

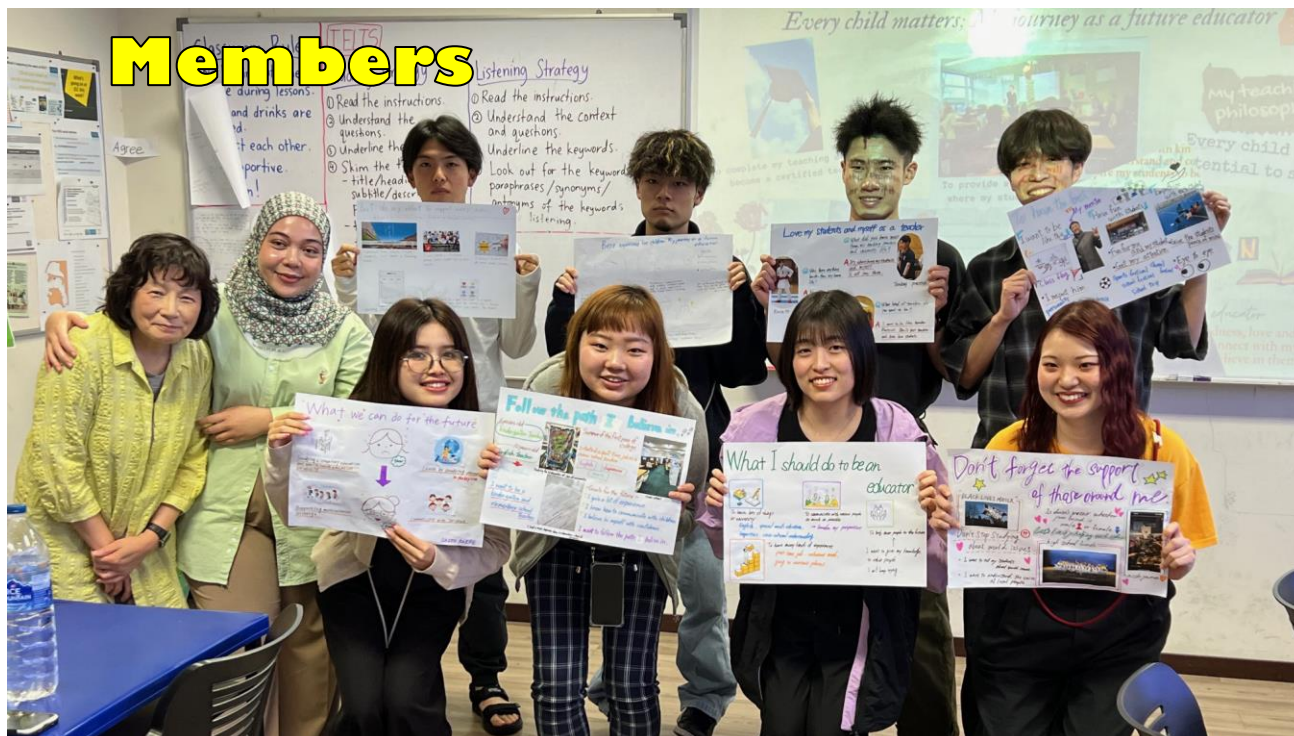


**STUDY ABROAD
PROGRAM
in MALAYSIA
2023 MAGAZINE**
HOW WE LIVED
SAW, ENJOYED
AND LEARNED



ELC@UOWM & KL





Back Row: Koichiro Makabe, Kai Yoshida, Keishiro Kamamoto, Yuma Ogasawara
Front Row: Kazuko Takahashi (TFU Teacher), Umairah Hatta (ELC Teacher), Kaede Saito, Nana Musashi, Mika Asano, Mika Yamamoto



Itinerary

February 17 - March 10, 2024

February 17: Meet at Narita Airport Terminal 2 and stay overnight at a hotel inside the airport.

February 18: Narita Airport to Kuala Lumpur International Airport (KLIA) on MH089. Arrive at KLIA. After orientation, spend first day at the University of Wollongong (UOW) dormitory.

February 19~: Begin three-week study at the English Language Company (ELC) at UOWM and on Friday afternoon, take classes in the English teacher training course at ELC in Kuala Lumpur. Besides, many experiences in and out of the classrooms.

February 24-25: Singapore overnight trip

March 10: KLIA to Narita Airport on MH070 and arrive at Narita Airport. *Thanks!*

Schedule and Dormitory



Tohoku Fukunishi University Program



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|---|--|
| | | | | | 17/Feb/2024 | 18/Feb/2024 |
| | | | | | | Arrival MH089 17:00 Check into dormitory Approx. 19:30 |
| 19/Feb/2024 | 20/Feb/2024 | 21/Feb/2024 | 22/Feb/2024 | 23/Feb/2024 | 24/Feb/2024 | 25/Feb/2024 |
| 10am Welcome address 10.30am Buddy icebreaking 11.30am Seminar :20 things about Malaysia | 9.30am- 12.40pm General / Academic English Class | 9.30am- 12.40pm General / Academic English Class | 9.30am- 12.40pm General / Academic English Class | 9.00am Culinary workshop 12:00 Grab to ELC KL Campus | 2D1N in Singapore 8.00 am Meet at University lobby Van transfer to KLIA2 (arrange by ELC) | TR 0468 to KLIA 2 ETA @ 18:35 |
| 2.00pm Campus Tour & Placement Test 4.30pm Orientation | English Class 2.00pm SFM 3.00pm English Extra | English Class 2.00pm SFM 3.00pm English Extra | English Class 2.00pm SFM 3.00pm English Extra | ELC class observations Participate in PD Program | TR 0453 to Singapore ETD @ 11:10 | 19:30 Van transfer to UOW campus (arrange by ELC) |
| 26/Feb/2024 | 27/Feb/2024 | 28/Feb/2024 | 29/Feb/2024 | 1/Mar/2024 | 2/Mar/2024 | 3/Mar/2024 |
| 9.30am- 12.40pm General / Academic English Class | | | | | KL City Tour 9:00am lobby Or Optional : Melaka 2D1N trip (USD 200/pax) | |
| 2.00pm SFM 3.00pm English Extra | | | | UOW program: introduction for advertising | | |
| 4/Mar/2024 | 5/Mar/2024 | 6/Mar/2024 | 7/Mar/2024 | 8/Mar/2024 | 9/Mar/2024 | 10/Mar/2024 |
| 9.30am- 12.40pm General / Academic English Class | | | | | Free and easy | 5:30 am check out of UOW Van transfer to KLIA 6:00 am 9: 40am MH070 Depart for Japan |
| 2.00pm SFM 3.00pm English Extra | | Industry Visit 2.00pm depart UOW Visit to Konica Minolta office 5.00pm back to UOW | | PD Program Graduation & Certificate presentation in KL | | |

