the person's favorite who I liked in the summer of my third year of high school, so I listened to it as well. Every time I listen to their songs, I remember the affection I had at that time.

[How to enjoy Summer] "Pay attention to the sound!" I think it's easy to think that summer is noisy. However, it's unexpectedly quiet because it's the season when people tend to be muffled. The sound of the locust, the noise of the air-conditioner, and the sound of nature will be memories of summer.

[Ice-cream Recommendation] Pino ice cream in a big box! It was often stocked in my parents' house. There was a rule in my house that said "one ice cream a day", so my brother and I always thought "Which one should I choose?" It's a good memory that we ate two packets secretly when our parents weren't here.

[A word from the writer] Kotone always has a dazzling smile. She wants to try various things this summer. She wants to make a carrot cake, so please share it with me when it's done!



BBQ at my parents' garden, an annual event during long vacations

Takumi

(Sophomore, Faculty of Culture, Media and Society)



[Summer go-to Song] "Beautiful Journey" by Dai Hirai. I was in the tennis club when I was in high school, but I remembered listening to it while cooling down in the shade at the end of the club activities. I might want to listen to it while driving someday!

[How to enjoy Summer] "Take a drive with my friends!" However, I don't have a license, so my friend is the one to take me. After that, it's good to eat abura soba with guts and blow off the summer heat. (The author's thought: He is definitely a student of Waseda University!)

[Ice-cream Recommendation] Shirokuma ice cream. It contains fruits, and the satisfaction is amazing. I remembered buying it every day during the lunch break before the test in high school.

[A word from the writer] When Takumi returns to the hometown of Nara prefecture, he wants to make a fried vegetable with a strong taste and a lot of sprouts for his parents and sister. I smiled with a sigh of relief from the episode of his beloved family.

Writer Kokone

(Sophomore, Faculty of Culture, Media and Society)

[Summer-to-go Song]

For me it is "Hachigatsu no Yoru" from SILENT SIREN! Their performance is so powerful despite their cute and adorable appearance. You should pay attention to their vocal, Su-san's sweet and unique voice, and their fast-paced drum.



"The sunflower I grew when I was 4 years old. Despite the sunflower being so tiny, I was beyond happy to see it grow. By the way, this is my father's favorite photo." (Kokone)

[How to enjoy Summer]

"Get up early, take a nap, stay up late, do everything!" Take advantage of the coolness of the morning to take a walk, being drowsy in a cool room, or eat ice cream in the hot night breeze. All of them are the charm of summer.

[Ice-cream Recommendation]

It is a Shirokuma strawberry ice cream for summer only. The perfect balance between the sweet and sour strawberry that is heaped up and the condensed milk that is generously used is the "best" two characters. But it's more expensive than Häagen-Dazs, the king of ice cream, so I can't eat it so often.

"This is a picture of me when I went to the Tottori Sand Dunes. I got exhausted while climbing them but I remember being very impressed by the beautiful sea stretching beyond the horizon." (Kokone)



"Photo when I was studying abroad in Switzerland in high school! I was able to experience a completely different life from when I was in Japan for about a year in a location full of nature. From the point of the photo, you can see Germany, Switzerland, and France" (Kokone)

I don't think that the summer heat will ease off just by reading this interviews, or that such a magical thing will happen. However, reading this article as an opportunity, I hope readers will be able to enjoy as much "summer excitement" as possible.

JUST HOTHAOTXC

~An introduction to the chaotically hot Thailand~

Writer: Amm

CAUTION

Please heed that you may or may not SUFFER from wanting to travel to Thailand immediately after reading this article. Especially when reading the food section. *drools* Ahem...pretend you didn't see that!

NAMES

First of all, have you ever been to Thailand? If not, please proceed. If yes, please proceed anyways. For those who have yet to visit Thailand, Thailand is a country located in the heart of Southeast Asia. And that is all for our geography! I'm not gonna dwell too much on that part. Anyways, if we talk about Thailand, then, of course, Bangkok, the capital of Thailand will always be on-topic! However, did you know that Bangkok is actually an abbreviated name and not its full name? May I present to you:

Krungthepmahanakhon Amonrattanakosin Mahintharayutthaya Mahadilokphop -
Noppharatchathaniburirom Udomratchaniwetmahasathan Amonphimanawatansathit -
Sakkathattiyawitsanukamprasit

Yes, that is the entire name of Bangkok. It's so long they even have a song for it! To listen to the song, just type "Krungthepmahanakhon song" on YouTube, and you'll be able to sing along. And just like how the name is long, each word has its own meaning. Together, the name of Bangkok means the city of angels, great city of immortals, magnificent city of the nine gems, the seat of the king, city of royal palaces, home of gods incarnate, and erected by Vishvakarman at Indra's behest accordingly.

