



What's happening?

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Happening I Enjoyed in Japan

Time flies very fast. It has been one year since I came to Japan. I had been cherishing to visit Japan early and late. Finally MEXT scholarship has brought my dream a truth. The charming moment through which I am going by here in Japan is inexplicable except first few days of my arrival. It was about a week I felt little homesick, as it was my first outing to any foreign country. As I wish to give a brief outline about my feelings and pleasure from very beginning of my arrival in Japan, it would be wise to commence about the journey from Kansai airport. I saw a highly regarded person who had been waiting for me to welcome holding a placard (written my name) at the front of the exit of Kansai airport. I am not able to express it how happy, elated and honored I felt. My honorable professor and his wife accompanied me and took me to an apartment (rented for me). A well furnished flat, but a far cry from its kind of my country as regards of its interiors. I enjoyed having sat on straw made mats (Tatami), which was very comfortable. A square sized knee-height table covered with a light bedding (futon) and equipped with a powerful electric light beneath it (Kotatsu), is a good warming place. I enjoyed putting my legs inside the kotatsu during my meals and study. This heating system made my life very cozy, as I was scared to face the chilly winter.

Anyway, I started to take

pleasure in Japanese cultures and customs when I came to close to the affable fellow students of my laboratory and some other Japanese. The fellow students of my laboratory threw a welcome party just one week later of my getting in to the laboratory and I had been honored by their hospitality. Many Japanese traditional dishes were there including sushi, sashimi (raw fish). I thought it would be very hard for me to take Japanese food, as I was a spicy food eater. To tell the truth I enjoyed taking all dishes especially sushi and sashimi. If I had not had it, I would have missed a lot. From then my first choice is sushi and sashimi wherever and whenever I join any party. But, I had to face a lot of troubles using chopsticks (hashi), which is very unique in Japan. It was very difficult for me to hold the sticks between thumb and index fingers. All my lab-mates made me use chopsticks just to make fun in my welcome party. Though I could not manage that time, I am quite used to and enjoy it now. Beside, I am used to almost all Japanese dishes and no repugnance at all. As I am supposed to make my long story short, it is better to take a look into other enjoyable areas.

I do not know about the history of origin of Tokushima's traditional dance (Awa Odori). But, whenever I get any chance I never miss it to watch and enjoy. We have also some traditional dances in our country, but it is a few and far between the two. Awa Odori is



very special of its kind. Just it pushes me to go wonder by its style, rhythm and music. Striking dress, waiving hands and spectacular body movements of the artists of this traditional dance group are really impressive. I have enjoyed seeing its great show performed by a plethora of dance groups in the middle of August as its annual fiesta was observed. It will be bite of more than I can chew if I want to write much about it.

As soon as I arrived in Tokushima, I went out to explore and visit many entertaining places around Shikoku and I enjoyed a lot. It is beyond scopes to portray all I have visited. I desire to express and sharing the feelings of my rousing experiences. I took my family (wife and one-year-old son) to visit Naruto Park and bridge with one of my Japanese friends. The mossy green panorama of that park on a sunny day was really enjoyable. Moreover, we enjoyed seeing the enthralling whirlpools through the glass view from about 150 ft. above the sea standing on the inside floor of the bridge.

Just two months ago I visited Takamatsu (Kagawa prefecture) and I could not refrain myself to depict about it even though it was my academic visit. All my entourages and I decided to visit Yashima Mountain, as it is very famous for many temples, mysterious zone and above all its serenity. It is, of course, no less to speak about the great beauty and magnificence of all

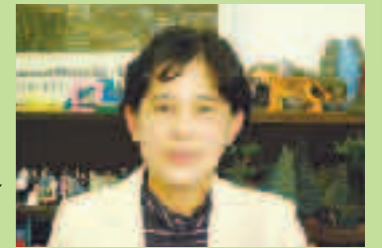


the temples from architectural point of view and an excellent view of the water front that can be enjoyed through binoculars from about 1000 ft. above the sea. But, the place that obsessed me was the mysterious zone. It was on the way of our going to the top of the mountain. It is about 800 ft. above from the sea level. My Japanese friend who was driving the car told me to look at the front side of the road at that point. It is clearly seen that the road sloping sharply towards the front. But, when he stopped the car it moved to the back as if the front side is up. It is really a puzzle and that is why people called it mysterious zone. We also visited a shop on the top of the mountain. Many Japanese traditional arts and crafts are there including cloths. Indigo-dyed Jeans-T-shirts, pants and many other cloths are there. As the shop owner said that these graceful deep blue natural dyes are very famous in Japan.

Meanwhile, the all I enjoyed were around Shikoku. I hope I will drop into other cities and historical places on so that it will furnish me a nice memory about Japan.



ほっと・ルーム ～学生相談室～



的場みぎわ 学生相談室カウンセラー
まとは



学生相談室を利用する学生たちの悩みはいろいろです。恋の悩み、自分の性格、家族との葛藤、進路や生き方など実に多様です。人によって、不眠や不安感、イライラ、無気力、

過食など心身の症状になって表れている場合もあります。友人関係がうまく築けず、孤独な状況の学生もいます。一人一人問題は違いますが、どの学生たちも皆、自分の悩みや問題が少しでも軽くなることを願って来室するのです。

また、来談はしたもののなかなか言葉にできない学生もいます。そんな学生一人一人の状況に応じて、工夫をしながら話を聞いていきます。その際、私は「コージユ」や「描画」といった非言語的な技法もとり入れて関わっております。また、場合によっては様々な心理テストを利用しながら、学生たちの状況をより客観的に把握するように努めております。

相談室を訪れる学生たちは、決して特殊な学生ではありません。どこにでもいる普通の学生たちです。逆に真面目で一生懸命だからこそ、自分の悩みや問題をそのままにしないで何とかしたいと思っに来室するのです。もともと一人一人の学生は、様々な個性や能力を持っています。それぞれが本来持っている良さをどうしたら発揮できるか、どうすれば自分の悩みを軽減できるか、一緒に寄り添いながら考えていきます。カウンセラーは、学生一人一人が自らの資質を生かしながら、自分の問題を自分の課題として受けとめて対処していくことができるように見守り支援していきます。

生相談室を利用してもいいかと思いません。どんなふうにご利用してもかまいません。あなたが、あなたらしさを取り戻していつそう輝けるように、学生相談室のドアは今日も開かれています。気軽に利用してみてください。

学生相談室への窓口

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