UOWM Dormitory: Checkout Process

Process

- confirm the time and schedule **with the office staff** by 5:00 p.m. on Friday, "I will check out at _____ on _____."
- Team reader collects envelopes with 「card key」 「access card key」 「A/C card」
- Bring them to the office behind reception
- Check all items → done

* If you lost any of the items above, you should pay right then. Please check the price below (only cash no change)

| | |
|-----------------|------|
| Access Card Key | 30RM |
| Key | 50RM |
| A/C Card | 20RM |

| Name of the school | number | Date | Time | Reader |
|--------------------|--------|-----------|-----------|------------------|
| Osaka High School | 22 + 2 | 8-Mar-24 | 18:00 | Teacher |
| Nihon Fukushi | 7 | 9-Mar-24 | 16:00 | Erina (GG agent) |
| Tohoku Fukushi | 8 | 10-Mar-24 | 5:30 (am) | Mika & Keishiro |
| Rikkyo | 11 | 16-Mar-24 | 18:00 | Chihiro&Kota |
| Niigata | 4 | 23-Mar-24 | 10:00(am) | Yuki&Ryuya |

Some preparation is necessary for a comfortable stay in the dormitory. If the dormitory is not clean or your air conditioner doesn't work or can't use hot water, you immediately consult with the dormitory office or ELC staff.

Instructor Message

Kazuko Takahashi

This is the first study-abroad program in Malaysia. We chose Malaysia as a destination because we need to broaden the options for overseas programs for the English course students. Malaysia is a young growing country that has developed dramatically in recent years and also known as one of the safest countries in the region. Older Japanese people remember its “Look East” policy of the 1980s, which means it has had a good relationship with Japan. Furthermore, it is a multi-ethnic and multi-cultural country and English is a semi-official language. We felt that Japan has much to learn from the country.

However, despite almost two months of preparation class, researching Malaysia and finding out what the students wanted to do and learn, they faced many unknowns and unexpected things at the beginning: “Oh no. I can’t understand Malaysian English at all!” “Why don’t things start on time?” “Why are there so many Japanese here!” “The shower water in the dormitory is cold!” As you can see in “About Myself,” each student overcame those various difficulties and grew steadily. Their spirits became more resilient.



In addition, one overnight Singapore trip also gave them courage for the future as well as the importance to get used to English around the world. Their ears for listening to English have definitely expanded. They worked very hard in terms of language, culture and human connections. I am now really proud of our students. I hope they will make the most use of this opportunity and take it into the future.

Special thanks to Alexei Kononenko, Aya Amano, Soichi Ota, Brian Starkey at TFU and to ELC Director Wai Cheng, Janice Lau, Daniel Hurtado, Intern Miya-san at ELC and UOW buddy Ryo-san for their support and help. Finally, I would like to thank you the students for making this program a truly meaningful, memorable experience!



Emir

Umairah

Kazuko

Tony

Thank you for
careful, interesting,
and easy to
understand lessons
for our students!

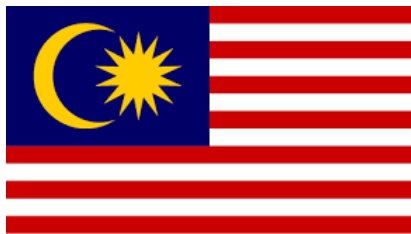
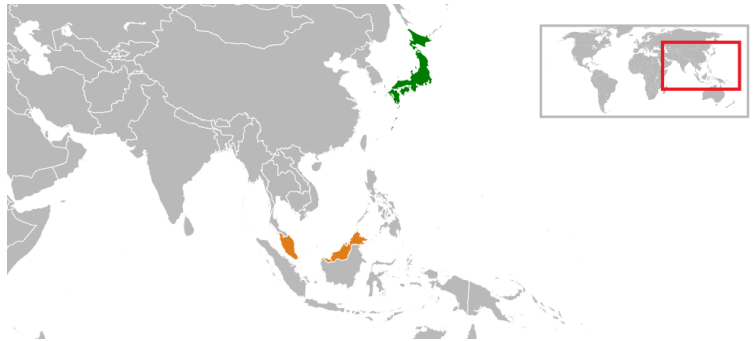
Terima kashi -Thank you-

SamaSama~Your welcome~

22ER009 Yuma Ogasawara

Where Is Malaysia?

Country: Malaysia
Capital : Kuala Lumpur(KL)
Region:Southeast Asia
Currency:RM(1RM= ¥ 30)
Language:English Malay
Chinese Tamil
State religion: Islam
National flower: Hibiscus



National Flag

- ・黄色の月と星: 国教であるイスラム教のシンボル
- ・赤と白の14本の線: 13の州 + KL (連邦直轄区)
- ・13の州にもそれぞれ旗がある。
- そのうち9つの州にスルタン(王)が存在する。
- ・「栄光のストライプ」

Loyal Family in Malaysia

There are nine Loyal Families in Malaysia.
Each state is governed by its own king.

The national king changes every five years,
rotating among the kings of the nine states.
This picture shows the current king.

The national king exists as a symbol of the country.



Islam

Multi-ethnic and Multi Religious Nation

In Malaysia, most of the people are of the Islamic faith, Muslim. They have the following strict rules:

- ・The left hand is unclean.
- ・No alcohol or pork.
- ・Women should not expose their hair or skin.

Prayer 5 times a day, and. Friday Worship Service.





The Strait of Malacca

-Maritime Silk Road-

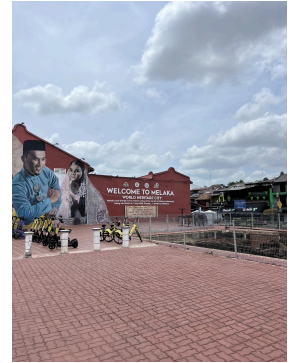
About The Strait of Malacca

The city has a history of more than 500 years.

There is an exchange of trade goods and culture.

It is an important shipping route between the East and the West and still continues to play a role today. It was once ruled by the Dutch, Portuguese, and British. Therefore, there is a mixture of colonial buildings, Malay, Chinese, and Indian.

The buildings, the food, and the languages spoken all symbolize Malaysia as a multi-ethnic nation.



Sightseeing Spots

There are many tourist attractions in Melaka. Among many places, I would like to introduce Jonker Street. The photo on the left is just that. The atmosphere is like nothing in Japan. A night market is held every weekend night. You can buy many things from food to accessories. It is very crowded and difficult to walk. In addition, many different people call on us. Somebody may think it is a hassle or scary. There's no problem if you are with friends. A night in Malacca, I think you should go!!

