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ハマッ子通信

11

NOVEMBER

THE YOKOHAMA SEASIDER MAGAZINE



Inside this Issue

小料理ほおづき
Sake bar Hozuki

ショコラボ
CHOCOLABO

YIEA: コロナ禍を乗り切る
Navigating the pandemic at YIEA

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MAP 5



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MAP 13



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MAP 3

NOVEMBER 2021

ついにコロナ禍の最悪な状況から抜け出した！ このまま改善していくことを願うばかりだ(多くの専門家たちは、我々の感染予防対策が効を奏していると考えている)。店を構える多くの人、とくに営業時間短縮やアルコール提供停止を余儀なくされていた飲食店関係者たちはホッと胸を撫で下ろしていることだろう。通常の生活が戻り始めたら、今後はさまざまなイベントが開催されることを望む。何も気にせず、顔を合わせて集まっていた時代がとても恋しい。読者の皆様には、地元の店や文化活動を支援していくために協力をお願いしたい。ぜひ足を運んで応援しよう！ 「横浜」もきっと喜ぶはずだ。

Finally, we've emerged from the worst of the pandemic. Let's hope the public health situation stays under control—most health experts seem to think we're on top of it. We know it's been a relief to local businesses, especially those subject to the emergency orders that limited business hours and alcohol sales. We hope this promising return to normalcy soon includes more public events, too. We really miss carefree community gatherings. We realize the winter may bring challenges, but we remain positive for the future. Please help us support local businesses and cultural endeavors. Be a customer or patron! Yokohama thanks you.

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Chocolab's onsite shop (photo: Ishikawa)

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CHOCOLABO

Working toward a more inclusive future

Text & photos by Akiko Ishikawa

近年の急激な気候変動により巻き起こされる数々の自然災害。そして、これまでの常識を覆し、ニューノーマルをもたらした新型コロナウイルス。人々が共に助け合い、あらゆる問題を解決していく必要性と、多様性への理解はこれまでにないほど高まっている。かつて、障がいを持つ人々を取り巻く環境は、今よりも厳しいものだった。その状況に警鐘を鳴らすべく、横浜の企業「ショコラボ」は、多様な人材の技術を生かして職場環境を整え、その技術をより生産的に社会へ組み込んでいくことに全力を投じてきた。

ショコラボ代表の伊藤紀幸(56)は、29歳の時に障がいをもった息子を授かった。小中高一貫の特別支援学校へ入学し教育を受ける中で、先生から将来についてしっかり考えるように言われたという。先々待ち受ける障がい者の就労の現実は大変厳しく、賃金もとても低い事を知り、何かを変えたい、変えなければと感じた。そこからの伊藤の動きはすさまじい。「過去は何も変えられない。変えられるのは自分自身と将来だけである」と、それまで銀行員として勤めてきた職を36歳で辞める決断をする。これまでの仕事どっぴりな生活ではなく、子どもと過ごす時間を優先させながら、起業について学んだ。さらに資金を貯める必要性を感じた伊藤は外資系企業へ転職し、起業のタイミングを見計らっていたという。

我が子への深い愛情と、同時に沸き起こる将来へ対する漠然とした不安。その両方がいかなる時も彼の原動力となっていた事は言うまで

In recent years, rapid climate change has contributed to a number of natural disasters and COVID-19 has upended conventional wisdom, ushering in conditions that many accept as a new normal. Now more than ever people recognize the need to come together and help each other overcome problems of the modern age. Understanding the needs of people with disabilities is as important now as it's ever been. Exemplifying this, Yokohama-based company Chocolabo is dedicated to a forward-thinking, diverse workplace that proactively incorporates the skills of this underutilized segment of our society.

The president of the company, Noriyuki Ito, now in his mid-50s, became the father to a son with a disability when he was in his late 20s. Soon after his child enrolled in a special-needs school with a twelve-year program, discussions with a guidance counselor there had him thinking well into the future. The reality of what people with disabilities face when eventually seeking employment and the difficulties that his son would need to overcome in the workforce became evident to him. When he learned that the monthly wage was much lower than that of other workers, he felt that something absolutely had to change. He decided to take action and has expended an enormous amount of energy to effect that change. Discussing his views, he asserts, "The past



CHOCOLABO President Noriyuki Ito
and Director of Customer Satisfaction Ryota Komatsu

