

# P J 交換学生帰国後の感想

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Dear Rotary Club Of Ichihara,

First and foremost, I would like to say thank you for the unforgettable experience and I am forever grateful for your hospitality. Meeting the students in the high school was an eye opener as in how different school life is in Japan compared to Malaysia, I had never seen a school where everyone was super friendly, carrying their smiles across the corridor to wherever they needed to go to. It was amazing to see how every single student in the school abides by the rules; everything they do is as if it set and standard, from getting into the bus to leaving the school. Experiencing school life in Japan has made me want to transfer schools to Japan, coming from an international school in Malaysia, we tend to have better facilities than our local government schools and whilst visiting the Ichihara High School it was to my surprise that some of the facilities that the school has offered were up to par With my school's facilities.

Another experience that was unique and interesting was going through the Shinto ritual. It really was something new and different , something that I have never seen before and it was a privilege to learn more about the traditional religion Of Japan. To me a country's religion is a Strong influences on various factors like how one behaves or ones culture, so it was fascinating to connect how the people Of Japan act and how its religion plays a role in it.

In Japan , there is always a custom Of greetings and phrases Of politeness just like when you arrive home you have to say "tadaima" and before you eat you must say "itadak'mas". The Japanese have to get used to all the complex greetings whereas in Malaysia we just need know the traditional "please and thank you" and we rarely use customs of greetings when we arrive home.

It seems that in Japan , Everybody is nice and polite. During my 7 day Visit , I have never heard anybody raise their voice or sound annoyed. The majority of people e are considerate which is a very important thing in a community, Which could be the reason Of Why Japan has such a Strong sense of community.

## 市原RCの皆様へ

先ず最初に一生忘れられない素晴らしい経験をさせていただき、ありがとうございます。日本の高校生との出会いは、こんなにも日本とマレーシアの学生生活が違うものなのか、目を見開くものでした。どの廊下を歩いても超フレンドリーな笑顔があって、こんな学校は見たことがありませんでした。全ての学生は学校のルールに従い、帰校する場合もスクールバスに規律良く乗車し、それが標準であるかのようです。日本の高校を体験して、日本の高校へ転校したいとさえ思いました。たとえその為にマレーシアの国際（留学向け）学校へ転校しても、そうしたいです。日本の高校はマレーシアの公立高校よりも施設が一段充実しています。

もうひとつ興味深く感じたことは神社での儀式を見た件です。古式豊かな日本伝統に則って行われる儀式は、かつて見たこと無いもので、それが日本人の行動や文化を形成する源になっているかを考える時、とても魅力的でした。

日本では帰宅したときには「ただいま」、食べる前には「いただきます」を礼儀正しく言わねば成らない習慣があります。日本人はすべての複雑な挨拶になれる必要があります。マレーシアでは伝統的に「プリーズとサンキュウ」だけです。帰宅したときには、ほとんど挨拶しません。

日本ではほとんどの人が礼儀正しく挨拶しているようです。滞在していた7日間の間、イライラした声や音を聞いたことがありませんでした。大多数の日本人が思いやりのある行動を取ることがコミュニティーの中で重要な要素だと思いました。なぜ日本がこのように強いコミュニ

ティーを持っているかという理由だと思います。

## 〔Aryanee Nair〕

### My impressions of Ichihara, Japan

The plane took off from Kula Lumpur at 2.40pm and landed in Hanada airport at 10.30pm but due to the time difference by one hour ahead, it was 11.30pm. We were greeted by the President of Ichihara Rotary Club and 2 other members.

By the time we retrieved our luggage we were ready for some food. As we approached the carpark, I stood by the sliding glass door in just a t-shirt and my winter coat enjoying the 6 degree weather and took it all in. It was only then that it hit me that I was in Japan. It was about a 1.5- hour drive from the airport to Koi hotel – our accommodation for the night. After settling into our rooms, we walked out to the nearby 7-eleven for a quick bite.

The Ichihara Rotary Club President, Jyunya Yamamoto, treated us to some snacks, despite our insistence on paying for ourselves. Walking into the 7eleven store was like walking into a huge shopping mall; we were all intrigued by the amount of options we had and of course how amazing all the food looked, especially the beautiful packaging. I consumed two salmon onigiri (rice packs) which is like a California roll just shaped as a triangle. We tried not to buy impulsively but we could not control so we waited for the President to pay for our supper and then we paid for the items we just felt like getting. After eating and purchasing some items, we walked back to the hotel and just as we were about to enter our rooms we were informed that we would be having our buffet breakfast downstairs the following day. We thanked the President again and wished him a goodnight. It was an extremely long day so all of us fell straight to bed.

I first imagined Ichihara to be a quiet, sleepy suburb. In my mind, it was probably a town that's far removed from the main city. Which technically it was but it exceeded my expectations in many aspects and I enjoyed it more than my experience in Tokyo itself

when I was there previously with my family. Why is that? I suspect it may be because this time I was given the chance to actually interact and live with the local people which made me feel like I was part of them and not a foreigner in their country. I personally feel that because Ichihara is a town further away from the city, things move more gradually rather than suddenly, which I much prefer.

My first day at my foster family's (Masaru Fujihira and Takae Fujihira) home, I had no idea where the bath tub was. I asked my foster sister, (Natsumi Fujihira) the following day, and realised how unobservant I was. I had to solicit instructions from my foster family to understand how to use the bathtub. Once I tried it, I found it harder and harder to get out of the tub daily. Soaking in a bath tub, was like having a personal mini onsen experience. I honestly did not want to get out but obviously, I had to. The last night soaking in the warm water was probably one of the saddest moments ever because I was reluctant to have to leave this place that started to warm my heart.