There are more.....

- Malacca Strait Mosque
- The Baba Nyonya Heritage Museum
- Restoran Ole Sayang
- Cheng Hoon Teng
- Geographer Cafe

Dutch Square

It is the center of tourism in Malacca. This color is distinctive and symbolic. It is also characterized by a lively atmosphere. There are historical buildings and stalls selling souvenirs. I would like to introduce a restaurant where Nyonya food is served. Nyonya food is a mixture of Chinese food and Malay food. It is a dish unique to Malacca. So, I recommend it. There are also unique bicycle-like rides for tourists. It is called Trishaw, something like 人力車. It is very strange and may be very embarrassing to ride.



My own daily diary

Meaningful things

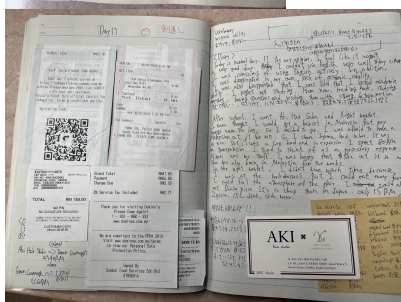
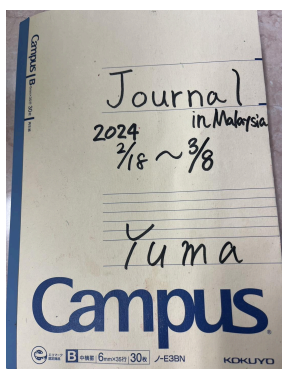
The three-week study abroad experience was very meaningful for me. I learned two things here.

First, I was again reminded of the importance of encounters. Every day was exciting and painful. For me, meeting new friends and teachers was a very big part of studying abroad in Malaysia. No matter how difficult it is, I was able to spend each day in good spirits and joy by thinking that my friends and teachers were there. Thanks to that, I could make many memories and they will remain in my memory as something unforgettable. Second, I could brush myself up. During this study abroad I had many opportunities to think about myself. I was able to realize my strengths and weaknesses again, as well as meet a new me. I have found what I want to do in the future and I know what I have to do to achieve it.



My routine during staying Malaysia

I continued to write in my journal every day. I began to want to keep a record of my efforts in that period. I wrote an account of events and what I thought in my Journal. By that, I could reflect on myself day by day. It also helped me to sort out my feelings and gave me the tools to face the next day in good spirits. Finally, there was an event that made me glad I kept writing. That was at the graduation ceremony. I asked every teacher to write a message to me. Every teacher has written many messages. When I read that, I was very moved and filled with gratitude that they had seen me. It was a good moment to work hard for three weeks. Thanks to that, now it's precious to me.



The Differences between Japan and Malaysia

Prices

Mika Asano



In Malaysia, prices are much lower than in Japan. It's about 31 yen per 1 Ringgit. (RM1=約 31 円) For example, when you want to buy a bottle of water in Malaysia, you can buy it from 0.5 to 2 Ringgit. On the other hand, it costs around 100 yen in Japan. It's too expensive, isn't it? Regarding food expenses, you can dine out for an average of around 20 Ringgit in Malaysia. While in Japan, it usually costs over 1000 yen. In my experience, I was able to eat two sandwiches for only 5 Ringgit!

TEXAS CHECKEN

日本よりも物価が非常に安いので、3週間毎日外食生活でも大丈夫でした。普段よりだいぶ贅沢な食事を楽しむことができました。)大学の食堂もメニューが豊富で、周辺にも飲食店が多くあるので、日替わりでいろんなご飯を食べました。個人的には TEXAS CHECKEN という KFC に似たお店が一番美味しかったです。日本には無いお店なので、マレーシアに来たら是非1度食べてみてほしいです！



Skyscrapers



“Merdeka 118”

This is the second tallest building in the world.

The height is 678.9 meters.

There are lots of tall buildings in Malaysia. I think that the reason is because Malaysia has a low risk of natural disasters. In particular, earthquakes rarely occur unlike in Japan. After seeing those tall buildings in Malaysia, when I saw the Tokyo Skytree, I thought “Japanese building are so small!”

Culture 📖



“Sultan Salahuddin Abdul

Aziz Shah Mosque”

This is the fourth largest mosque in the world.
The four minarets are each over 140 meters tall.

Have you ever been conscious of religion while living in Japan? I think most people say “No, I haven’t.” Malaysia is a multiethnic and multi-religious country. Over 60% of the population adheres to Islam. Their lifestyle is closely connected to Islam. For example, every Friday, school, work and so on end early to pray towards Mecca.

Time 🕒

マレーシアの人々は非常に時間にルーズです。日本では5分前行動は当たり前で、公共交通機関も定刻通りに動いていますが、マレーシアはその真逆と言っても過言ではないです。3週間の中で1度も時間通りに授業が始まった日はありませんでした(笑)。教室内や街中にも時計が設置されていなかったため、その点からも時間を気にして生活していないという違いがよく理解できました。



Climate ☀️

You know, Japan has four seasons. On the other hand, Malaysia belongs to the tropical rainforest climate, so it is hot throughout the year. In addition, if it’s sunny in the morning, squall usually falls in a short time in the afternoon. It’s like a torrential downpour.

暑さと雷が苦手な私にはあまり適さない気候でしたが、日本では見ることのできない光景を見ることができました。

About myself

Mika Asano

Through this study abroad in Malaysia for three weeks, I mainly learned three things. First of all, surprisingly, I was able to adapt to a different culture, the culture of Malaysia. Before going to Malaysia, I didn't think that I could live there because there are lots of different points from Japanese culture. For example, the climate in Malaysia is different. Japan has four seasons (spring, summer, autumn and winter), but in Malaysia, it is very hot every day. In addition, it rains almost every day like a thunderstorm, called "squall". Another example is the difference in time. In Japan, it is normal for people to keep on time. However, in Malaysia, people are always late! Therefore, there were no classes which started on time. I think this culture is very good for most people in Malaysia, but I prefer to keep on time.

Second, I was able to communicate with students from other countries and local people more than I expected. I think this is because I used only easy words when I communicated with someone. Through this experience, I learned that using easy sentences as much as possible is better than using difficult words.

Finally, I was able to learn English in English. It means studying English without using Japanese. I studied English grammar, antonyms, synonyms, reported speech, passive and so on. Also, I played many games in English with my classmates. Before going abroad, I have studied it using Japanese, so I was able to understand what true English proficiency

is. I had lots of various experiences through this study abroad in Malaysia. I would like to make use of them to improve myself. I want to say "Thank you." to everyone who has been involved.