もない。人生のベクトルが定まったと感じた2012年、伊藤はショコラボを立ちあげた。「ショコラ」、「ラボラトリー」と「コラボレーション」を組み合わせた名称には、健常者と障がい者のコラボレーションという思いが込められている。すべての従業員が、互いの違いを当然のように受け入れており、そのコンセプトに共感した多様な職歴を持つ人材が、「自分がこれまで受けてきた学びをもっと見える形で社会に還元したい」と伊藤の周りに集まってきて、ショコラボ全体を力強く支えている。

ショコラボの名前が示すように、同店はチョコレートの専門店で、原料となるカカオを深く研究し海外研修も行っている。各製品の品質は高く、厳選されたカカオから生み出される製品のフレーバーにも様々な種類があり、チョコレートファンにとっては、商品を選ぶ楽しみ・ギフトとして贈る楽しみ・食べる楽しみと、いろいろな楽しみ方がある。店舗のあとには、製造現場も外から見学させてもらったが、障がいの有無にかかわらず、全従業員がそれぞれの得意分野を生かしてすべて手作りで丁寧に製造している。全員がプロフェッショナルなのだ。そして製造部門、オンライン販売部門と店舗が、近くの距離とはいえ、それぞれ別の建物内であっても成り立つのは、視覚学習者にとって作業内容が分かりやすく、作業効率も上げているからだろう。

親子の絆という、普遍的でゆるぎない軸が、明確なビジョン、企業理念へと繋がっている。ショコラボで達成された企業の多様性の在り方が、社会全体のより良い理解へ繋がるならば、それは伊藤の願いでもあるだろう。「ノーマライゼーションという言葉そのものがなくなるような社会が、いつか実現すると良いなと思っています」と笑顔で話してくれた。取材時、熱心に働く従業員の姿が特に印象的だった。働くことの喜びと、誇りを持って製造しているという思いが伝わってくる。そして、互いをリスペクトし合う姿、そこには伊藤の思いが明確に反映されている。

今年4月にはランドマークプラザ1Fへショコラボ新店舗をオープン。

cannot be altered. The only thing I can do is improve myself personally and work toward a better future." At the age of 36 he decided to leave behind his job as a bank employee. Instead of the work-obsessed life he had been leading, he prioritized spending time with his children while learning about entrepreneurship with an eye to the future. He took a better-paying job at a foreign-affiliated company in order to accumulate savings so he could launch his own business when the timing was right.

Driven by a deep love for his son and, at the same time, anxiety about the future, he was determined to change the status quo. Ito launched Chocolabo in 2012. The name of the company derives from a combination of "chocolate", "laboratory", and "collaboration". The aim was to highlight collaboration between people with disabilities and those without. All of the employees accept that it's quite normal for each of them to be different in some way. Backing this concept, Ito has surrounded himself with a variety of business professionals who have diverse backgrounds and express a desire "to draw upon the knowledge they have personally acquired to give back to society in a more visible way". These individuals lend substantial support to the Chocolabo cause.

As its name suggests, the store specializes in chocolate. Ito has invested a lot of time in researching cacao, the base ingredient for chocolate, including overseas training. The product quality is high and choosing the correct type of cacao to produce a certain flavor is important. For chocolate fans, trying to choose a product or find the right gift from the nearly endless varieties in the store is challenging and fun at the same time.

After visiting the shop, we were permitted to observe the chocolate production process on the shop floor, and it was clear that all of the workers, regardless of having a disability or not, were equally considered professionals. All were making the most of their respective specializations, creating everything with care by hand. The manufacturing area, online sales department, and store are all in close proximity to each other, but in separate buildings. For visual learners, this eliminates the distractions presented by a large facility with every department under the same roof. Thus they can concentrate on their tasks much more efficiently.

The universal, unshakable bond between parent and child has led to Ito's clear vision and corporate philosophy. It's his hope to translate what he has accomplished in integrating people with disabilities in his own business into a greater understanding in society as a whole. Ito says with a smile, "I hope that one day we can realize a society where the word 'normalization' itself is non-existent." We were particularly impressed by the diligently working staff at Chocolab. It was evident they enjoyed their work and clearly took pride in it. The respect all employees had for each other was also evident—a clear reflection of Ito's vision.

Note that in April of this year Chocolabo opened a new store on the first floor of Landmark Plaza making their products more easily accessible.