On the topic of names, if you have an acquaintance who's Thai, you've probably noticed that they have long names, and most would have a nickname. In Thailand, we typically only use our real names for official situations and instead use our nicknames most of the time. Why? Because it is easier to remember since we have long names, but that is not all, it was believed that having two names instead of one could confuse envious spirits that want to harm your child. Although this is a less known belief in the modern society of Thailand, it became a tradition to give your child a nickname. So, that is the making of nicknames of Thais today.

SLANGS & WORDS

Honored readers, I would like to present to you, a couple of Thai words and slang, and the very first one would be the famous “555”. You may or may not have seen this on social media where people randomly type a stream of 5s. Well, that is because the number 5 in Thai is pronounced as “ha”, and so, “555” becomes “hahaha”. Great right? 55555.

Another word I would like to introduce is the word “דונג נגאן (Dong Ngaan)” which translates to “to pickle your work”. “Dong” which means pickle, and “Ngaan” which means “work”. So you can say that you Dong Ngaan (not that I’m saying you are), and that will mean that you are procrastinating (are you? 555). Nevertheless, I’m sure this word would come in handy, no?

Now, the next two words are what you all widely know as 先輩(せんぱい) and 後輩(こうはい), but of course, the Thai version. Firstly, 先輩 is พี่ (Pi) in Thai. We can even use this word for our older older strangers. Whereas, น้อง (Nong) is the equivalent of the word 後輩, likewise Pi, it is also used to call younger siblings and younger strangers.

Well, we can’t learn Thai and not learn how to say hello right? Allow me to introduce to you the one and only word you’ll need to use to greet anyone at any time in Thailand! Please repeat after me, สวัสดี (Sawasdee). Used in the morning, afternoon, and the evening, to greet when you first meet, and to greet farewell. Convenient isn’t it? Well, that may be so, but in order to speak to elders or strangers, we do need to add a suffix. ครับ (ka) and ครับ (krub), ka for women and krub for men. However, please free to use either of which you prefer. So it goes like this, Sawasdee ka/ Sawasdee krub.

Last but not least, what better word to learn in this season am I right? The weather is ร้อน (rón)! = The weather is hot! But there’s a belief that the more you say it is hot, the hotter you’ll feel. So, maybe using this word isn’t a good solution to deal with the upcoming summer haha.



FOOD

Have you ever wondered why Thais LOVE spicy food? Well, it's simply because it is delicious. That's all I can say. I mean, isn't the burning sensation on your tongue exciting? I'm just kidding. It hurts... and yes, although I'm Thai, I am unfortunately weak with spicy food. I love it. Don't get me wrong, but at the same time, I just can't seem to eat anything too spicy (unless I wanna end up showing my sweat, snot, and tears-filled face to the world).

Fun fact: Did you know that chili actually cools down your body? The hotness of the chili raises your body temperature as it helps regulate your body's core temperature. Additionally, it also increases your blood circulation, and when it does, it opens up your pores so you sweat out the heat in your body. So, as a result, you feel cooler. For a more scientific explanation, please feel free to do additional research. Now you know why a lot of Thai food is spicy. So, if you want to cool yourself down this summer, eat chili! No, eat Thai food!!

Alternatively, let me tell you a little interesting story I once found during my elementary days. It was a story of a siamese (Thai), mixed Japanese, Portuguese, and Bengali woman. Her name is Maria Guyomar de Pinha. Why did she appear here, you ask? Well, she is famous for her introduction of desserts, and her desserts incorporated Portuguese cuisines as well. She introduced various desserts that you'll be able to see anywhere in the Thai markets nowadays. Moreover, there is a dessert in Japan that was also influenced by the Portuguese cuisines. The dessert is called 'Foi Thong' in Thai, 'Fios de ovos' in Portuguese, and '鶏卵素麺 (けいらんそうめん)' in Japanese. Although they are considered the same, their tastes differ slightly from each other. For instance, in the Thai version, we add jasmine water which gives a soft fragrance to the dessert.