Traffic in Malaysia and Singapore

Mika Yamamoto

• What is the **traffic** in Malaysia ?



※This is the app

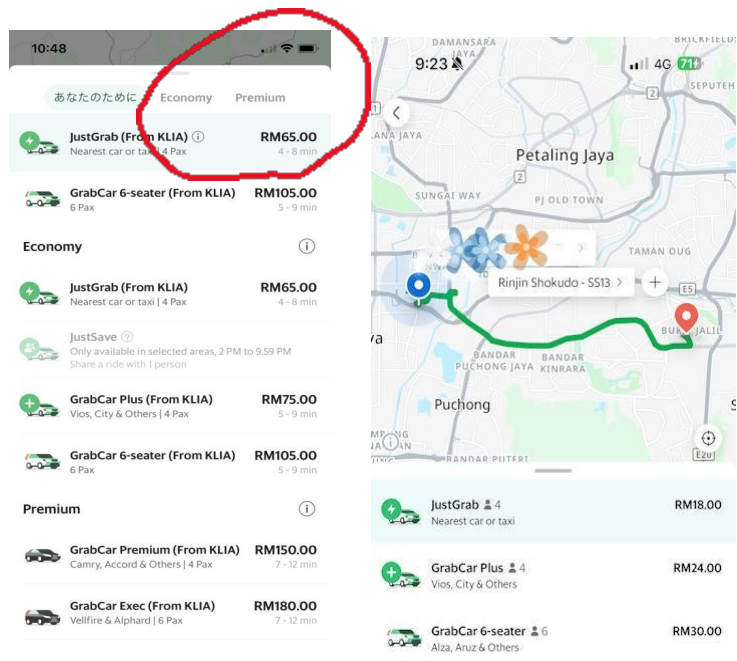
Malaysia uses the **Grab**.

This is very popular in Malaysia. In Malaysia, people usually use this app without taking a taxi. There are trains and they are inexpensive, but people living a little far from Kuala Lumpur are more likely to use Grab. Grab also delivers food, like Uber Eats.

• How much does grab cost? 💰

We have access to **Grab** at very reasonable prices, but prices vary depending on the time of day and number of people at the same destination. Malaysia experiences traffic congestion between 5pm and 8pm due to the end of the working day. It's a bit expensive at that time of the day. For example, the one in the picture costs RM65*(65 Ringgit, or about 2,000 Japanese yen).

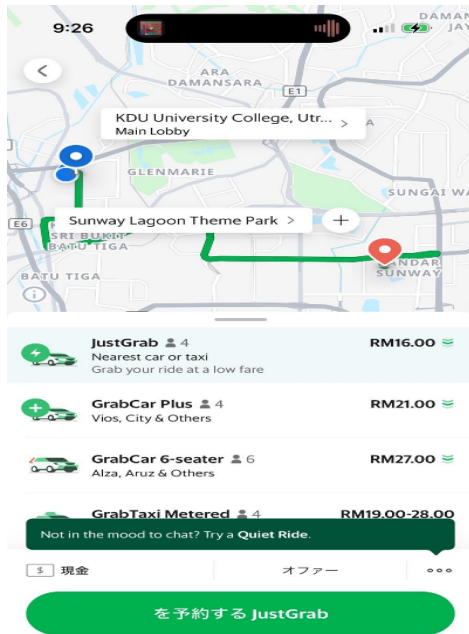
※私たちは学校が4時までであったので、基本的にはそれ以降の時間帯に利用していました。4時だと基本的に安く利用できますが、それ以降の時間帯だと交通渋滞が発生する関係上少し高くなります。(交通渋滞は17時から20時の間) 私たちが土日にも **Grab** を利用してみて、1番おすすめの時間帯は朝は **9~11** 時までの時間帯、お昼時は **14~15** 時、夜は **21** 時以降だと基本的に安く利用出来ました。



• How to use Grab ?

- 1 **Select a destination** (目的地を選択する)
- 2 **Select price and number of people** (料金と人数を選択する) ※4 or 6 人乗りのみ
- 3 **Check the vehicle's registration number and colour.** (車のナンバーと色を確認する)
- 4 **Ride the car** (車に乗る)
- 5 **Pay at the destination** (目的地にて支払いをする)

※現金のみ、またはクレジットカードを Grab に登録することも可能



• What is the traffic situation in **Singapore** ?

We took the train in Singapore. All people in Singapore used credit cards instead of cash. In Japan, people use specific cards such as Suika, but in Singapore, where many different tourists visit, people can use **any kind of credit card**. I found it very useful.



Overseas Sim Cards —Additional information

When you go abroad, you need to replace your cell phone sim card. Sim cards can be purchased at convenience stores or online, but **I got mine at the airport!** Basically, they are available at any airport, so I recommend buying them at the airport of the country you will visit. I bought a sim card in Malaysia from a company called **Hotlink**. This company was also available in Singapore, so I was able to buy another sim card at a convenience store a few days before I go to Singapore. I didn't have to replace the sim. All I had to do was turn on data roaming when arriving at Singapore. I was able to use my phone as it is in Singapore! The sim card I used in Malaysia cost about **65 RM for three weeks and I bought it for 100 GB.** (日本円で約2500円ぐらいです) Most of us had a contract with each cell phone company, but I recommend you to use a sim card because it is very inexpensive! However, please note that the GB and money seem to be linked and if you use the capacity of your sim card, you will not be able to use it even if you have extra GB!

If that happens, you can still use it by connecting to Wi-Fi📶



About Myself

Mika Yamamoto

◎Myself before studying abroad (留学前の私について)

I have hated school since primary school. I was close enough to my friends that I still go out drinking with them, and I had good teachers and environment, but I never liked school itself. This was true even when I entered university. I never felt like working hard at my studies, so all I could focus on was my part-time job and playing. In the midst of all this, a friend advised me that I should want to learn English if I wanted to go abroad to study, and I attended university with the goal of earning credits anyway. My goal for studying abroad was to love and want to learn English.

留学前の私は、勉強に対するモチベーションが無かった。私は、中学生の頃からどうしても教員になりたいという夢が心のどこかにあった。好きな教科は社会で得意な教科は体育、苦手な教科は数学と英語だ。教員になるうえで、自分の苦手な英語を習得したら、同じく英語が苦手な生徒に寄り添い助けたいのではないかと考え、あえて楽な道ではない英語科の教育学科を志願した。自分が進学した道は勉強しなければならないとわかっていた。しかし、社会経験を積むことも大学生の勉強だという考えに甘え、勉強をさぼってしまっていた。そんななか、学校生活を過ごしていく中で「留学にいったら英語を学びたいと思えるかもしれない」と友達にアドバイスしてもらい、とにかく単位を取ることを目標に大学に通っていた。留学の目標は「英語を好きになること・学びたいと思うこと」だった。

◎Memories of studying abroad (留学の思い出)

I have a lot of memories. They are all memories that will last a lifetime.