THE FOOD -- Definitely the highlight of the entire trip. My all-time favourite would be the Ramen and freshly cooked Gyozas. What really caught my attention was when my foster sister decided to take my friend and I to a Ramen restaurant (due to my constant cravings for it and also because my friend had never tried Ramen before). We had to take a long bus ride to a train station, before the actual train ride and finally we had to walk up a hill only to realise the shop was close. But my foster sister was persistent., We got a ride from one of the foster family and when we got to the restaurant, there were only 4 to 5 tables with just one chef.

I was a little apprehensive but we went ahead and ordered our bowls of Ramen with Gyozas. The moment the chef started cooking I could already smell the amazing broth of the soup which obviously made me hungrier than I already was. Little did I know, that was by far one of the best bowls of ramen I had ever tasted and also the freshness of the Gyozas. Another interesting meal that I had was called Okonomiyaki. This is a Japanese savoury pancake containing a variety of ingredients. My foster family also gave me a bunch of different kinds of interesting Japanese snacks to try. One that really caught my attention was packaged as a carrot but was filled with rice-like grains. The breakfast that my foster mom prepared for me every day was completely different from what I was used to. For example, I had a bowl of

rice with chicken cutlet and lots of fruits and veggies whereas at home, I would have a piece of toast. The bowl of rice was extremely filling and it kept us warm throughout the day until our next meal.

My foster family made it so easy for me to settle in. I automatically felt at home the night I arrived at their house. Their home was an hour's drive from where the hotel was. This meant we were further away from the town area and closer towards the country side which I much appreciated for we had such good walks around the neighbourhood with their dog, Haru. It was during the walks that I spent time admiring the beautiful sky filled with so many stars every night. It was really mesmerising.

Prior to my exchange program, I took a 10-course intensive basic Japanese class. This really made it easier for my foster family and I to communicate and have a better bond. They helped with my pronunciation of words and furthered my Japanese language. Likewise, I helped them better their English and if we were ever stuck, we quickly went to google translate to help us out. Living in a Japanese house, especially during winter was such an exciting experience for me. From being used to having the fans on and remaining completely cool to having the heaters as my best friends. Something that made my connection stronger with my foster dad (Masaru Fujihira) was that we both had a huge interest in photography. He was so intrigued with the fact that I brought a disposable camera along. He showed me really beautiful photos he captured as well. The one thing I would never forget was how well they took care of me when I had a bad stomach ache. My foster sister bought me a hot bottled drink from the vending machine just to keep my stomach warm and my foster mother (Takae Fujihira) drove all the way from where we lived to town area which was about an hour drive just to pick me up and get me back quickly. Fortunately, I recovered once I took some medication and a warm bath. I'm extremely grateful to my foster family and The Rotary Club for taking care of me so well.

I had to wake up at 5.30am on school days which was technically 4.30am local time. The first day was the most nerve wrecking as I wasn't sure what to expect. My foster dad dropped both my foster sister and I off at the bus stop to wait for the school bus. I knew nobody

besides my foster sister which made the entrance onto the bus a little awkward because everyone was staring at me – I guess in a small town, everyone knows each other. After one hour we arrived at the school.

Everyone including the teachers were extremely welcoming and friendly which helped to immediately 'break the ice'. We had to change out of our shoes and wear house-slippers around the school which I thought was very unusual, though it kept slipping off my feet due to my socks. We were given a school tour and were introduced to the Interact club members. We were then taught how to make flower soap together with the interactors. The one thing that shocked me most was the fact that they had a number of Caucasian students. However, majority of them were already accustomed to the Japanese culture and somehow their English language competency was not what I expected it to be. Nonetheless, we had fun and on our last day, they put up a farewell party for us which even included a mini performance session. They really do have talented students in the school.

There is so much more I would love to talk but to summarise, this trip to Ichihara proves the old adage "never judge a book by its cover ". My first impressions and my current impressions were contrary to each other. I have learnt so much, not just knowledge or history of the place but rather the small little things. For example, being extremely appreciative of everything I have within my reach and even things like being more organised and not taking for granted the importance of respect. This experience would not have been possible without the offer given by The Rotary Clubs of Petaling Jaya and Ichihara. Not forgetting my foster family who made Ichihara a second home for me. Thank you once again, for giving me this opportunity to learn a new culture and at the same time, widen my horizons.

Aryanee Nair

私の日本の印象

飛行機がクアラルンプを飛び立ったのが 2:30pm、羽田空港へ到着したのが 10:30pm でした。でも時差が 1 時間ありますので、現地時間 11:30pm でした。私たちは市原 R C の山本会長と他 2 名の会員の出迎えを受けました。荷物が出てくる間、少し食事を取りました。駐車場へ向かう時の外気温度は摂氏 6 度、T-シャツ姿で楽しみました。羽田から五井グランドホテルまでは 1 時間半の道のりで、ホテル到着後すぐに近くの 7-イレブンに行きました。山本会長は軽食を買ってくれました。私は鮭のおにぎりを 2 つ、三角形のカリフォルニアロールのような物で美味しく頂きました。その後ホテルへ戻って山本会長へ「お休みなさい」を言ってベットインしました。市原市の最初の印象は静かに眠る町、という感じでした。家族から聞いていた東京とはかけ離れた印象です。過去に私が住む町で外国人の人との交流が無かったために、そんな感じになるのでしょうか。それとも市原市の中心街から、ここは離れているのかも知れないと思いました。