Hozuki ほおづき

MAP
16

Text & photos by Brian Kowalczyk

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馬車道の細い裏通り沿いには、こぢんまりとした素敵な居酒屋や飲食店が数多く存在する。趣のある小料理店「ほおづき」は、横浜に居ながら、神奈川県内の酒蔵を巡りたい人にはぴったりのお店だ。私たちが知る限り、「ほおづき」は県内にある13酒蔵全ての日本酒が飲める、市内唯一の店である。

愛想の良い女将、小野寺志保がカウンターに立ち、客におすすめの酒を紹介してくれる。2014年に前オーナーからこの店を引き継ぐまでは、小野寺自身がこの店に通う客だったそう。そんな彼女は県内の酒蔵の中では知られた存在で、酒蔵で働く人々にここで居合わせることもめずらしくない。

季節に合わせて変化する料理のメニューは日本酒に合うように作られていて、刺身や海鮮料理、湘南のブランド豚「みやじ豚」などが楽しめる。価格の記載はないが、取材時には数々の料理と日本酒を食べて飲んで一人6000円で収まった。どの日本酒が合うかを小野寺に尋ねれば喜んで教えてくれるが、自分でいろいろと試してみるのももちろんOKだ。カウンターには酒燗器が設置されており、用意された徳利と温度計で自分好みの熱燗をつくることもできる。1階にはカウンター席と小さなテーブル席がいくつかあり、2階は団体客向けだ。一人客も多く、手が空いていれば女将との会話も楽しめる。

The narrow back streets of Bashamichi are filled with an array of small, charming izakaya and eateries. Quaint sake bar Hozuki is the perfect choice for anyone looking to take a sake voyage through Kanagawa prefecture without leaving the confines of Yokohama. As far as we're aware, Hozuki is the only izakaya in the city that curates sake from all thirteen of Kanagawa's sake breweries.

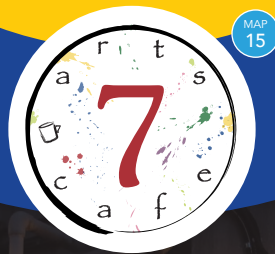
Amiable proprietress Shiho Onodera commands the counter and is ready to make suitable recommendations of local sake to her guests (some basic conversational Japanese will be needed). She was a customer herself before taking over the bar from the original owner in 2014. Onodera is well known among sake brewers and it wouldn't be out of the ordinary to bump into one paying her a visit.

The food menu, which changes often according to seasonal availability, is thoughtfully designed to suit sake. You'll find sashimi and other fresh seafood along with Miyaji pork from the Shonan area. The menu doesn't list prices—dining here requires some trust—but we left fully satisfied having paid about ¥6000 a person for food and multiple glasses of sake. Onodera will gladly suggest pairing options for you, but experimenting on your own is surely not discouraged.

Inset water basins in the bar counter allow patrons seated there to personally warm their sake if they choose. You'll get a small vessel and a thermometer to heat your sake to your desired temperature. A bar counter and a couple small tables occupy the first floor and an upstairs room can be reserved for groups. Single customers are common and Onodera will chat if time allows.



NOVEMBER 2021



TGIF TGIS

KICKOFF

Join 7artscafe as we celebrate a return to TGIF (Thank God It's Friday) and TGIS (Thank God It's Saturday) early evening events starting November 2021. In addition, 7artscafe teams up with local wine specialty shop **Daniel's Wine Shop** bringing you a wide selection of unique Romanian and Eastern European wines and craft brewed **Yokohama Beer**.

7artscafe では、2021年11月より、TGIF (Thank God It's Friday) と TGIS (Thank God It's Saturday) のアーリーイブニングイベントを再開する。ワイン専門店**Daniel's Wine Shop**と連携し、ルーマニアや東欧の珍しいワインや横浜ビールのクラフトビールも提供する。

FRIDAY

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17:00 – 20:00

Films begin at 17:30

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- “Citizen Kane” (1941)
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- “The Big Sleep” (1946)

SATURDAY

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17:00 – 20:00

YUUI MITSUTA, PIANO

2 shows at 17:30 and 18:30

NOVEMBER 2021

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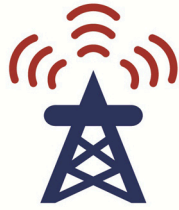