1. Friends and Teachers

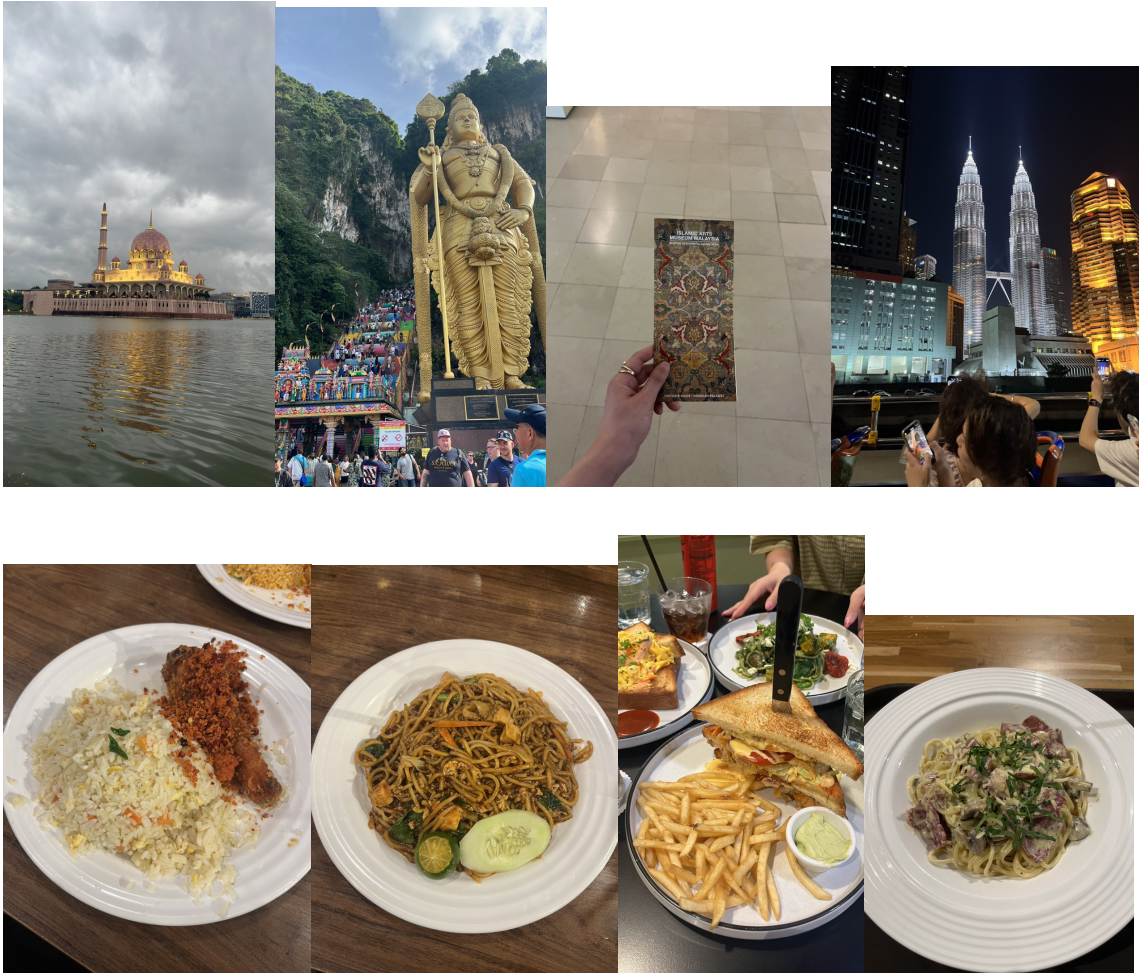


There were many friends in Malaysia. People from different universities came and studied together. Each of us gave each other good stimulation and we all enjoyed learning together. I think it was such a big meeting that learning with everyone was a factor that helped me get through this study

abroad experience. I would like to meet everyone again in Japan and the teachers and friends I met in Malaysia. They are really nice people and I have missed them ever since I left. Please come and visit me in Japan. I want to see them again.^^

2.Sightseeing and food

Malaysia has many tourist spots and good food.



★Tourist spots...Pink Mosque, Batu caves, Islamic art museum, Twin towers

★Food...Nasi goren, Mee goren, sandwich, pasta

Malaysia has a lot of famous spots. We visited many places after school. Although not pictured, most of the shopping malls were full of top international brands. For example, Gucci, Dior and Yves Saint Laurent. It was very exciting and fun, because it was a sight not seen in Japan. I would especially recommend Singapore to everyone. All the sights I saw in Singapore were unreal and I was excited all the time. I would encourage you to visit there.

Malaysian food was close to the taste of Japanese food. However, spicy food made me very sick to my stomach. Famous Malaysian rice dishes are Nasi Goren and Mee Goren. Here are some Malaysian words I have learned. "Nasi" means rice, "Mee" is noodles, "Goren" means fried and so on. I experienced a lot of things I can't eat in Japan.

◎Myself after studying abroad (留学後の私について)

The most important thing I felt when I went abroad to study was that I wanted to go abroad again. I am a sociable person, so I was able to interact and talk to a lot of people. It was very enjoyable and stimulating. However, studying abroad also allowed me to feel the good qualities of Japan. I often felt that Japan is a good place to live in terms of delicious food and hygiene. I felt that I was not suited for living abroad. But I thought I wanted to go abroad for a short period of time or for a set period of time, being based in Japan, supporting people going abroad temporarily or traveling abroad. And I achieved my goal of "liking English" and "wanting to learn English." Rather than liking English, I felt that I wanted to communicate smoothly abroad, and I also discovered that what I wanted to learn was not grammar and exam preparation, but rather an emphasis on speaking. My values, way of life and way of thinking changed a lot after experiencing this study-abroad program. I will only live once, so I want to gain a lot of inspiration so that I don't have any regrets.