ホストファミリー宅（藤原 優・孝枝）での初日でのこと、ホスト学生（藤原奈津美）にお風呂の使いかたを聞きました。バスタブに使っていると体も心も温くなるのを感じ、いつまでも入っていたい気分でした。

食べ物は完全に旅行のハイライトです。奈津美さんと食べたラーメンと餃子は、本当に美味しかった。バスで駅に行き、電車に乗る前に近くの丘を登ってラーメン店へたどり着きましたが、お店は休日で、日を改めて家族で再度訪問し、食べたのです。店は 4~5 テーブルのシェフが一人しかいない小さな店でした。

注文すると良い香りのスープの臭いが漂ってきて、腹の空いてる私は、まらなく食欲を誘われました。ラーメンは私がかって食べたラーメンの中で最高でした。新鮮な餃子、そしてもう一品はお好み焼きです。これは様々な食材を使った日本のパンケーキみたいなものです。その他、色々な日本料理を楽しみました。毎朝の朝食は孝枝ママが作ってくれました。チキンカツ、果物、野菜、それにご飯は本当に美味しく、腹持ちも良いのです。

ホストファミリー宅は五井グランドホテルよりクルマで 1 時間ほど掛かりましたが、大変リラッ

クス出来るお宅でした。奈津美さんと愛犬ハルと星の輝く夜道を散歩したりして、感謝しています。

私はこのプログラムに参加する前に 10 コースの日本語のレッスンを受けていたため、それが大変役立ちました。奈津美さんが私の日本語を正しく修正してくれ、私は奈津美さんの英語を修正し、それでも足りなければグーグルで補い合いました。冬の日本での生活にはヒーターが欠かせません。ヒーターがある限り大変居ごごちの良い生活がおくれます。

里親の優さんとは趣味が同じカメラで、彼が使い捨てのカメラを持っていたことから話が弾み、色々な写真を見せてくれました。決して忘れることの出来ない出来事は、私が腹痛を興した時のことです。優お父さんは駅まで私を迎えに来てくれて、温かいドリンクを買ってくれ、薬を飲ませてくれて温かいお風呂を勧めてくれました。こんなホストファミリーにロータリアンに感謝で一杯です。

私は毎日 5:30 に起床し、お父さんがバス停まで送ってくれます。そこから奈津美さんと共にスクールバスで 1 時間を掛けて学校へ行きます。

学校では顧問教師が親切に対応してくれました。校内ではスリッパを常時使用します。普段の生活でスリッパを使用しない私は足が滑って不自由を感じましたが、インターアクターに学校中を案内され、彼らと行動を共にする日々となりました。彼らと一緒にフラワーソープ作りを体験しました。ひとつ驚いたことは彼らの仲間に白人が居たことです。でも、すっかり日本に同化しており、その白人の英語力は私以下でした。彼らは最後の日にミニパフォーマンスセッションを含む米国風の送別会を開催してくれました。本当に優秀な学生たちが揃っているのです。

もっともっと沢山のことを書きたいのですが、それを要約すると、市原へのこの旅は、古い格言にあるとおり“その表紙で本を判断するな”ということです。私の第一印象と現在の印象は違います。私は、その場所の知識や歴史だけでなく、多くのことを学んできました。例えば良く組織化されており、尊敬の念を持っていることの重要性です。この貴重な経験を与えてくれたペタリ

ンジャヤRCと市原RCの皆様、フォスト・ファミリーの皆様、新しい文化を学び、私の心の視野を広げる機会を与えてくださり、本当に感謝しております。

〔Haley Laveena Louis〕

#### **REPORT – TRIP TO JAPAN**

Hello, I'm Haley. I would like to share with you, my experience on my 6-day stay as an exchange student to Japan from the 18-24<sup>th</sup> of December 2017. When I first met the Rotary members of Ichihara at the airport, I thought they were very kind and generous. They immediately welcomed us with warm hearts. I thank you so much Rotary members of Ichihara for everything that you have done. You all patiently took us up the mountain, took us for sightseeing and made us experience your wonderful food.

Secondly, I would like to talk about my host family. The moment you walked through the doors of the Chinese restaurant in the hotel An, I immediately recognized your sweet smile and pretty face from all the photos that you had sent to me. I immediately knew that I was in great hands. I thank you wholeheartedly An for making me feel right at home and going out of your way just to let me experience your wonderful culture as much as possible. I will never forget you and what you did for me. As for my host-mum, she always took great care of me and made me feel as comfortable as possible. She was very kind the thing I liked most about her was that she makes the best Japanese breakfast! My host-dad was kind also and always made sure I was okay and had everything I needed. Next comes Ren and Jin, An's sister and brother. They reminded me of my own brother and sister back home because they treated me as part of their wonderful family. For all this, I thank my host-family graciously for their kind hospitality and generosity. Furthermore comes the Interact students of the Ichihara Chuo Highschool. They were Ayana, Kouki, Natsumi and Tae Hyun. I thank them for being so patient with me and being my best friends.

I also thank the rest of the Interact club for planning a surprise party for us which was lined up with amazing entertainers and great food!