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- 4 Sagan [E-6]
- 5 Toraya [D-3]
- 6 YIEA [C-2]
- 7 Nakamaru Dental Clinic [E-6]
- 8 Café Elliott Avenue [D-7]
- 9 Bashamichi Taproom [D-4]
- 10 Ishikawacho Green [E-6]
- 11 Bashamichi Green [C-3]
- 12 045 Yokohama Canvas Bag [C-4]
- 13 Yokohama Brewery [D-3]
- 14 Apollo [D-3]
- 15 7artscafe [E-3]
- 16 Hozuki [D-4]

MAP 2





和泉雅樹 横浜国際教育学院 副理事長

Masaki Izumi

横浜出身で、横浜国際教育学院（以下YIEA）副理事長を務める和泉雅樹から話を伺った。

パンデミックの中で、学校が直面した課題は何ですか？

一番苦心したのは、学生と先生たちの安全をどう確保するかです。留学してきた学生たちは限られた期間内での学習のため、授業を止めるわけには行きません。感染拡大時にはオンラインで授業し、マスク・フェースシールド着用と消毒など感染防止対策の徹底により、対面授業が出来る時は極力対面授業をするという繰り返しとなりましたが、その判断がいつも難しいです。

パンデミックの間、リモート学習（SkypeやZoomなどを用いるもの）が主流となりましたが、言語の学習や指導においては、どのようなデメリットがあるのでしょうか？また、なぜ対面での学習の方が良いのでしょうか？

オンライン学習で出来ること、できないことがあります。これは言語学習に限られたことではなく、ZOOM疲労と呼ばれる現象があるように、コミュニケーションが不自然な状況が続くとどうしても出る弊害です。言葉はコミュニケーションのための主なツールですが、それには顔の表情や体の仕草が伴います。それを学生は先生たちから学ぶのが普通ですが、オンラインですとその部分が大きく欠落してしまいます。また、学生同士のコミュニケーションも不足するため、お互いから学ぶものも限られてしまいます。例えば同じように会話を教えても、去年3月の卒業生たちは実際に会った時に話をすると会話力不足と感じてしまいます。それは学習内容は同じでも、自然な対面会話があまりにも少なかったために、身につくものが違うからです。教室での対面授業はやはり言葉の学習には大切です。例えば、多くの大学は部分的に授業を対面に戻していますが、何が優先されているかという、ラボ実験と外国語授業です。

パンデミックの間に、YIEAにとって何か良いことはありましたか？例えば、新しいカリキュラムを開発する時間が増えたのではないのでしょうか？

当校のカリキュラムはパンデミック前に刷新されて、協働学習（collaborative learning）の手法を大きく取り入れたところでした。協働学習は学生同士

Yokohama native Masaki Izumi is the Deputy Director of Yokohama International Education Academy (YIEA)

What have been some of your school's challenges during the pandemic?

The most difficult part was deciding how to ensure the safety of students and teachers. The students who come from abroad to study have a limited amount of time, so we couldn't afford to stop classes. When the pandemic worsened, we held classes online. Once face-to-face classes could be held again, we required masks and face shields to be worn, did constant disinfecting, and took other measures to prevent the spread of the virus. Making the right decision was always difficult.

Remote learning/teaching (via Skype, Zoom, etc) became the norm for much of the time during the pandemic. When it comes to learning or teaching a language, what are the disadvantages of this? Why is teaching and learning in a classroom better?

There are things you can do and things you can't do with online learning. This is not limited to language learning. There is a harmful effect that inevitably occurs when communication continues to be unnatural, as in the phenomenon known as "ZOOM fatigue". Language is the main tool of communication, but it is accompanied by facial expressions and gestures. It is normal for students to learn these things from interaction with their teachers, but with online learning, this is largely missing. There is also a lack of communication between students, which limits what they can learn from each other. For example, even if I teach conversation in the same manner, the graduates from last March feel that their conversation skills are not good enough when we meet in person. Even if the content of their learning is the same, what they acquire is different because they have had so little natural face-to-face conversation. Face-to-face lessons in a classroom are still important for language learning. As an indication of this, many universities have returned to face-to-face classes partially, prioritizing lab work and foreign language classes.

