

Nasushiobara & Linz

Austria's Hot Springs offer Wellness



Hot Spring Spa in Baden ©GG Tourismus der Stadtgemeinde Baden/Rainer Mirau

We think people already used hot springs in the European alps during the Bronze Age (about 4000 years ago). In ancient Roman times, hot spring baths in the Roman style (*thermae*) were introduced to Austria. *Thermae* were big buildings that had pools for bathing, but also included facilities for massages, sports and leisure. They were at the center of social life. In the Middle Ages, the idea of asceticism became popular. In asceticism, people thought that it was not good to pamper one's body with too much food or bathing. But even then, the healing power of natural hot springs was known, and people travelled far to visit hot springs. The Austrian ruling family, the Habsburg family, also

knew about the healing power of hot springs. In the 19th century, when summer resorts started becoming more popular, they often visited hot spring spa towns. One of these spa towns is called Baden. Baden has a hot spring that is known since Roman times. It is close to Austria's capital city Vienna. Because the Habsburg family visited Baden, many aristocrats and artists also visited Baden in summer. Not only the town's hot spring, but the theatre was very successful as well. In July 2021, Baden was registered as a UNESCO World Heritage Site, along with 10 other European hot spring spa towns. In Austria hot spring spas are called "*Therme*". A

Therme has hot spring pools and other wellness facilities. Most people visit the *Therme* as a day trip. Men and women usually wear swimming suits or trunks and bathe together. Many people visit a *Therme* for wellness and to refresh. In some places, the *Therme* is attached to an institution for health treatments or rehabilitation.



Altstadt in Baden ©GG Tourismus der Stadtgemeinde Baden/Lois Lammerhuber (SKB)

Culture Corner: Erwin Moser



Gols is in the eastern part of Austria. It is very hot in summer. There are many vineyards (wine gardens) and the famous lake Neusiedel. The children's book author Erwin Moser (1954-2017) has captured this atmosphere very well. He was born in Vienna and grew up in Gols. He learned book printing (before we used computers, the letters were arranged by hand to make the layout and the printing block to print a book). However, because he was not happy with the picture books he saw, he started to make his own picture books. In Moser's stories, there are many fantastical things, like talking animals or flying houses. Some of his books are translated into Japanese. I recommend his book "Wilma, the Elephant". In Gols, you can see the Erwin Moser Museum and Erwin Moser Elementary School, which participated in an online exchange with schools in Nasushiobara.



Erwin-Moser-Museum

"Engelbert's Treehouse", from: *Fantastische Gute-Nacht-Geschichten* ©Ruth Moser

Nasushiobara & Linz

People: Florentin Hartl



“I would like to use my experiences of actually living in Linz as well as my skills in graphic design and video editing to introduce my home country.”

Why I wanted to do an internship in Nasushiobara:

Since I was a child I have been fascinated by Japan. At the age of fifteen I decided to learn the Japanese characters *hiragana*, *katakana* and *kanji* – and after spending two weeks in Tokyo a year later, I once again became aware of my love for Japan.

Since I began studying Japanology with the age of twenty, I have sought to promote the cultural exchange between Japan and Austria. Therefore, after hearing of the sister-city arrangement between Linz and Nasushiobara City, I was determined to make my contribution to this relationship.

I strongly believe that the immersion in different cultures broadens people's horizons and deepens their understanding of the world. With this mindset, it becomes all the more exciting to be involved in the cultural exchange of two countries as far apart as Japan and Austria. My aim is to introduce Austria to the people of Nasushiobara and, by doing so, to spark their interest in the culture of this country.

Things I want to try out and challenge during my internship:

I am aware of the difficulties of conveying all the attractions of Austria

Profile

Surname: Hartl

First Name: Florentin

Born in: Linz

Living in: Linz / Vienna

University:

University of Vienna

Japanology

Dream for the Future:

being able to speak Japanese fluently and finding a fulfilling job

Motto: Don't lose your beginner's attitude

and specifically those of Linz and Vienna. However, my goal is to give an impression of this country's cultural facets and beauty as good as possible. As an Austrian who grew up in Linz and studies in Vienna, I would like to use my experiences of actually living in Linz as well as my skills in graphic design and video editing to introduce my home country.

I believe that if you like Nasushiobara City, you will also enjoy Linz and vice versa. Therefore, I want to do my best in order to support the cultural exchange between these two cities.