Overall I thank everyone who participated in the program. I think Japan is a wonderful place with a beautiful culture because of the respect they have for everyone. The food is overall delicious and the scenery is fantastic. But my favourite part of Japan was the people whom I met along the way. They opened up my eyes to a new perspective about their cultures and ways. I truly got to experience the heat and soul of Japan through the eyes of it's people. It was an experience that anyone would love to have. I thank you very much for giving me this wonderful and truly memorable experience that I will never forget in a

lifetime. I hope one day I will come back to Japan and meet all of you again. You will always be in my heart as you have touched it in so many ways. As they say there are friendships imprinted in our hearts that will never be diminished by time and distance. That is all from me. I thank you all once gain and hope to see you soon. Lots of Love,\

Haley

## 日本への旅

私は 12 月 18～24 日の交換学生として日本を訪問した旅をご紹介します。羽田空港で出迎えてくれた市原 R C の会員の皆様は親切で大らかで、温かく歓迎してくれました。市原 R C メンバーの皆さんに深くお礼を申し上げます。登山に、観光に、色々な美味しい食事にと体験させていただきました。次にホストファミリーの皆様です。歓迎会の席上でホストファミリーの皆様が入場してきたときに、その笑顔や穏やかな姿を見て、先に写真で見ていたせいもあり、ホストしてくれる家族の方々であることがすぐに解りました。この人達ならば、安心して自分の全てを委ねられ

る、日本の文化や歴史を充分に知ることが出来ると確信しました。

この素晴らしいホストファミリーのことを、私は決して忘れません。お母さんが作る朝食は最高でした。そして常に私が最高の気分で居られるように細かい気遣いをしてくださいました。お父さんも親切だったし、このファミリーに守られていれば、絶対安心と確信が持てました。次は蓮さんと尋さん、ホスト学生杏さんの兄弟です。マレーシアに居る兄弟同様のお付き合いをしてくださいました。全てのこうしたホストファミリーに深く感謝しております。次に市原中央高校のインターアクターの皆様です。アヤカ、コウキ、ナツミ、タエフユン。貴方たちは親愛なる私の友人です。貴方たちインターアクターで催してくれたサプライズパーティーは素晴らしかったです。全ての人にお礼を申し上げたいです。皆さん全員が、私が知らない文化と歴史を教えてくれて、私に新しい視点を授与してくださいました。私は日本人が持つ温かい魂に触れ、誰もが好きになりました。私はいつの日か再び日本を訪れ、皆さんと再会したいと思っています。この友情は時間と距離によって減少されることは無いでしょう。私の心に刷り込まれているのですから。再度申し上げます。ありがとうございました。また合う日を楽しみにしております。

**〔Nagulan Muniandy〕**

### **My Impression of Japan**

Hello respected Rotarians of the Rotary Club of Ichihara! I am Nagulan Muniandy, one of the boys that took part in the Student Exchange Program to Ichihara from the 18<sup>th</sup> to the 24<sup>th</sup> of December. I hope you are all in the pink. I am doing really well here in Malaysia. I kind of miss u guys as in we spent a lot of time together and made plenty of delightful and sweet memories together. We were told that you requested reports from us on our impression of Japan. It is something really interesting to write about. Well I have to say I do not only have a single impression of this beautiful country, I had multiple impressions as it was my first time in Japan.

My first impression of Japan dawned upon me as soon as the automated doors leading to the parking lot at the Haneda Airport opened. That impression was only one simple matter—it was **cold**. As the chilling breeze brushed through me I couldn't help it but cross my arms to keep my body and hands as warm as possible. But the cold wasn't a major problem as my body got used to it in a few days. I even remember when we climbed Mount Nokogiriyama we had to take off our jackets as we were starting to sweat profusely. After a few days in I actually started to enjoy the cold a little. The occasional cool breeze that passes by is hard to come by in Malaysia so I learned to appreciate and enjoy it. I was told that we were very lucky as it did not rain the whole time we were in Ichihara. They said that the rain will only make the cold worse so I thank god for that.

My second impression of Japan was the **food was amazing**. There were so many varieties of food in Japan. Every meal that ended up in my stomach were all worth every single penny. The only bummer was I am vegetarian so I did not get to enjoy the full extent of the Japanese cuisine. Although I was vegetarian, I did not only eat vegetables as there were plenty of vegetarian meals all round Japan. There is always at least one vegetarian meal in every restaurant we went to so I did not have to starve myself in any way to avoid meat. The Rotarians and our host families always made sure we were well fed with Japanese delicacy. I guess my favourite Japanese food would be 'ume onigiri' and 'nato'. The heavy but delicious breakfast prepared by my host parents were so good. It was a pity that I was always not able to finish it as my stomach is quite small.

My third impression of Japan was something that everyone who have been to Japan would agree on, that is Japanese people are very kind, polite and helpful. I have always heard that Japanese people have great hospitality, they are very kind and caring and many other praises about the citizens. I have always brushed those claims of like they were something normal but after experiencing first hand, I would say it is rare to receive that kind of treatment anywhere else. When we had our first dinner with all the host families and the Rotarians on our second day in Japan, at first there were only non-vegetarian meals prepared for us. After my host brother, Jang Tae Hyun, told the Rotarians that I am a vegetarian as mentioned above, they immediately asked the manager of the restaurant whether a special vegetarian meal could be prepared for me. The restaurant manager immediately said 'yes' without any hesitation. That really surprised me as if that happened somewhere else, I will probably be asked to adjust and eat accordingly. The Japanese people respected my beliefs and traditions and acted

accordingly. The Rotarians always put our needs in front of their own needs. They always made sure we were having a good time and did very good job in doing so. My host family, Mr Hyung Jae, Mrs Young Joo and Tae Hyung also should be mentioned here. They looked after me like I was a real member of their family. Mrs Young Jae prepared the best Japanese/Korean vegetarian meals I have ever had. They always made sure I was comfortable all the time at home. They even got me one of the best gifts of all —FOOD. I thank them for all they have done for me.

