



Nasushiobara & Linz

Austria's popular Tea is Herbal Tea



Austria's most popular hot drink is coffee. However, I would like to introduce herbal tea, which has a long history. In German, drinks like green tea and herbal tea are called "Tee". Herbal and fruit teas constitute about 80% of all the tea consumed by Austrians. Herbal tea is delicious and has health benefits. Herbs have been used as medicine since ancient Greece. They were often used in traditional Austrian medicine as well. However, in a time where herbal medicine was not widely recognized, people who made herbal medicines were said to be witches. Herbal medicine only started being more openly accepted after convents and monasteries started using herbs as medicine. Convents established herb gardens, and nuns

such as Hildegard von Bingen collected knowledge about herbs and used them as medicine. Herbs are still used as medicine today. To use herbal medicine, you consult a doctor and buy the medicine in pharmacy. However, if they just feel a little unwell, many people tend to first use an herbal home remedy and wait for the further development.

For example, if you had a slight cough, you would drink thyme tea and see how you feel. And in the cold season, you would drink herb tea as a preventive measure.

Classical herbal tea flavors are chamomile, peppermint or fennel.

Teas made from blends of various herbs are also available. Recently, delicious blends with charming product names are on the rise. Austrian Supermarkets sell a wide variety of herbal teas, which are great as a delicious yet healthy souvenir. As for Austrian herbal teas sold in Japan, the herbal teas made by *Sonnenator* are popular.



German Corner: The German Alphabet

Block letters.	A B C a b c	schön
Cursive script. (1969).	A B C a b c	schön
Cursive script. (1995).	A B C a b c	schön
Fraktur.	A B C a b c	ſchön
Kurrentschrift. (bis 1941).	A B C a b c	ſchön

German is written with the same alphabet as English, but the pronunciation is more similar to the Japanese *romaji*. Also, there are a few letters which are unique to the German alphabet, like the *Umlaute* Ä(ä), Ö(ö) and Ü(ü). The dots above the vowels indicate a change in pronunciation. The sound A (uh) becomes Ä (eh). Ö is pronounced by shaping your lips into an "O" but trying to say "eh". Ü is pronounced by pursing your lips to form a "u" but saying "ee". If you don't have a German keyboard available, you can use AE, OE and UE to write the

Umlaute. There is also a strong s written as **ß**. In Switzerland ß is substituted by ss. Apart from uppercase and lowercase letters, Austrian elementary school students also learn cursive script. By the end of second grade they know all their letters and focus on spelling, etc. By the way, until 1941, *Fraktur* (gothic type) was commonly used. The corresponding cursive, the *Kurrentschrift*, differs a little from the modern script, so that letters from a hundred years ago can be difficult to read.

Nasushiobara & Linz

People : Yūko Wada



プロフィール

Last Name: Wada

First Name: Yūko

Born in: Tokyo

Living in: Nasushiobara

Occupation: Member of the Nihonbuyo Association, Teacher of the Hanayagi School, Coordinator for Japanese Culture at Global Culture Nasu

Motto: Real exchange with other cultures brings us closer to world peace

“Through the cultural exchange I realized, that many more people than expected are interested in Japanese culture”

Past Exchange Activities:

In June 2018 we visited Linz with a team of 27 people and at that time were able to perform “Heike Monogatari – Nasu no Yoichi” in Steyregg castle and the big hall of Linz City Hall as well as conduct exchange with citizens in a Workshop held at Auhof School (Europagymnasium Auhof). This experience was only made possible by the generous understanding and help of Mrs. Tsuyako Gutenbrunner and her family, the many volunteers, and the performers, who came from Japan covering all of their own expenses. At Steyregg castle, we were able to perform on a beautiful stage to a full hall of guests as a result of many preparatory meetings. It was a moving experience. The Vienna based Japanese ambassador and his wife, the president of the Austrian-Japanese Association and others attended the party after the performance, and we enjoyed cultural exchange with many people. At the performance in the



Performance of “Heike Monogatari – Nasu no Yoichi” at Steyregg Castle

about their sister city Nasushiobara. The performance ended with standing ovations. It was a great experience.

Experiences that left a strong impression:

2019 was the memorable year of the 150th anniversary of establishing diplomatic relations between Japan and Austria. In February 2019 I visited Linz and Vienna for a meeting about our project for the 150 years of Japanese-Austrian Friendship. In October, with the support of Count Niklas Salm-Reifferscheidt, Mr. Felix Dieckmann and Mrs. Noriko Brandl, seven of us did grassroots-level cultural exchange through demonstrations and workshops of Japanese dance (nihon buyo) and tea ceremony at Anton



Workshop at Bruckner University

Bruckner University, Europagymnasium Auhof and the University of Vienna. Through the cultural exchange I realized that many more people than expected are interested in Japanese culture and was moved.

