

The UC Center NEWSLETTER

2012 Fall

Fall in Japan is considered to be the best season for food, art, music, and sightseeing.

We hope you all get the advantage of this season and explore Japan from different aspects.



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School Festivals!

School Festivals (Gakuen-sai) is a fun event to be held in almost all universities, colleges, high schools mainly in October and November. It would be nice to visit Gakuen-sai not only at your host universities but also other universities. Student-oriented projects are the main part of festivals and many circles/clubs such as brass band, orchestras, cheerleaders and pop music bands perform their activities as well as offer food/refreshment stands.

Moreover, some schools invite famous people in various genres (leading academics, novelists, singers, comedians, etc) to do events such as concerts, live performances, and talk shows. If you are lucky, you might be able to take a glance at them!

Gakuen-sai Schedules at UCEAP Japan Host Universities (All links are in Japanese, sorry...)

Where	Feature	When
<Tokyo, Kanto Area>		
Tsuru (Katsuragawasai 桂川祭)	Very local friendly, anybody is welcome☺	Nov. 1-3
Hitotsubashi (Ikkyosai 一橋祭)	A lecture by a scriptwriter, Yasushi Fukuda who is famous for his drama Ryoma-den, Umizaru, etc.	Nov. 2-4
ICU (ICUsai ICU 祭)	Samba parade is one of their attractive events!	Nov. 3-4
Waseda (Wasedasai 早稲田祭)	A lecture by famous writer, Ken Honda.	Nov. 3-4
Keio (Mitasai 三田祭)	200,000 visitors with 400 events, projects, and stands!	Nov. 22-25
<Tohoku>		
Tohoku (東北大学祭)	Faculty/student will present some ongoing latest research as well.	Nov. 2-4
<Osaka/Kyoto>		
Osaka (Machikanesai まちかね祭)	Many stage events including comedy tournament.	Nov. 2-4
Doshisha (Doshisha EVE)	Live concert by Golden Bomber. (Ticket reservation is required)	Nov. 26-28

Autumn Season Flavor - Matsutake -

The autumn harvest season is just about to begin! Among many kinds of food, Matsutake mushroom is the most valuable as it becomes available only in autumn and for its aroma. Even though the Matsutake mushroom are too expensive to purchase at supermarkets (just a little one for about 5,000 yen!), you can at least try ordering something that contains Matsutake such as Matsutake Gohan, Matsutake-jiru (soup), or Matsutake Tempura at Japanese restaurants. I found a reasonable restaurant in Tokyo called [Matsubaya](#). Their set lunch menu is available from 1,050 Yen and Matsutake Gohan that comes along set lunch is “Tabe-hodai” which means you can eat as much as you want. There might be some more restaurants that offer Matsutake close to your place, too!



Matsutake Gohan



Matsutake Jiru



Matsutake Tempura

What is this date?

September 23, 2012 秋分の日 Shubun no hi (Autumnal Equinox Day)

It is the date when the night and day have approximately equal length. Due to this, the days will start getting shorter and the nights longer- and yes, we'll lean toward autumn from then on!!

September 30, 2012 中秋の名月 Chushu no Meigetsu

It literally means a great moon in September. For this year 2012, the day falls on September 30th.

Otsuki-mi お月見, moon-viewing is to celebrate the beauty of the autumnal moon not only in Japan but also in China, Taiwan, Korea, and Vietnam from ancient times. Even if you miss the September 30th, don't worry, the beautiful full moon comes back on the October 30th which still is not too late for Otsuki-mi.

In Japanese folk tradition rabbits, living on the moon produce mochi (rice cake) with mallets and mortars. The legend is based on the tradition to identify the markings of the moon as rabbits pounding mochi.



Here's a famous traditional Japanese song called “うさぎ Rabbit”.

うさぎ うさぎ なに見て はねる 十五夜 お月さま 見て はねる

Oh, rabbit on the moon, What are you leaping for?

I shall leap, I shall leap soon at the large full moon



Hot Springs and Leave Color Change



It would be a good experience for you to soak in a hot spring, *Onsen* in the beauty of the autumn scenery. Although this can be enjoyed all year around, the best time to visit the hot springs are in the autumn and winter. The warmth of the hot springs in the chilly air offers an experience you don't want to miss. The various minerals in the hot springs are also good for your health and skin.

Hot springs usually can be found in a Hotel/Ryokan, but this doesn't mean that you always have to stay overnight. Those facilities with nice hot springs are usually very expensive (about 15,000 yen per night). In this case, Higaeri Onsen 日帰り温泉 or Hogaeri Nyuyoku 日帰り入浴, a day trip hot spring bath is recommended- its fee is about 1,000 and you can enjoy their open air bath with a beautiful view too.

Below shows some information on Higaeri Onsen facilities where excellent autumn sceneries can be found. All facilities except Sansuikan will lend you a towel so that you can use both to wash and cover your body, but it is a good idea to bring another towel to wipe your body after bathing.

