

Voice of the International Students

VIS

国際連携室だより

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Vol.1)

A foreword

序文

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Head of the International
Relations Office

The International Relations Office of the Graduate School of Medicine has been established since August 2006 with the purpose to promote international exchanges and help international students. We have decided to issue a newsletter to send out a live message from our international students and to promote the exchange of cultural information from different countries. We hope this letter helps to cultivate inter-cultural communications and put international exchanges into action. "Voice of the International Students" comes up to your expectations!

このニュースレター発行の目的は、留学生の生の声を外に出すことと、異なる国の文化の情報交換を促進することにあります。このニュースレターが異なる文化間のコミュニケーションを養い、国際交流を実行していく上で役に立つことを望んでいます。

International Hour

インターナショナル・アワー



This is a monthly gathering of international students as well as Japanese students of Hokkaido University. The forum is organized by the International Relations Office of the Graduate School of Medicine. The main objective is to promote the exchange of cultural information from different countries. Presenters are usually volunteers and attendance is free. Monthly schedule is always present in the homepage of the Graduate School of Medicine. Presentation is done in

English language but this gathering is recommended for everyone whether you are an English speaker or not, because it is also a great opportunity of making new friends. So feel free to join it!

インターナショナル・アワーは、医学研究科で毎月おこなわれている異文化を紹介するフォーラムです。英語で行われますが、英語がわからなくても雰囲気を楽しむことができます。参加を歓迎します。

My experience as a private student

私費留学生在が困ること



Murad Ahmed FARUKH

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(Bangladesh)

Japanese language is the peak obstacle to accomplish successful academic life. Almost 95% of academic papers, documents, instructions and as private student, most notably, scholarship

information and forms are written in Japanese language. Some of us could speak and understand Japanese language well, but reading is nearly impossible. I often go to other Japanese people and friends

to fill out Japanese forms and documents, which sometimes bother them and is also a time consuming matter. Therefore, at least all scholarship information should be provided in English language, as scholarship is the main driven power to private foreign students.

日本に来て困ったことは、書類のほとんどが日本語で書かれていることです。留学生にとって日本語の文章を読めるようになるのは難しいです。私はしばしば日本人に頼んで書類を書いてもらうのですが、時間をとらせるし、迷惑をかけてしまいます。せめて奨学金に関する書類は、英語で用意してほしいです。

Hokudaisai

北大祭レポート

Being organized by student from different countries, Hokudaisai was one of the memorable events in my life in Hokudai. I was involved in a tent organized by Arabic students where we have tried our best to represent Arabic cultures and gastronomy. Arabic cardamom coffee and custard was extremely enjoyed by most of our guests. Cultural activities were presented through Arabic writing corner and Arabic traditional wearing from different Arabic countries such as Tunisia, Libya, Jordan, Syria, Egypt, and Saudi Arabia.

Hokudaisai is a chance for students to have a relaxing time far from laboratory activities and, to me, this international student festival is the best activities in Hokkaido University and the most appreciated by Hokudai student and guests.



Mokhtar GUIZANI

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Faculty of Engineering
(Tunisia)

Furthermore, making new friends and discovering other cultures is a memorable gift that travels through time and space which is more appreciated than making money during the festival. I do hope that such event would be enriched more and more by students to share their cultural specificities with others in an excellent harmony of peace and love.



北大祭において、私はアラブ諸国からの留学生が合同で出すテントに参加して、アラブの文字や衣装、食べ物を紹介しました。これは私にとって北大での忘れられない出来事になりました。留学生が出すテントは来客に大変喜ばれますし、参加すれば、新しい友達ができ、異文化を知ることができます。これからも自国の文化の特異性を紹介する留学生によって、このお祭りがますます実りあるものになるよう望みます。

Eating Halal is obligatory on every Muslims

イスラム教徒のとるべき
ハラルの食事について



A.B.M. Alauddin CHOWDHURY

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Today I would like to talk about Muslim foods. Islam has provided specific guidelines for foods. Halal is an Arabic word meaning lawful or permitted (by Allah/God). The opposite of Halal is Haram, which means unlawful or prohibited. Muslims can eat only Halal foods. The following foods are **Halal**: Milk (from cows, sheep, camels, and goats), fish, sea foods, vegetables, fruits, grains such as

wheat, rice, etc, meat from sheep, cows, goats, deer, moose, chickens, ducks, game birds, etc, are also Halal, but they must be slaughtered/killed according to Islamic Rites. That means, the animal must be slaughtered by Muslims and while slaughtering the person must say the name of Allah (God) or recite a blessing which contains the name of Allah.

The following foods are strictly prohibited or **Haram**: Meat from swine - pork, ham, gammon, bacon, etc, Pork-based products and by-products - sausages, gelatine etc, animals improperly slaughtered, or already dead before slaughtering, animals killed in the name of anyone other than Allah, intoxicants/ alcohol, most carnivorous animals, birds of prey and land animals without external ears (i.e., snakes, reptiles, worms, insects etc), blood and blood by-products, foods contaminated with any of the above products.

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イスラム教徒には、食事に関して特別な宗教上の規則があります。ハラルというのはイスラム教徒が食べてよい食事で、ハラムというのはその逆です。

The last Halal Food Lunch Day

最後のハラルフードランチ日

On the 6th of March, I had the opportunity to join "The last Halal Food Lunch Day: Let's enjoy Doll's festival" which took place on the second floor of the Central Cafeteria. On this day, Halal and Vegetarian Lunch Boxes were offered at 600yen. At one of the corners of the room, *Hina-arare* was offered for free, and it seemed to be very appreciated by the children attending the festival.

From April 1st, Halal food will be offered everyday on the second floor of the Central Cafeteria.

After seeing the satisfaction of Islamic students enjoying Halal Food Lunch Boxes, I aim to



Hiroko TAKANO

International Relations Office
(Japan)

support and congratulate the COOP Nutritionist, Ms. Murota for all her effort.

Photo: Ms. Murota preparing Halal Food Lunch

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4月から毎日、生協中央食堂2階でハラルフードランチが食べられることになりました。

なお、ハラルの食材は Warung-jawa (Kita14 Nishi3, Zeus BLD) で、手にいれることができます。



The spring BBQ

春のバーベキュー・パーティー



Chinyere Eunice NWAFOR

PhD student, Hokkaido University
Graduate School of Medicine
(Nigeria)

You must be wondering what the spring BBQ stands for?? Yes! The spring barbeque party is one of the wonderful parties organized by the International Relations Office.

The last spring brought us with another sizzling BBQ, actually, one of the biggest ever! It was yet

another happy moment for the international students of the graduate school of medicine together with their friends and families --- a "time-out" of the stressful working environment ... Due to this unique nature of invitation, we had participants from so many faculties in Hokudai, many nationalities and Japanese students alike. Lovely

children and babies were one of our spectacular guests! A total of 46 people attended this year's spring BBQ.

Talking about food, we enjoyed food from so many different countries: Japan, Nigeria, Bangladesh, Sri-Lanka, Brazil, etc. All meat/food were religious/culture-friendly. We were all very happy at the end of the party and everyone is looking forward to the next BBQ!

Finally, we didn't forget to take some memorial photos!

2009年の桜が満開の日に国際連携室主催のバーベキュー・パーティーが北大構内で開かれました。BBQのほか、留学生が作って持ち寄った各国の料理をおいしく頂きました。



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