Finally, I need to talk about the places we visited during our stay in Japan. All the sights were really great and well managed. The place where I had the most fun would of course be the famous Tokyo Disneyland. Even though the waiting lines were a little bit long, it was worth the wait as the rides were amazingly fun. Something that surprised me was how clean the park was although there was an ocean of people over there. It shows how determined and responsible the workers are in upholding the reputation of the place. We had a blast and would never forget the great memories made there. The most beautiful place we went to would be the Chiba Port Tower. We went there during sunset and I took the most beautiful pictures in my life. The view of the beautiful sunset is breath taking and could never be replicated anywhere else. The most challenging place we went to was Mount Nokogiriyama. The 329m high mountain was really difficult to climb as the air was thin and the cold did not help but it got better when our body started to heat up to produce more energy for us to continue the climb. Luckily the climb was all worth it as the view from the top of the mountain could not be described in words. The Ichihara Chuo High School should not be forgotten too. The school was huge. All the students were very disciplined and kind. They always greeted us whenever we walk past them in the hallway. Well sometimes it felt like the school was colder than the outside, I guess it was the air conditioner. The teachers were really polite and tolerating. The farewell party the Interact Club threw us was also awesome. We were having so much fun the whole time. They made sure we were well entertained throughout the whole party.

In a nutshell, my time in Japan was well spent with fun activities and great tourist sights. I have learnt a lot from the Japanese culture and people. I would say this was a once in a life time opportunity as I was able to travel to foreign country with my friends at such a young age.

At that note, I would like to thank the Rotary Club of Petaling Jaya and the Rotary Club of Ichihara for providing this golden opportunity for me to gain some valuable new experience and knowledge by travelling to Japan. Words cannot describe my appreciation towards what has been done for us. I would also like to personally thank my host brother Tae Hyun for not only being a good friend but also, a great brother. I am we will always remember the chats we had during our walks back home. My utmost gratitude should be expressed for the Rotarians of the Rotary Club of Ichihara for always being there by our side and making sure we always had an enjoyable and pleasant time. I hope I get to see you all again the next time come to Japan. Sayonara !

## 日本の印象

こんにちは、敬愛なる市原 R C の皆様。私は 12 月 18~24 日の間、学生交流プログラムで市原市を訪問しましたナグランです。皆さんお元気でしょうか。私はマレーシアで元気に過ごしています。私たちは日本で楽しい一時を共有させていただき、多くの思い出を作りました。その一端をご紹介します。

それは本当に楽しい思い出です。この美しい国、日本を始めて訪れた思い出は多義に渡ります。

私の第一印象は羽田空港から駐車場へ向かうときです。何と寒いことでしょうか。毛穴が総立ちするのを感じました。おもいきり手を振って歩くようにしました。しかし、寒さは一時の問題で、翌日、鋸山に登った時は、汗だくになり、ジャケットを脱いでいました。私たちが市原に滞在している間、雨の日は一日も無く、引率のロータリアンは「幸運だね」と言っていました。雨になると温度も急速に下がるようで、さして不自由は感じませんでした。

日本の第 2 の印象は、日本には沢山の料理のあることです。それがどれもこれも美味しいのです。唯一の残念は私がベジタリアンであることです。それらの料理全てを食べることは出来ませんでした。ですが、それでも野菜だけでなく、ベジタリアン向けの料理がふんだんにあるのです。です

からひもじい思いは一切する事はありません。ロータリアンとホストファミリーは常に十分に配慮してくれました。梅おにぎりと納豆はとても美味しかったです。ホストファミリーが用意してくれる朝食はボリュームもあり、とても良かったです。ただ、私の胃袋が小さいのか全部食べられなかったことが残念です。

日本の第3の印象は、日本人は大変親切で思いやりがあることです。日本人は偉大なおもてなしの心で、誰にでも接します。私は常にそれを心していますが、日本の皆さんは常日頃から持ち合わせているようです。2日目に開催されたホストファミリーとロータリアンが同席する歓迎夕食会で、通常の食事が出されましたが、ホスト学生のチャンテヒョン君が、私がベジタリアンであることを告げると、直ぐにロータリアンがレストラン側に交渉すると、レストランの支配人は「はい」と即答し、ベジタリアン用の食事が運ばれてきました。日本の人は私の信念と伝統を尊重し、それに応じた行動を取ってくれるのです。ロータリアンは常に気配りを持って接してくれます。それ以降のわたしの食事は、常にベジタリアン向けでした。ホストファミリーの気使いについても同様です。ご両親は韓国人ですが、お母さんの作る韓国風ベジタリアン料理は、過去に食べた食事の中で最高でした。私が常に気分良く生活しているかどうかを気配り、その最大のもので食事にあると思っています。心より感謝します。