が互いからも学習できる環境を作るというのが軸となる手法です。そのため、オンラインになるとかなり工夫が必要になります。先生方も学生たちもこのパンデミックで否応なしにアイデアを出し合い、迅速かつ柔軟に変化に対応していくスキルを身に付けたのではないかと思います。

パンデミックの話からは逸れますが… 最近は自動翻訳に触れる機会が多くあると思います。コンピュータが人間の代わりに言語を十分に操ってくれる中、なぜ人間が言語を学び、翻訳などの練習をすることに価値があるのでしょうか？

言葉は単に通訳、翻訳すればいいものではありません。その言葉についてくる歴史と文化があります。私もネット上やビデオストーリーミングで、どうみても自動翻訳されたとは思えないものをよく見かけるようになりましたが、本当に言いたいことが伝わらない場合もかなり多いです。日本語が好きだから日本語を勉強する人はごく僅かです。日本の文化、古い文化でも現代文化でも、とにかく文化が好きだから日本語を勉強するのが一般的です。ある文化風土を理解したい、視野を広めたい人が積極的に外国語を勉強するのだと思います。

バイリンガルとして、日本語のどのようところが美しい、興味深いと思いますか？

日本語は表現がやんわりです。直接的ではないところがいいのですが、これは直接的な表現が当たり前の社会からきた人々が苛立ちを覚える部分でもあると思います。でも、言葉の上で曖昧さが残る状況ですと、その真意を読み取るために人はもっと相手に気を配ります。その気配りも日本の社会文化の一部となるわけです。もう一つは日本語のもっと楽しい面です。擬音語、擬態語が多いので、それは便利な上に楽しいです。ゴロゴロ、コロコロ、もみもみ、などは外国語に翻訳する時にそのまま伝わらないような表現になりますね。

YIEAで教鞭を執る中で、改めて大切だと思ったことは何ですか？

人生はきっかけと巡り合わせ、ということを再認識する機会がいくつかあったように思います。語学学校ですので、学生たちにとっては1-2年間いるだけの踏み台です。ほとんどの場合、学生たちの本当の目標はここにはないです。でも次にどこに辿り着くかは、ここで出会った先生や友人の一言で変わることがあります。一言の声かけが人の人生を左右することがあるので、その一言をかけるかどうかを吟味する必要があると同時に、躊躇してもいけないと思います。



Have there been any good things to emerge for YIEA during the pandemic? For example, have you had more time to develop a new curriculum?

We revamped our curriculum right before the pandemic, and we have just begun to heavily incorporate collaborative learning techniques. Collaborative learning is a method that focuses on creating an environment where students can learn from each other. It requires a lot of ingenuity to take that online. I believe that both teachers and students were able to develop skills to respond to change quickly and flexibly, as they were forced to share ideas during this pandemic.

Shifting away from these pandemic-related questions... We're naturally seeing a lot more machine-generated translations these days. Why is it still valuable for people to learn languages and practice things like translating, even if computers catch up and provide serviceable language skills?

Language is not something that can simply be interpreted or translated. There is a history and culture that comes with the language. I often see things on the Internet and in video streaming that seem to have been automatically translated, but in many cases, what you really want to say is not conveyed. Very few people study Japanese simply because they like it. It is common for people to study the language because they are intrigued by the culture, old or modern. I believe that people who want to understand a certain cultural climate and broaden their horizons actively study foreign languages.

As somebody who is bilingual, what aspects of the Japanese language do you find beautiful or interesting?

The Japanese language is gentle in its expressions. I like the fact that it is not direct, but I think this is something that people from societies where direct expressions are the norm find irritating. However, in situations where ambiguity remains in the language, people pay more attention to the other person in order to read the true meaning. This attentiveness is also a part of Japanese social culture. The other is the more fun side of the Japanese language. There are many onomatopoeia and mimetic words that are not only useful but also fun. Words like "gorogoro", "korokoro", and "momimomi" are expressions that are not directly understood when translated into foreign languages.

Through teaching at YIEA, is there anything you have rediscovered that is important?

I think I had several opportunities to reaffirm that life is about opportunities and encounters. A language school is a stepping stone where students stay for one or two years. Most of the time, their real goal is not here. But where they end up next can be changed by a word from a teacher or a friend they meet here. One word of advice can greatly affect a person's life, so I think we need to consider whether or not we should utter that word. At the same time, we shouldn't be too lazy to say it.