留学に行って私が一番感じたことは、海外にまた行きたいという事だった。私は社交的な人間なので、沢山の人と交流し沢山話すことができた。それがとても楽しく刺激的であった。しかし、留学したことで日本の良さも感じることもできたので、私は海外に身を置くことは向いていないと感じた。やはり、日本のご飯は美味しいし日本のトイレは綺麗だし衛生面に関しても住みやすいと感じることが多かった。そのため、日本を拠点にして、一時的に海外に行く人のサポートをしたり、海外旅行に行ったりなど短期間・決まった期間の間で海外に行きたいと思った。そして、目標である「英語を好きになること・学びたいと思うこと」は達成できた。英語を好きになるというよりは、海外でスムーズにコミュニケーションを取りたいと感じ、学びたいことは文法・試験対策ではなく話すことを重視したものであるという事も発見することができた。留学に行って私の価値観・生き方・考え方が大きく変わった。一度しかない人生なので後悔のないよういろいろな刺激を得たい。

ELS Class in UOW

We studied mainly grammar from 9:30 to 12:45. We were given a handout with a different topic and explained it in English every day. There were many opportunities to read sentences and solve questions in the texts. Unfortunately, there weren't many opportunities to speak to each other. But the teacher taught us kindly in English and was very helpful.

In the afternoon, we played a variety of English games such as quizzes and we made presentations a lot. These were very fun and we could communicate with classmates and teachers.

We had a test at first, but we were not classified. Most of the students in the morning class were from TFU. There were only two non-Japanese students. We communicated a lot and got along great. I enjoyed talking with them. Afternoon class had other Japanese students. We could get along with them, too.

Keishiro Kamamoto



ELC Class in Uni. of Wollongong

ELC Class in Kuala Lumpur Keishiro Kamamoto

We studied English once a week at ELC in Kuala Lumpur (KL). We learned English through games and handouts with focus on speaking. It was very fun and meaningful for me. There are many opportunities to speak and listen to English.



There were a lot of non-Japanese people at ELC in Kuala Lumpur. Most of students were from Asia and Africa. They were very energetic and funny. I enjoyed talking with them. They spoke their own opinions a lot and asked a lot of questions in class. It was very interesting. Also, they were divided into classes according to their level.

We also learned English education there. It was very interesting for us because the content was a new learning experience. They will be useful for teaching in the future. We had the opportunities to exchange our opinions so we were able to deepen our values about education.



About Myself

22ER012 Keishiro Kamamoto

This study abroad was only three weeks but I had a lot of very valuable things such as new experiences, changes in my values, fun and hardships. Especially new experiences and changes in my values will help and have a good impact on my life.



I was interested in Malay dishes and food culture. Malay food culture is a mixture of Chinese, Indian, Thai and other culture. I actively tried to eat Malay food such as laksa, satay, tea ice, fruit juice and so on. Many Malay dishes are spicy and have unique smell but they were good for me. Also, many drinks are very sweet. I mainly ate Malay food so I ate almost no Japanese food. I often found Malay food to be delicious but I prefer familiar tastes such as Japanese food, hamburger, Chinese, Korean food and so on.

Before studying abroad, I wanted to live abroad on a working holiday, but through this study abroad, I want to study abroad long-term and learn English and education. There were all ages and various students at ELC in Kuala Lumpur. I thought studying in this environment is better. Also, I was surprised at the atmosphere in

this class and it was good. They weren't quiet in class. Even though the teacher was speaking, many students didn't stop asking questions and shouting, "Teacher! Teacher! Teacher!" There were a lot of reactions and high fives (ハイタッチ) when we were doing the quiz. Many students talked to me with smile and gave me a high five so I was able to fit right into the class. In short break time, they made us eat durian chocolate and bad tasted snack. We enjoyed it.

Through studying abroad, I really feel the importance of English. If I could use more English, the world would be expanded and I can learn more and have fun during this study abroad. I want to study abroad again and trip abroad after improving my English skills. However, there were things I realized only because of my current English ability. Feelings, passion and smile were common languages. There are a lot of common languages. Even if we didn't understand English, we could communicate with these common languages. Especially I thought feelings and passion were the most important. Also, I learned and found many other things and wanted to study other subjects such as Islam and Malaysia society.

Finally, I want to appreciate for the opportunity to meet everyone in this study abroad program. I was supported by teachers, local students, Japanese students and many people so I enjoyed this program. I was given a lot of messages and cheered up. I will definitely make my dream come true and report it to everyone.

22ET086 SAITO KAEDE

Islamic culture



One of the world's
three major
religions founded
by Muhammad

I learned from actually
seeing the lives of Muslims!



Putra Mosque/Blue Mosque

These are the two mosques we went to.

The Pink Mosque is about an hour from the university,
and the Blue Mosque is 30 minutes away.

現地のガイドさんがいてたくさんお話してくれます
どちらも日本では絶対に見られない景色です！！

A mosque is an Islamic prayer hall and an important place for Muslims. There are no photographs or Buddha statues. The reason is that God cannot be imagined.

Pray in the direction of Mecca.
Pray five times a day. There is no New Year or Christmas in Islam.

Women wear cloths that cover their skin.

We were able to experience it too.



Halal Food

Islam has strict rules about eating. Pork and alcohol are prohibited in the whole thing. There were many vegan dishes in the restaurant. I also ate the dish and it was very tasty. Alcohol is very expensive because there are not many people who drink it. イスラム教は食関連の決まり事が厳しく、アルコール、豚、豚由来の成分の摂取はすべてNGです。

Rules

Women wear a headscarf called a hijab. The skin is not visible, only the face is exposed. We went to the pool, and the part of their normal swimsuit was designed to be hidden from the outside.

There are many rules, such as using the right hand first, keeping dogs away, etc. It is polite to understand them when studying abroad. モスクに行くと実際に私たちもヒジャブを被って中に入りました。肌が顔以外見えない水着が一番の衝撃でした。



Islamic Arts Museum

We went to the museum on KL Tours. The museum displayed over 10,000 pieces of Islamic art from West Asia, China, and Southeast Asia. There were many handwritten Qurans left around the world on display, as well as tableware and other items.

食器や本、ジュエリーや服など様々なものが展示されていました。イスラム教の歴史について壁一面に年表が貼られていたため英語が完璧でなくても流れを感じることができました！

Malaysia

About myself

◎留学に行って私が変わったこと・思い出

Before I went to study abroad, I was a very worrisome person and was anxious if I didn't make a decisions about the future. However, Malaysia was a very free, easygoing country, so life was not like in Japan. In a foreign country, unexpected things happen. At first, there was a lot of confusion, as I was told that we room for two in the dormitory, but I was alone, and there was no class division. I also felt homesick and my teacher encouraged me. However, I was able to enjoy my life in a few days. As time goes on, you get used to life and can handle things not going the way you want them to! I can now think that I can handle it. For me, the biggest growth has been the change in my thinking. Looking back, homesickness is a good memory. And I am very grateful to my best friends who supported me.