<https://www.bangkokbiznews.com/lifestyle/984097>

Let's get back to summer. On hot days, any good old coconut ice cream would do! But Thai coconut ice cream is not just ice cream. We sometimes eat it in cones, but we also eat it with BREAD! Yes, bread. We sandwich the ice cream between some soft buns and add some peanuts and other toppings. Yum!

P.S. If you are wondering, Pad Thai is Thailand's national food.

COSMETICS

If we talk about Thai cosmetics, especially to wear in the hot season, then the translucent powder ศรีจันทร์ (SRICHAND) is recommended. In times of wearing masks, this face powder does not stick nor melt onto the mask which makes it perfect for summer. This brand is an old brand since 1948, but despite that, it is a brand that is widely used in Thailand. Additionally, SRICHAND is currently on sale in Japan too (go get 'em!!) But of course, most Thais typically use foreign brands of cosmetics in their make-up. Brands from Korea are also trending in Thailand, and, that would be all for cosmetics!



<https://www.wongnai.com/recipes/thai-fried-noodles-with-shrimp>

CULTURE

A color for every day of the week! What's that? Well, in Thailand, each day of the week has an assigned color. Monday is yellow. Tuesday is pink. Wednesday is green. Thursday is orange. Friday is blue. Saturday is purple, and Sunday is red. It is believed that each color is the representation of the god that protects each day. There's also a myth that the color of the day you are born is the color that matches you the most. Some even say that it'll become your favorite color. What's your color? I was born on a Friday, so I'm blue! If you don't know, type your birth date on Google, and you'll be able to see the day of the week you were born.

Well, that's all for now. Although I wasn't able to cover other topics, I hope you enjoyed reading! May you have a great summer!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday





My first year as a Japanese-American moving to Tokyo

Writer: Lilia

When I was preparing to come to Japan last summer, my mom, who took the opposite trajectory as me and left Japan to study in the US, told me that I would likely experience culture shock in the upcoming year. I remember looking at her in disbelief, having already planted the idea in my head that my Japanese background excluded me from that type of experience. Well, she turned out to be right (as moms seem to always be). Attempting to build a life in a new place, regardless of where that is, is not supposed to be easy. Roadblocks, doubt, and change are all inevitable, and some may even say central, to the international student experience. But, it is through these challenges that we hope to discover more about ourselves and grow as unique individuals. The question is, how do we get there? How do we navigate the low points so we come out of them even stronger?

Four broad stages are often used to describe the emotions and experiences one goes through after moving to a foreign country. The first is the honeymoon stage. This time is said to be fun and exciting, fueled by the exhilaration of traveling to a new place and anticipation for what's to come. In my case, this lasted for about 6 months. Living in Japan was something that I had long dreamed of – I used to have a folder in my Instagram saved called 「日本に行きたい」 ('I want to go to Japan'), filled with posts about life in Tokyo, which I would scroll through when I was feeling particularly antsy about graduating high school and leaving the US. I had also only ever lived in one place before coming here, so I was looking forward to a fresh start. This is not to say that I had the perfect start to university life, but overall my first semester went pretty smoothly. I was able to focus on making friends and getting familiar with WISH and Waseda, all the while feeling extremely grateful that I had made it to Japan. In fact, I hardly felt any homesickness during this time.

The second stage is culture shock, in which the excitement of the honeymoon stage starts to wear off and is replaced by uncertainty and discomfort. I actually have a pretty clear sense of when these feelings moved to the forefront for me, which was during spring break. Eager to recharge after finals and explore Tokyo more, I started the break with a positive mindset. Unfortunately, these plans were never carried out, as I quickly fell into a state of loneliness and frustration, without even realizing it at first. The lack of stimulation from taking online classes and following COVID restrictions for the last 6 months finally caught up to me. I felt extremely alone, and I struggled to find a space where I could comfortably share my thoughts. Further heightening these emotions was my tendency to compare myself to other international students, particularly those with Japanese backgrounds. Everyone else seemed to be integrating into this new life so seamlessly, while I felt ashamed of my low level of Japanese and disappointed in my inability to fit in. Needless to say, my mental and physical health hit an all-time low during these two months. Tokyo began to lose its magic, and I found myself wanting nothing more than to be back in my hometown and away from everything that I had admired for so long.