お姉ちゃん

My Big Sister

Text & photos by Moemi Abe

13年前、私が19歳の時、23歳のお姉ちゃんは日本を飛び出した。「自分の生き方を見つける」と言って。

成田空港まで見送りに行った私は、背の低いお姉ちゃんが大きな荷物を背負って一人で旅立つ姿を見て涙した。自由に生きると決めたお姉ちゃん、一人で新しいことに挑戦すると言って出ていったお姉ちゃん。日本のちょうど真裏のアルゼンチンで、家庭を持ち、このコロナ禍も持ち前のやる気と負けん気で乗り越えた小さなお姉ちゃん。

先日、お姉ちゃんから「九州の山奥に良い家を見つけた」との連絡があった。アルゼンチンから家族で日本への移住を考えていたのだ。しかしその場所は、私の住んでいるところからは簡単には行けない、山奥だった。

もう、あなたが帰ってくるならどこでも良い! パスポートがなくても会えるのであれば、どこでも良い! 46時間もかけて会いに行くよりは、日本のどこの山奥でも良い!

私は13年前に、もうお姉ちゃんなんて存在は居なくなつたんだ、と自分に言い聞かせていたんだ。でもどんなに遠くても良いよ、1年に1度でも会えるのであれば。早く帰ってきて、お姉ちゃん。

**阿部萌夢は、DRIで12年のキャリアを持つプロの写真家だ。*

When I was nineteen years old, my sister, four years my elder, left Japan. That was thirteen years ago. As for her reason, she told me, "I need to find my own way of life."

When I went to Narita Airport to see her off, I was moved to tears as I watched her leave alone, lugging a huge pack on her back. She had decided to live a free lifestyle and try new things on her own. She ended up starting a family in Argentina, on the opposite side of the planet from Japan. She got through the worst of the COVID-19 pandemic through her own willpower and deep determination.

The other day, she informed me that she had found a nice house deep in the mountains of Kyushu. She is considering moving back to Japan with her family. But the place is deep in the mountains and it isn't easy to get to from my home in Yokohama.

I said to her, "As long as you return, I don't care where it is! I just want to be able to visit you without needing a passport. Anywhere in the mountains of Japan is better than traveling 46 hours to see you!"

Thirteen years ago I felt that my sister was gone and I would rarely get to see her. But if I'm able to see her at least once a year, I don't care where in Japan she is, regardless of how difficult it may be to reach. Come back soon, sis!

**Moemi Abe is a professionally trained photographer who has worked at DRI the entirety of her twelve-year career.*



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GREEN

pages

By Yosuke Katsuchi (Green owner)

※ Content for Green Pages is sponsored by Charcoal Grill Green

Lamb Fajitas

ラム ファヒータ

ラム肩ロース	400g (スライス)
玉葱	1/2個 (くし切り)
ピーマン	3個 (種を取ってスライス)
ニンニク	1片
バーボン	適量
サラダ油	適量
塩、胡椒	適量

ミックススパイス

クミンパウダー	5g
チリパウダー	10g
パプリカパウダー	5g
コリアンダーパウダー	3g
オレガノ	1g

盛り付け用

パクチー	適量
アボカド	1個 (種、皮を取ってスライス)
サワークリーム	10g
ライム	1個 (くし切り)
コーントルティーヤ	8~10枚

lamb shoulder (sliced)	400g
onion (cut into wedges)	1/2
green peppers (seeded and sliced)	3
clove of garlic	1
bourbon	to taste
salad oil	to taste
salt and pepper	to taste

Spice mix

cumin powder	5g
chili powder	10g
paprika powder	5g
coriander powder	3g
oregano	1g

For garnish

coriander	as needed
avocado (seeded, peeled, & sliced)	1
sour cream	10g
lime (cut into wedges)	1
corn tortillas	8 to 10

- 1 スキレット又はフライパンを温め、サラダ油とニンニクを入れ香りを出す。ラム肉を加え炒める。更に玉葱、ピーマンを加え炒める。
- 2 肉に焼き色が付き野菜が少ししんなりしたら、ミックススパイスを加え香りを出しながら炒める。バーボンを加えアルコールを飛ばす。塩胡椒で味を整える。
- 3 スキレットごとテーブルに持っていき鍋敷きの上に置く。盛り付け用材料をお好みでせて、軽く温めたトルティーヤに巻いて食べる!

- 1 Heat a skillet or frying pan, add salad oil and garlic. When aroma is evident, add lamb and sauté. Add onions and peppers next.
- 2 When meat is browned and the vegetables are soft, add spice mix and stir-fry until aromatic. Add bourbon and allow the alcohol to evaporate. Season with salt and pepper to taste.
- 3 Remove skillet from heat and place it on a potholder on the table. Top with your choice of garnish and wrap in a warmed tortilla.

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