私は初等教育学科で小特コースに所属しています。なぜこの留学に参加したかという大学生のうちに絶対留学してみたいというただ大きな目標を持っていたからです。この留学で初めて話す子もいて最初はどうなるかなと思っていたけれど、3週間行って私が伝えたいことは人生で最も濃い3週間を過ごすことができたということです。

私は英語力が全く高くありません。しかし、周りのサポートはもちろん、とにかく笑顔で知っている単語だけでも頑張る言うようにしていたらたくさんの人と会話することができました。自分は英語が得意ではないからと思っている方でもぜひ挑戦してみてください。ホームシックになって泣いても最終日は絶対に笑って終われると思います。

The friends and teachers I met in Malaysia and the Tohoku Fukushi University student, Ms. Kazuko. Thank you so much for supporting me. Living in Malaysia with everyone was truly a dream come true. I wanted to learn more about what I can do in Japan from now on, and to be exposed to other countries again through travel. I want to treasure these encounters.

留学での出会い、時間は本当に貴重です。素晴らしい仲間に出会えました。ありがとう❤️



Malaysian Food

22ET184 武蔵七虹

Just as there are Japanese foods unique to Japan, Malaysia has its own cuisine and names for its dishes. I would like to introduce two Malay dishes and some of the tasty foods I enjoyed in Malaysia below.



1つは、『Nasi Goreng(ナシゴレン)』です。ナシゴレンは「米(Nasi)を炒めたもの(Goreng)」で所謂日本のチャーハンです。日本とは違ってマレーシアのご飯は基本的に辛いです。このナシゴレンも辛いです。辛いものが苦手な方は店員に辛くないものを頼むことをおすすめします。何も言わずに頼んでしまうと辛いものが出てくるので注意が必要です。

右の写真は『Nasi goreng ayam(ナシゴレンアイアム)』です。Ayam はチキンのことでチャーハンと食べるのがとても絶品です。味も濃くなくちょうどいい味付けで骨付きチキンもサイズが大きくて食べやすいです。このお店のナシゴレンは安くておいしかったです。有名なマレーシア料理の一つなので必ず食べてほしい一品です。



もう一つは『Texas Chicken(テキサスチキン)』です。海外で有名なファストフード店で、日本のケンタッキーと似たようなお店です。チキンだけでなくハンバーガーやラップ、他にもお粥などが売られています。特にポテトは私が今まで食べた中で一番おいしかったです。また、ファストフード店のお粥って思うかもしれませんが味も薄くサラサラと食べれる品です。テキサスチキンの商品はとてもリーズナブルな価格で行きやすいです。私も週に2回ほど行っていました。本当に美味しいので1度は行ってみてはいかがでしょうか。

So, there are many restaurants and foods In Malaysia that you cannot eat in Japan. Malaysian food is really delicious. Why don't you enjoy Malaysian food?

~My boom in Malaysia~

I have been addicted to fruit juices for the past three weeks and have been drinking

various kinds of juice a lot. Two kinds of juice in the photos are the ones that left a particularly strong impression on me.

The fruit juice in the picture on the left is an orange juice I drank when I went to Singapore. This is the best fruit juice I have ever had. I don't think I'll ever get out of this.

The picture on the right shows a juice shop near the university. There are so many varieties that it is hard to decide what to drink. I recommend pineapple (middle) and watermelon (right). Every Wednesday, they have a buy one get one free service. They also have a shop in Osaka, Japan.

Fruit juice in Malaysia is very tasty and cheap, so I recommend you to drink it at least once.



~About Myself~

My name is Nana Musashi. I am an elementary education major in the Department of Education at the Faculty of Education. I participated in this training program in Malaysia because I wanted to learn about English education and link it to my future. I had my sights set on becoming an international school teacher as well as a primary school teacher.

During this training in Malaysia, the local teachers gave English lessons in English. At first it was very difficult for me to learn English while speaking in English. It took me a while to understand the meaning of words. However, the teachers were kind and attentive. If I said I didn't understand something, they would immediately explain it using simple words that were easy to understand. I realized that words are not only meanings but also sentences. I had not pursued one word in depth before, but I found that by pursuing it, I could understand how to convey other meanings. When I looked into teaching at an international school, I thought it would be good to teach English in English. I think my path has broadened.

Tourist attractions in Malaysia

Makabe Koichiro 22ER038

Batu Caves

バトゥ洞窟はクアラルンプール中心部から北に 15km,車で約 30 分のところにあります。しかしながら、私達はクアラルンプールツアーの一環としてこの場所に訪れたので、UOW から約 1 時間ほどかかりました。バトゥ洞窟では 272 段の階段を登ることになるので、動きやすい服装や格好がオススメです。また、女性の方は足が出ている服装は NG らしいので気を付けてください。(足が出てる女性の方もいましたけどね(笑)) 私はマレーシアに来てこの場所で一番汗をかいたので飲み物とタオルは必須だと思います！

気温は 30°Cを超えています！

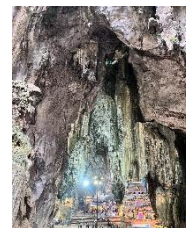
階段を登っている際や洞窟の中に野生の猿がたくさんいます。日本ではそのような光景はあまり見れないと思うので、貴重な光景だと思いますが、野生の猿なので襲ってきますので気を付けてください！

バトゥ洞窟の見どころとしては、272 段のカラフルな階段、巨大なムルガン（ヒンズー教の軍神）、野生の猿だと個人的には思います！

バトゥ洞窟にトイレはあります！綺麗とは言えませんが、ちゃんとあります。しかしながら、私はバトゥ洞窟のトイレを利用するのに 50 セント支払わなければいけなかったことにとっても驚かされました。マレーシアにはお金を支払わなければ入れないトイレもあるので気を付けてください。他の場所でも飲むことはできますが、ココナッツジュース（ココナッツの殻で飲めます）を飲むことをオススメします！暑すぎるので、この場所で飲むココナッツジュースは格別です！

Batu Caves Highlights

The staircase is colorful and looks very nice and beautiful. You can see wild monkeys up close, which is a rare experience in Japan, and you can also drink coconut juice in coconut shells. I could not try it because of not enough time to drink. Although there are tourist attractions, it should be noted that money is required to use the toilets.