Hananosato Onsen 花の里温泉 (Osaka)

Facility: [Sansuikan 山水館](#)

Day trip fee: 1,300 yen Time: 11:00-19:00

Access: Two types of free shuttle buses depart from UFJ Bank located in front of Seibu on North side of JR Takatsuki 高槻 Station. Buses leave to Sansuikan at 11:00 (reservation required in advance) or to Shofukan 祥風館, which is a 10-minute walk to Sansuikan.

One way: 250 yen/15 min. from JR Osaka Station.

Sansuikan



Shiobara Onsen 塩原温泉 (Tochigi)

Facility: [Keiunkaku 溪雲閣](#)

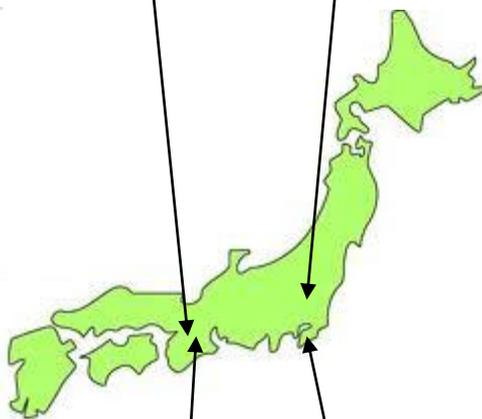
Day trip fee: 1,000 yen Time: 12:00-15:00

Access: JR Bus ([Nasu Shiobara Resort Express](#): 5,400 yen for a round-trip) from Shinjuku to Shiobara Onsen Bus Terminal and then take a taxi or free shuttle bus at 15:00 (reservation required in advance).

One-way: 3 hrs from Shinjuku by Bus.



Keiunkaku



Awamata Waterfall

Yoshinoyama Onsen 吉野山温泉 (Nara)

Facility: [Takara no ie 宝の家](#)

Day trip fee: 1,500 yen (500 yen discount if say you saw their website, but except Apr/Oct/Nov/GW/New Year)

Time: 14:30-19:00, but 11:30-15:00 in April.

Access: Take a bus* from Kintetsu Yoshino Jingu 吉野神宮 Station and get off at Katte Jinja 勝手神社 bus stop.

One-way: 2 hrs/1,140 yen plus bus fare from JR Osaka station.

*Only runs once every hour starting from 9:27 to 15:27, but except 12:27.

Yoro Keikoku Onsen 養老溪谷温泉 (Chiba)

Facility: [Takimi-en 滝見苑](#)

Day trip fee: 1,200 yen Time: 11:00-14:30

Access: Take a #養 01 bus to Awamata 粟又 from Yoro Keikoku 養老溪谷 Station.

One-way: 2 hrs/2,180* yen from Tokyo. *If purchased a round-trip ticket at Goi 五井 station.



Yoshinoyama Cable Car (Oldest that exists in Japan)

The Effectiveness of Gargling

If you remember from our orientation, gargling is effective to prevent from catching a cold. To Japanese, gargling (and hand washing) is more like a custom. Kindergarten kids start learning from teachers to both gargle and wash hands once they come back from outside of class room and wash their hands before meals and after going to a bathroom.



Academically speaking, simple water gargling is one of the best ways to effectively prevent cold. There was a study examining the effect of water gargling in healthy adults and it showed that the group who continued 15-second gargling 3 times/day had significantly lower risk of getting a cold compared to the group who didn't.

But once you get infected, povidone-iodine gargling is effective to reduce the risk of infections including influenza. The major povidone-iodine solution sold in Japan is called "Isojin". A little cup is contained in the packet, so use it to make a 15-30 fold dilution. Pour 2-4 ml of Isojin and add water to make it 50-60 ml. The temperature in morning and night is getting lower and you are prone to catch a cold. Gargling- this simple thing you do in advance will prepare for a better health!



Reference:

Satomura K et al. Prevention of upper respiratory tract infections by gargling: a randomized trial. *Am J Prev Med.* 2005 Nov;29(4):302-7

Nagatake T et al. Prevention of respiratory infections by povidone-iodine gargle. *Dermatology.* 2002;204 Suppl 1:32-6

UCTSC NEWS:

Junko-sensei is now back in California, and is teaching in the fall term at UC Santa Cruz. She will be back in Tokyo early December, and is looking forward to seeing you all again at the winter get-together party.

Kayo participated in three road bike races in September and won one Gold medal and two bronzes. Even during the 7 hour endurance race, she carries the emergency cell phone on her back pocket just in case EAP student needs a help. Please keep staying away from a problem for her!

Kazumi will be visiting Shanghai in mid-November to attend a conference. Also, she just got her first smart phone. (Yay! She says.)

Mami has recently attended a meeting related on Food Allergies and also learned how to use Epipen, the prescribed medicine used for when you get an anaphylactic shock. More students have some kind of allergies and there are some who carry Epipen in case of emergencies.

Get-together parties for UCEAP Japan students are planned to be held in November or December.

Here are some pictures from last year's. Looking forward to seeing you then and hope many of you can make it!