最後に滞在中に訪れた観光地についてもお話します。全ての観光地が良く管理され、素晴らしい場所ばかりでした。特に一番楽しかったのは東京ディズニーランドです。アトラクション待ちの時間は少し長かったけど、面白い乗り物が多く、待つ甲斐がありました。もうひとつは、大勢の観光客が集まっているのですが、会場は綺麗に整頓されています。その清潔さを保つために、いかに多くの人達が働いているのか、観光客に良い思い出を持って帰ってもらうために、いかに努力しているかを忘れてはならないと思いました。

もっとも美しい風景は千葉ポートタワーの夕日でした。私は生涯で一番綺麗な写真を撮ることができました。他にこれだけの綺麗な夕日は見る事が出来ないでしょう。

最も厳しかったのは鋸山への登山でした。329 mの山ですが、その道は険しく、登るほどに体

は熱くなり体力を使いました。しかし、頂上での風景は素晴らしく、その疲れを忘れるのに充分でした。

市原中央高校は巨大な学校ですが、生徒達は規律正しく、親切です。校内を歩くと全員が挨拶の声掛けをしてくれます。ただ、校内は寒く、ときには外より冷たいのではないかと感じました。もしかしてエアコンが効いているかと思うぐらいです。

学校の先生は礼儀正しく許容範囲が広いです。インターアクトクラブは素晴らしいクラブで、私達を充分に楽しませてくれました。特に私達の為に用意してくれたパーティーは楽しい一時でした。

一言で言えば、この旅行で合った人々や多くの観光地で見たことは、日本の文化を知る上で、この上ない良い経験となりました。特に同年代の若者と共に旅の出来たことも、二度と味わえない思い出です。そしてこんなに素晴らしいチャンスを与えてくれたペタリングジャヤRCと市原RCの皆様に感謝したいと思います。その感謝は言葉に言い尽くせません。また、ホスト学生のチャンテヒョン君は偉大な友人というだけでなく、偉大な兄弟だと思っています。感謝しています。

市原RCが作成したホームページを見ています。市原のロータリアンが常に側に居て楽しい時間を過ごせたことに感謝しています。再度、日本を訪問して皆さんに再会できることを祈念しています。サヨナラ。

**〔Thanusha Vikneswaran〕**

Japan Student Exchange Program

Greetings, I'm Interactor Thanusha, president of The Interact Club of Assunta, here to share

my amazing experiences travelling to Japan. First and foremost, I'd like to thank The Rotary Club of Petaling Jaya and my Interact teacher advisor, Puan Isabelle Lalita, for giving me this diamond opportunity to participate in this student exchange program to Japan. I was beyond excited as I have never done anything like this before. Especially living with an overprotective mum, I'm never even allowed to step out of my school to wait for her to pick me up, but here I am travelling to a whole new country with 4 other students whom I didn't know at all, but came back being the best of friends. This is how my journey in Japan started, we were warmly welcomed by the rotarians from The Ichihara Rotary Club upon our arrival at the airport around 11pm. The five of us were split into two cars to be brought to Goi Grand Hotel for checking in. The five of us, along with President Yamamoto, walked up to 7/11 which was a few doors away from the hotel to get some snacks before we hit the sack. The room was cozy and my roommates were Aryanee and Haley. We talked for a bit, then called our parents to tell them how COLD Japan was. We then changed, ate and decided to sleep as the next day was going to be a long day for all of us. Day 2, we went down to have our breakfasts before leaving for mountain climbing. Now, I've never done this before and I knew I couldn't do it because I'm an asthmatic patient. But little did I know, you can actually do anything if you put your mind into it. Yes, I struggled a lot but with the help and motivation of my friends and the rotarians, I managed to climb all the way up to such a beautiful view. After mountain climbing, we went to a mall and our Rotarians got us all Japanese ice creams. No doubt it was really cold, but we all still enjoyed every bit of our ice cream. We then went up to the roof top of the mall to get some pictures. Then, we had to return back to the hotel to meet our host buddies and families. At first, we were all quite sad to leave each other because we became quite attached in that two days but the thought of staying with our host families and living their culture got us all excited. Ayano, my host sister and her mum brought me back to the place I was going to call home for the next few days. My host family was the best as they treated me like I was a part of their family, they also made me call them mama and papa. I was in great pleasure knowing that I was going to stay with such loving people for the next few days. When I got home, I gave them some souvenirs and gifts that I got from Malaysia, they were very happy and I was thankful they liked the things I got them. Mama then showed me how to use the bathroom and Ayano showed me my room, it was really cozy and was attached to her room. My family provided me with everything I needed and they brought me extra heaters and blankets if I got cold at night. My host sister would check on me every night