サンウェイ・ピラミッド・ショッピング・センター

サンウェイ・ピラミッド・ショッピング・センターは UOW から Grab というタクシーのアプリを使って約 15 分くらいで着きます。営業時間などは各々調べてみてください！とても近くて学校帰りに行くショッピングモールにしてはとてもオススメです。日本から持ってくるもので忘れたもの（充電器とか、トイレットペーパーとか）をこのショッピングモールは 800 店舗以上の店舗があり、私は家の近くにあるイオンに良く行きますが、広さや店舗数が桁違いだったので、このサンウェイピラミッドは新鮮でとても楽しめました。このお店には日本ではあまり見られない欧米系のブランドが多いのも魅力的です！買わなくてもお店に入ってみるのも良い経験になると思います。また、アーチェリーができる場所やボウリング場、スケートリンクまであるので、とても行くのにオススメです！また、美味しいお店屋さんがたくさんあるので、毎日行っても飽きません。また、サンウェイ・ピラミッド・ショッピング・センターの隣には、サンウェイラグーンという巨大テーマパークがあります。一回転するアトラクションなどもあるのでぜひ行ってみてください！私は高所恐怖症なので行きませんでした！ここに載せてある画像はサンウェイピラミッドで食べた物たちです！美味しい食べ物は沢山あるんですけど、味が濃かったり甘かったりしすぎる食べ物もあるので気を付けて！

Recommendations

You have plenty to do here at **Sunway Pyramid Shopping Centre**. For example, you can enjoy entertainment such as skating, bowling and archery. I tried archery for the first time in my life, but the staff were kind enough to teach me and made the experience enjoyable. Another advantage is that you can go shopping in the shops that are not available in Japan.



About myself

眞壁輝一郎

22ER038

I learned many things through the training in Malaysia. I learned to live with other students (cooperation), to talk and act positively with students from other countries (intercultural understanding) and to act according to schedule (time usage).

As far as I'm concerned, Malaysia is not a country with a good living environment.

There were some students who might have gotten some food poisoning during the program. I also saw some people using their mobile phone or sleeping even at work and I saw some people talking on the phone in the middle of the road and so on. Those are scenes that cannot be often seen in Japan. However, after spending three weeks in Malaysia, I thought that these people were living hard in their own way and were doing what they did because they were on the edge of their lives and could not afford to lose time. I feel that it was a very good experience for me to witness the social background of a country that is different from Japan.

Studying abroad was a challenge and scary for me. I was worried about whether I would be able to adjust to living with other people. I wanted to broaden my horizons and my way of thinking during my stay in Malaysia, and I feel that I was able to achieve this goal throughout the three weeks. This is because I was able to incorporate the opinions of many other students into this training activity. When my own opinions were not accepted, I listened to the opinions of those around me, reconsidered my own ideas based on their opinions and created something new. I feel that I have been able to improve this process through this training program. I think this is a skill that I will be able to use when I go out into the world.

I was afraid to actually use English in the mock class for the teaching practice, so first I didn't want to use English. I was worried whether I would be able to convey my ideas because my English expressions were poor and I was concerned about whether the students really understand English if only the teacher, my role, was speaking English in the mock class. However, through this training, I was able to acquire the communication skills and confidence to actively use English on my own. I am now able to answer and/or ask a question in English on the spur of the moment without hesitation.





Landscape of Singapore



by Kai Yoshida

We have seen many different landscapes in Singapore.

Let me briefly explain that!

Marina Bay Sands



The Marina Bay Sands is probably the most famous skyscraper after the Merlion. The building includes a hotel, shopping center, casino, theater and hanging gardens. We had a great time in the building, which is beautiful on the outside and the best building inside! I would definitely like to go in the top pool next time I come back!

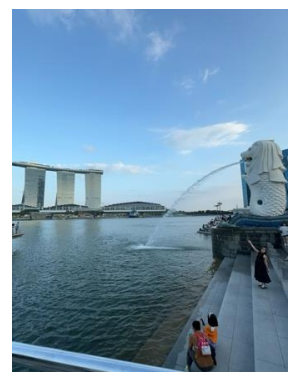


マリーナベイサンズはマーライオンの次に有名といっても過言ではない超高層の建物です。このビルには、ホテル、ショッピングセンター、カジノ、劇場、空中庭園があります。外観は美しく、内部は最高の建物で、素晴らしい時間を過ごすことができました！次に来るときは、ぜひ一番上のプールに入りたいです！！

Merlion

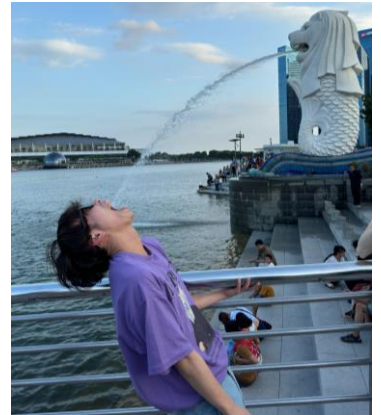
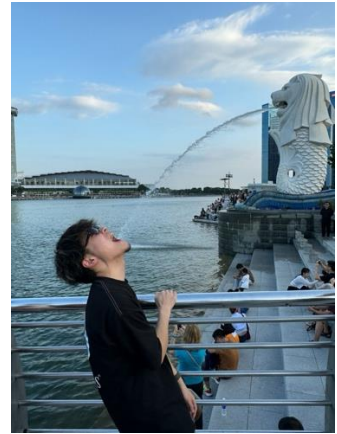


The Merlion was so big and beautiful that I knew I was in Singapore!! It was so white and sophisticated in shape that tourists were all over the place taking pictures with their cameras. It is very interesting to take pictures of them drinking water with their mouths open, so please try it!





マーライオンはとても大きくて美しく、私はシンガポールに来たことを実感しました！！あまりに白くて洗練された形をしており、観光客があちこちでカメラを構えて写真を撮っていました。口を開けて水を飲む姿はとても面白いので、ぜひ撮ってみてください！



Dining in Singapore's Chinatown



Chinatown was a place where many Chinese people lived and many Chinese restaurants were located. The restaurant was very busy with many tourists as well as many Chinese in the eating area around the restaurant. The food was very tasty and sometimes too spicy, but all of it was great!

チャイナタウンは多くの中国人が住み、 たくさんの中華料理店が軒を連ねていました。レストランは観光客で賑わっており、レストラン周辺の飲食エリアにも多くの中国人をみかけました。料理は辛いものもありましたが、とてもおいしく、どれも最高でした！

About myself

Kai Yoshida

I had a very productive time in Malaysia.

I learned about foreign rules that I could not have known in Japan, and I was able to communicate well with local people. English education in Malaysia is still conducted exclusively in English, and all explanations, including grammar, were given in English. I thought it was great that the school provided a very creative environment where students could use English in a fun way, such as playing English games at the beginning of class to familiarize them with English, and encouraging them to solve problems by evaluating their presentations in front of the class on the spot.

I think the place where I have grown is that I am now able to ask questions about things I don't understand on my own. I thought it would be difficult to ask questions about things I did not understand in a country where Japanese is not spoken, but the local people listened sincerely, and thanks to them I was able to spend very meaningful days. I enjoyed it so much that I would like to visit another country again.



Terima kashi



Thank you