Message to Nasushiobara's Citizens:

In spite of various restrictions due to the Coronavirus, I encourage you to maintain your interest in other cultures. This is particularly aimed at the students: Because I hope you will become adults who will change the world as strong individuals. For this reason, I want to facilitate further possibilities for the students to take advantage of the cultural exchange between Linz and Nasushiobara City. I am confident that after the crisis, the cultural exchange through the sister city relationship will reemerge even stronger.



Main Square (Hauptplatz), Linz

Nasushiobara & Linz

Online Internship

To make the circle of friends in our sister city exchange with Linz even bigger, we are accepting a university student from Linz as an intern. The original plan was to invite the intern to Nasushiobara to do his internship here, but because of the spread of COVID-19 travelling is difficult. So, the internship will take place online. Our intern Mr. Hartl will work on three projects:

1. Writing an article for this newsletter
2. Making videos to introduce Linz and Vienna
3. Making folders to introduce Austria (Linz and Vienna)

When the three projects are finished, we will introduce them in the next newsletter.

Host Town Exchange Tokyo 2020



Paralympic results of the athletes who participated in the online exchange (listed by sports)

	Name	Discipline	Rank
Hand cycling	Walter ABLINGER	Time Trial	1
		Road Race	3
	Thomas FRÜHWIRTH	Time Trial	2
		Road Race	2
	Alexander GRITSCH	Time Trial	3
		Road Race	3
	Elisabeth EGGER	Time Trial	10
		Road Race	DNF*
Ernst BACHMAIER	Time Trial	DNF*	
	Road Race	DNS**	
Cycling	Yvonne MARZINKE	Track, 3000m	13
		Track, 500m	8
		Road/Zeitfahren	13
		Road /Road Race	14
Swimming	Andreas ONEA	100m Breast	10
		200m Medley	9
		100m Butterfly	15

*DNF is short for “did not finish”

**DNS is short for “did not start”

Introduction
of the Host
Town Projects



Medalists:



Mr. Ablinger

Mr. Frühwirth

Mr. Gritsch



During the Olympics and Paralympics we were cheering for the Austrian athletes (27/7, 23/8, 26/8/2021). The

children who participated in the online exchange sent messages to the athletes. The athletes were very happy.



Atsushi Utsuno,

Sport Promotion Section, Nasushiobara City

During the Host Town exchange with Austria the people involved were able to show each other the beauty of Austria and Japan. As the “legacy” of the games, we would like to continue the exchange in the future.

Nasushiobara & Linz

Host Town Project “Food Project” ☆ We made “Onion-Tascherl” for the Athletes

The dessert looks like the Austrian flag. It uses **strawberries, milk, amazake** (sweet sake), **apples** and **yamabudo grapes**.

The galette uses **soba flour** and is inspired by Austrian crêpes.

Asparagus with a butter sauce made with a recipe from the Austrian chef.



Students of Nasu Takuyo High School created a dish and a dessert with chefs from Yahaba Town (Iwate Prefecture) and Innsbruck City (Austria).

*They used special foods from 3 cities (**Nasushiobara City, Azumino City in Nagano, Yahaba Town in Iwate**) as ingredients. They chose ingredients you can also buy in Austria.*

“Onion-Tascherl”
Puff pastry with a filling of **beef, pork** and a lot of onion.



Q: Which flower is representative of Austria?

A: Edelweiss

B: Sunflower

C: Alpenrose

D: Gentian

See Answer below

Regional News

The rich State Niederösterreich



Melk Abbey © Österreich Werbung/Volker Preusser

Lower Austria is the largest State in Austria. The UNESCO World Heritage Sites Baden (a hot spring town) and Wachau Valley are in this state. Wachau Valley is one of the many beautiful valleys that the Danube (river) runs through. Here, you can see the old library of Melk Abbey, which is built in the baroque style. Agriculture is also important in Lower Austria. Apricots and wine are famous. The apricots are used for famous Austrian sweets like *Sachertorte*. Lower Austria also makes other ingredients for sweets, like sugar (sugar beet) or poppy seeds. Asparagus and *Most* (apple or pear juice; also, fermented juice) are also some of nature’s gifts in this rich region.



State: Lower Austria (Niederösterreich) ♥ **State Capital:** St. Pölten ♥

Population: 1,691,040 ♥ **Area:** approx. 19,180 km² ♥



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Contact: Tochigi Prefecture, Nasushiobara City, Kyoukonsha 108-2, 325-8501 Japan

TEL: 0287-62-7324, FAX: 0287-63-1240, E-Mail: hisho@city.nasushiobara.lg.jp



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Nasushiobara Sister City Newsletter



Answer: A, Edelweiss, and Gentian Alpenrose are also well known, but Edelweiss is the most representative.