before she went to bed to make sure I was okay. Day 3, I had to wake up at 6am to get ready for school. It was such a good experience because we had to take a bus and I was never allowed to take public transportations here in Malaysia. We arrived at school around 8am and got to our classes. I made a few new friends before I had to leave with the other four to meet the Mayor of Ichihara city. It was a pleasure meeting the mayor, he spoke to us about how he wanted to maintain this good relationship with Malaysia. We all also got a bag of souvenirs each. Then, we attended an official Ichihara Rotary Club meeting. It was so intense as everyone was really serious but Rotarian Reiko, translated everything to us and made it more comfortable and fun for all of us. All of us also had the chance to speak about ourselves and a little bit about our country during the meeting. Then we were all presented with a traditional Japanese painting as souvenirs from The Ichihara Rotary Club. I loved mine, it was a painting of a bird on a Japanese maple tree. After the meeting, we headed back to the school for a craft making session. It was so fun as we learnt how to make a flower soap by ourselves. Then, Taehyun, the president of The Interact Club took us all for a tour around the school. My favourite part of the school definitely has to be the classrooms, it was so well organised and spacious. Then, we went home by the school bus. Mama made me hot tea and we watched tv together and played some Japanese board game before going off to bed. Day 4, this was the day we were all waiting for, Disneyland. Brian, nagulan and I along with our host buddies met at Soga Station to take a train around 8am. The train ride wasn't that long but it was really fun. We arrived at Tokyo Disneyland and were briefed by the principal on the timing we were going to meet back before entering a world that brings the child out of you. Disneyland was so much fun as we rode so many exciting rides and rollercoasters especially with such amazing company. We had burgers for lunch and a fancy dinner in Disneyland before leaving. We were all late for our train and we had to run as fast to get to the station from Disneyland. It was so tiring but it was such an experience running with a bunch of friends at -1 degrees! We got onto our trains and said our goodbyes to each other before heading home. Day 5, we had to go to school first, before going to a shrine. The shrine was so peaceful and we got blessings from the priest. They also gave us souvenirs and my favourite was a small statue of a dog; 2018 Chinese zodiac. We then went back to the school for a farewell party hosted by the Interact Club members. It was so fun and we were all awed by the special performances and games prepared by them for us. We all said our goodbyes to all of them and I am still missing all of them dearly until today. After that we went home and got ready to go for a movie

before heading back home. The Japanese theatre was really unique as they had this tray holders for food, I was amazed. Day 6, the rotarians took all of us to Tokyo for a tour on a bus. It was so fun and we got to stop and get Japanese souvenirs for our loved ones back at home. We were supposed to go for the skytree but due to some issues we couldn't. We also got to see what our fortune for 2018 was like and thank god, mine was all good. If it you got a bad one you'd had to tie around this holy-like pole to change it to a good fortune. After that we all decided to go for a karaoke session as a mini farewell party for Nagulan as he was leaving all of us that day to join his family. I never knew we were all going to be so attached to each other as we all teared when he was about to leave. My host family then picked Ayano and I up from Soga Station to go for dinner at a Sushi restaurant. They made me try so many new and different types of sushi but I couldn't finish them so everyone then had to share my food. Mama kept telling me what a light eater I was. Then we went back home. My host family was always concerned if I was hungry and they would prepare me sandwiches. Oh yes, I almost forgot to mention how great Mama's cooking was. I would die to have a plate of meal she'd prepare for breakfast, now. Day 7, the last day. Ayano took me to this huge mall to meetup with the rest and do some shopping. We also took a 'purikura' group picture. Purikura honestly turns you into a Japanese. It fixes you up and makes you look like a cute Japanese girl. It was fun decorating these pictures with them. We then said goodbye to everyone and that we'd meet them back in the hotel for our farewell party. Ayano and I rushed back home to get ready for the party. Mama then walked into my room with gifts. I was touched and gave her a huge hug the minute she left my room I started tearing up because I knew I was going to miss all of them so much. Papa made me Maggi; Malaysian instant noodles because I hadn't had my lunch yet. It was really sweet of him. Mama looked exceptionally gorgeous that night as she wore this fancy black outfit and light makeup for the party. I ate in the car on the way to the hotel and started crying more the minute we passed by 7/11; my first stop when we got to Japan. We gathered with the rest at the hotel and had dinner, while our group leader, Brian and a few other Rotarians gave a speech. It was then time to say our last goodbyes to everyone. This was a terribly sad moment for all of us. Not long after, we reached the airport and were left by a few Rotarians to check in. We were then escorted into the plane as Aryanee and Haley were under 16. When we landed in Malaysia, we were welcomed by our parents who we missed dearly and a few Rotarians. Staying with my host family in Japan enabled me to immerse myself in a new culture. This was the best way to practice cross-

cultural communication. Becoming part of a host family enabled me to test my confidence in new situations and also appreciate the nuances of the Japanese language. I'm truly blessed to be offered a chance combined with a fabulous homestay exchange experience with a whole variety of unique programs in these 6 days. Extraordinary food, deep conversations, a number of wonderful friends made from different cultural background and the exchange life itself. It's most definitely a once in a lifetime opportunity. Rarely in life, is it possible, to travel to another country with people of your age even if it's just for a week. The days I spent in Japan were certainly some of the best days of my life. I would like to thank everyone for making this trip possible for all of us. Thank You.

### 日本行き交換学生プログラム

私はアッスン・インターアクトクラブの会長をしておりますサヌーシャです。この素晴らしいダイヤモンドプログラムを提供してくれたベタリングジャヤRCと顧問教師のプアン・イサベル・ラリータに感謝申し上げます。過保護なママに守られて、過去にこのような経験の無い私は初対面の4人の同行学生と共に新しい国を訪問し、今では最高の友達になりました。23時に空港に到着した私たちは市原RCのメンバーに温かく向かい入れて頂き、五井グランドホテルへ向かいましました。同ホテルに到着後は山本会長の同行で7-イレブンへ行き、軽食を購入しました。大変居心地の良いホテルで、ルームメイトのアリャニーとハリーとの団欒の後、明日は長い一日になるだろう、と思いながら眠りに入りました。