Ideas, hopes and visions for the future:

On October 6th, 2019 Austria Festa was held in Nasushiobara. It would be great if we could continue having this event once a year at the Aoki Villa, even in a smaller form. I hope by showing everyone in Nasushiobara the charms of our international sister city Linz, the meaningful sister city exchange will continue to spread more widely and continue into the future.

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Linz News: Linz's Traditional Dress



Linz's traditional dress

As for Austrian national costumes, the *Dirndl* dress for women and *Lederhosen* leather trousers for men are most well-known. Although there are some traditional costumes with a long history such as the *Bregenzerwalder Tracht*, which dates back 500 years, most *Dirndl* are a more recent development. The *Trachten* (traditional costumes) each have their own characteristic cuts, accessories, fabrics, color schemes, patterns, etc. After “country fashion” became popular amongst the urban populace around the start at the 19th century, the traditional dresses as a set of blouse, dress and apron started developing. The *Dirndl* has different characteristics such as colors corresponding to different regions. Linz's *Dirndl* has a top of black silk, a rusty-red wool skirt and a green silk apron. Nowadays, *Dirndl* with free color combinations and the short “*Minidirndl*” are popular.

Culture Corner: Babies and Storks



In Austria it is said that babies are brought by storks. Therefore, it is a tradition for friends or relatives to bring a wooden stork and decorate it in front of the house of a family in which a baby was born.

In order to formally announce a birth, you send a letter or card containing a photo of the baby, the name, date of birth, size and weight, etc. The announcement is sent to family, friends and other important people in your life.

Relatives and godfather/godmother (a person chosen from the parent's family and friends who will support the child's religious upbringing) visit the baby and mother. On that occasion, they bring useful presents for the baby. A present that has recently become popular is a “diaper cake”. It is made of cotton diapers rolled up and arranged in the shape of a cake.

In Austria, which is largely Christian, one of the important customs connected to babies is the baptism. Its meaning varies depending on the denomination of the church, but simply put, through the baptism ceremony the baby becomes a member of their church and the parents and godfather/godmother vow to teach the child Christian values. The priest sprinkles water on the baby's head to wash away original sin. The baby wears a white dress that symbolizes purity. There is also the lighting of the baptism candle. The candle belongs to the child and will be used on important occasions such as their wedding. The godfather/godmother prepares a present for the child, such as a letter, a necklace with a cross or gold coins. Gold coins not only commemorate the event but are also savings for a rainy day.

Answer p. 4

ABC

Q: How many letters are there in the German alphabet?

A: 28

B: 26

C: 30

D: 24

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Handmade ☆ Present for Mother's Day

In Austria we often gift flowers on Mother's Day.

This year, instead of giving flowers, how about a card and a little object decorated with a "Viennese Rose" design? The "Viennese Rose" is a design by the famous Augarten Porcelain Manufactory. Similar rose motives are often found in European peasant's art.

☆To make the present you'll need☆ acrylic paint (white, red/pink, green), a paintbrush, water and a card or wooden box.

Paint the rose following the pattern on the right. For beginners I recommend practicing a few times before painting the actual present.



Regional News

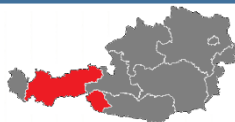
Climbing Paradise Tyrol



Arzl in Tirol ©TVB Pitztal/Ritschel Bernd

Do you know why Japan's famous "Tirol Chocolate" chose Tyrol as its namesake? It is said Tirol Chocolate's president liked the landscape so much he chose this name. Tyrol is an Austrian state in the southwest of the country. It is split into northern and eastern Tyrol. There is also South Tyrol, but it is Italian territory. Until 1918 it used to be part of Austria and to this day over 60% of the population speak German as their mother tongue.

The state of Tyrol is a mountain region with 573 mountain tops of over 3000m height. Ski sports are flourishing, with famous ski resorts such as Sankt Anton being located here. In summer, you can enjoy sports such as hiking or climbing as an alternative. The region is popular amongst sports climbers, and various international climbing events like the World Cup have been held in Innsbruck. Especially awe-inspiring climbing routes are the "5 Great Lines" that have been hand-picked by pro climbers. Non-professional climbers can enjoy bouldering climbing in the "climbing garden" for families or similar activities.



State: Tirol (Tyrol) ♥ **State Capital:** Innsbruck ♥
Population: ca. 757,852 ♥ **Area:** ca. 12,648km² ♥

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Nasushiobara Sister City Newsletter



Quiz-answer: B and C.
Apart from the 26 letters of the English alphabet there is a, o, u and ß. However, many don't count them as independent letters.