The final stages are adjustment and adaption, where we are said to come to terms with our surroundings and the culture of the now not-so-foreign country. Going into the spring semester, I was anxious and scared. Scared that all of the darkness of the last two months would affect my ability to learn in my classes or meet new people, or, even worse, that the negativity surrounding my thoughts wouldn't leave.

Yet, it only took about 30 minutes of sitting in my first class of the semester for me to feel that things were starting to look up. It felt good to be back in a classroom, and this feeling only strengthened as I attended more in-person classes and engaged with people on campus. I also became more active in the circle I'm a member of and started a part-time job that fits my schedule well. The biggest change, though, was probably the opening of Japan's borders and the entrance of more international students into Waseda and WISH. I was reminded of how important it is to create relationships with people that we not only enjoy spending time with, but can also be vulnerable to and lean on in times of hardship. For me, I found this in other international students, feeling connected through our similar experiences, as well as my kind and attentive RAs. By May, I started to feel lighter, moving my attention away from feeling resentful of my situation and instead focusing on my current goals. I still have days of doubt and insecurity, tempted to isolate myself and question all of my past decisions. And, I still can't say with confidence that choosing to study in Japan was right for me. However, I take comfort in knowing that I made it through the past year despite the challenges, and I even learned a few things about myself along the way.



A fellow WISH resident recently explained to me that our decisions don't necessarily fit into the binary of right or wrong; what we make of our environments and our efforts to stay true to ourselves are what matter most. This may seem obvious to some, but I was struck by this statement. In the past, I have tended to see any one of my decisions as having the potential to ruin my life (a bit dramatic, I know). So unsure of what my future in Japan had in store for me, or if I could even see a worthwhile future here at all, these feelings began to resurface in recent months. Looking back on all that I have experienced in Japan so far, I am starting to understand that as people, especially at our age, we are ever evolving, and we truly do have the ability to shape the present and our futures, as cliché as that sounds.

As for the questions I posed at the beginning of this article, I don't think there's one correct way to navigate life in Japan as an international student – our experiences differ too vastly for this to be possible. But, if you take anything away from this, I hope it's that we aren't expected to be perfect. It's okay to struggle and to not be 100% certain of your actions and decisions. At the end of the day, studying abroad is an accomplishment in and of itself. I hope we can keep this in mind as we trek through what often feels like the great and scary unknown.



What are your recommended summer destinations in your local area?

Writer: Rin / Translator: Moeka

Today, I asked the dormitory students about their recommended summer spots in their hometowns! Let's visit their recommended destinations this summer!

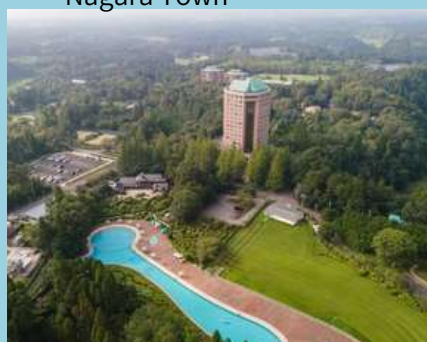


8F Arisa
Kamakura, Yokohama City, Kanagawa Prefecture



Shonan Beach

Plenty's Chigasaki



Nagara Town



6F Kaisei
Urayasu City, Chiba Prefecture

Zenkoji



Karuizawa



Kusabue (walnut soba)



3F Mitsuki
Nagano City,
Nagano
Prefecture



7F Moeno
Tomigusuku,
Okinawa

Churaumi Aquarium



Comprehensive Sports Park





Chilling waterfalls

11F Chrisanne
Malaysia

Yabaton (Miso Katsu)



Mountain (Interesting Cafe)



Atsuta Horaiken (Hitsumabushi)



Atsuta Jingu



Nagoya Castle's Honmaru Palace



Nagoya City Science Museum



6F Shoui
Nagoya City,
Aichi Prefecture



3F Michael Powell
London, England



Wembley Stadium



Notting Hill Carnival



Covent Garden Market



Hyde Park



Himalayan Summer Resort

6F Abdullah
Pakistan, Islamabad



In the summer, it's too hot to go out, so we often drink a sweet drink called Rooh Afza indoors to cool off.
(Rooh afza is a non-alcoholic concentrated carbonated drink.)

<Photo credits>

Mitsuki : <https://www.zenkoji.jp/wp-content/uploads/about01-1.jpg>, https://otonano-shumatsu.com/wp-content/uploads/2021/12/1601_kurumisoba.jpg,
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