2日目は朝食後に山登りに行きました。私は喘息患者ですから、少し心配だったのですが、仲間の友達とロータリアンのモチベーションに助けられ、大変美しい風景に出会うことが出来ました。登山の後にショッピングモールへ行き、アイスクリームを食べました。寒いけど美味しかったです。写真を撮るためにモールの屋上に上がり、ホストファミリーが待つホテルへと戻りました。

2日間を共にした仲間と別れるのは辛かったけど、ホスト家族と生活を共にし、異国の文化に触れる興奮で、ホスト宅へ向かいましました。私のホスト姉妹・綾子とママは自宅に電話するように進

めてくれました。パパもママもまるで家族のように接してくれました。このように愛情溢れる人達に囲まれて滞在生活を送れることは本当に幸せなことです。マレーシアから持ってきた家族への贈り物も、大変喜んでもらえ、嬉しく思いました。お母さんはお風呂の使い方を教えてくれ、綾子さんは私の部屋へ案内してくれました。その部屋は綾子の部屋に隣接する居心地の良い部屋でした。私の為に新しいヒーターやブランケットを用意してくれ、綾子は私に不自由が無いか、常に気配りしてくれました。

3日目、私は6:00に起床し、バスで8:00に登校しました。マレーシアでは公共交通機関を使って学校へ行くということは無かったので、良い経験でした。この日に市原市長を表敬訪問しました。彼はマレーシアとの良好な友好関係を継続したい旨の話をされました。その後に市原RCの例会に出席しました。大変厳粛な例会で、ロータリアンの玲子さんが通訳して下さいました。私達5名はそれぞれにスピーチの機会が与えられ、マレーシアのことなどをお話しました。その例会で伝統的な日本の絵をお土産としていただきました。私は楓の木に鳥を描いた絵を頂きました。その後は学校に戻り、フラワーソープ作成を学びました。インターアクト会長のタエヒューン君が学校内を案内してくれました。私が一番気に入ったのは教室です。広々としていて組織化されています。スクールバスで帰宅した私達にママは熱いお茶を出してくれました。TVを見たりボードゲームをやったりして寝床へ入りました。

4日目は私達全員が待ちに待っていたディズニーランド行きです。蘇我駅でブライアンと落ち合い、電車で向かいました。集合場所と時間が先生より言い渡され、会場では自由行動となりました。多くのエキサイティングな乗り物があり、大変楽しい一日でした。場内ではハンバーガーと豪華なディナーを食べました。遊びすぎて集合場所の駅まで、駆け足で戻りました。マイナス1°Cの中で少し疲れたけれども、大変楽しんだ一日でした。

5日目は一端学校へ行き、神社へお参りしました。宮司のお祓いと祝辞を頂きました。また、宮司からは今年の干支である犬のお守りをお土産として頂きました。その後はインターアクターが準備するフェアウェルパーティーの為、学校へ戻りました。パフォーマンスやゲームが用意され

ており楽しい一時を過ごしました。彼ら全員に別れを言い、帰宅しました。家に着く前に綾子と映画を見ました。日本の映画館は食べ物を持って入ることに驚きました。スナックを食べながらの映画鑑賞は楽しいです。

6 日目は東京観光で、チャーターバスを利用しました。スカイツリーも予定に入っていたと思うのですが、時間の関係で行けませんでした。その代わりにお土産を沢山買うことができました。浅草寺にもお参りでき、2018 年の幸運を祈りました。東京観光終了後、皆でカラオケに行きました。ナグラン君が私たちより一日早くに当旅行を切り上げるために、彼のミニ・フェアウェルパーティーを行ったのです。私は彼が家族に会うために一日早くに去ることを知らなかったのです。ママとパパは私と綾子を蘇我駅に迎えに来てくれて、寿司屋へ連れて行ってくれました。全部は食べられなかったのですが、ママが軽い寿司を教えてくれました。ママはサンドイッチなどを常に用意してくれていましたが、ママの手料理は最高でした。

7 日目は最終日です。大型店へ行って買物をし、しばしの休息の時間にもなりました。プリクラ写真を撮りました。プリクラは可愛い日本の女の子のように写ります。夜にロータリークラブが主催するさよならパーティーへ行くために、一端家に戻りました。ママは私にプレゼンを渡すために部屋に来ました。抱擁して涙を流し、別れを惜しみました。パパはマギー（マレーシアンインスタントヌードル）を作ってくれました。私は昼食を食べていなかったのです。それは甘いパパの味でした。ママはパーティー出席の為にゴージャスな黒の衣装を身に付けていて非常に美しく見えました。クルマでホテルへ向かう時に、また泣きました。ホテルではグループリーダーのブライアンとロータリアンが挨拶し、別れを惜しみました。ロータリアンに空港まで送ってもらい、チェックインしました。アリアニィーとハリーが 16 歳未満だったため、航空会社の従業員が飛行機の登場を手助けしてくれ、マレーシアへの帰途につきました。

このプログラムは異文化間のコミュニケーションを取る練習に大変良い方法です。また、日本語のニュアンスを覚えるにも大いに役立ちます。本当に良い機会を与えて頂いた、と感謝しています。特別なお料理、違った文化を身につけた人達との深い会話、ホームステイによる生活体験、

それらが大変勉強になりました。何にも変えがたい経験です。この一週間で多くのことを学びました。私の人生で最高の一週間でした。こんな機会を与えてくれた関係者の皆さんに、深く感謝します。アリガトウ。