

Nasushiobara & Linz

Austria's Paralympic swimmer Andreas Onea's visit in Nasushiobara



Meeting Milchie

Austrian Paralympic swimmer Andreas Onea came to visit Nasushiobara City from August 30th to September 3rd! It's his second visit in four years (2019). This time, he brought his wife Raisa with him and they visited various facilities while touring Nasushiobara together.

Our first stop was Shiobara Elementary/Junior High School! For Mr. Onea, this school has a special place in his heart as it taught him how to fold Origami with just one hand although he never thought it to be possible. Mr. Onea spoke with pupils of every grade ranging from 1st to 9th in their classrooms and received a warm welcome from the whole school in English and German at the end of his visit.



At Shiobara Elementary/Junior High School



Onea trying out weaving

As Mr. Onea lost his left arm due to a car accident when he was little, he developed strong awareness of people living with disabilities. His visit at the multifunctional facility "Kokoro no Sato" was a very valuable experience. There, people with disabilities manufacture cookies and also produce paper by recycling milk cartons. Mr. Onea and his wife also tried their hand at paper making and weaving, and purchased some other handmade products there as well.

After many online interactions between Mr. Onea and Higashi-Nasuno Junior High School through the last four years, it was finally made possible to meet each other face-to-face for the first time. Approximately 300 pupils gathered in the gymnasium for this exchange. In his speech "Realizing dreams", Mr. Onea talked about how he became a professional swimmer, the importance of holding on to one's dreams, and the influence he has being an inspiration to others. Following the speech, some pupils gave an impressive Ohayashi (Japanese drum performance), sung the national anthem of Austria in German together and lastly, Mr. Onea and his wife received handmade presents from the pupils. They commented "We are so moved by the children's efforts and their warm welcome, we cannot thank them enough".



Ohayashi (Japanese drum performance) at Higashi-Nasuno Junior High School

Mr. Onea also visited the Shiobara Onsen Hospital, where Director Moriyama gave an introduction to cutting-edge rehabilitation technology. They also had an in-depth discussion together with the medical staff about rehab methods, the insurance system and its current situation in both countries, Japan and Austria.



Director Moriyama explaining the latest rehab technology



Participating pupils closely listening to Mr. Onea's instructions

The last event of Mr. Onea's stay was the public training session held at the pool of Sanwa Jutaku Sports Plaza where 18 swimming-interested junior high school students attended. "In order to help people understand how para athletes swim, we first have to stop taking it for granted to swim with both hands and legs" Mr. Onea explained after a little demonstration. The participants were encouraged to try to swim with only one arm, without using their legs or with closed eyes. The training session was finished with a fun race between the pupils and Mr. Onea.

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“Thanks to everyone in Nasushiobara, we were able to spend a wonderful time. I love Nasushiobara City and I would like to come back again any time”, said Mr. Onea with his wife nodding at his words. They both returned home safely and Mr. Onea already started training for the qualification tournament for the Paralympics in Paris next year.



Shiobara Elementary/Junior High School



Participants of the public training session



Higashi-Nasuno Junior High School



Facebook



Instagram



LinkedIn

Let's follow Andreas Onea on social media!

An Austrian food stall at the Nishinasuno-Fureai-Wakuwaku Matsuri??



I stopped by the Austrian Festa stall!

On August 26th the Nishinasuno-Fureai-Wakuwaku festival took place in front of the Nishinasuno Station where among many stalls one could find the “Austria Festa” stall! Products made in Austria were displayed and attracted lots of attention. In addition to Austrian beer and wine, jams, chocolates, cookies and other items Austrians are proud of could be found. However, what I was most happy about as an Austrian was that they were selling Semmel, Austria’s most representative white bread!

Also, the jam that was sold at the stall was from d’arbo, the most famous jam manufacturer in Austria. Known for its good quality, d’arbo is very popular as it contains almost no additives despite of the relatively large amount of fruit pulp (70%). People say it’s not too sweet or too sour and the amount of sugar is just right, which is why you can find it in many households in Austria.



Semmel were sold!



Different flavours of d’arbo jam

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The culture of bread in Austria



Mehlspeise



Brot



Weckerl or Gebäck

While rice is the staple food in Japan, bread is considered the staple food in Austria. The annual consumption of rice per person in Japan is 50.8kg (2020)¹, which is almost the same amount of the annual consumption of bread per person in Austria (51.2kg, 2022)². However, unlike rice in Japan, we do not eat bread three times a day. Bread is often eaten for breakfast and snacks. It can be divided into three types:

The first category is called Mehlspeise in German and it means all kind of sweet pastry. Then there is a type of bread simply called Brot which is a loaf of mostly whole grain bread that has to be cut into slices. Weckerl or Gebäck is the third type of bread and they include any kind of bread rolls. They vary from plain bread rolls like Semmel to rolls with sesame seeds, poppy seeds, sunflower seeds, nuts, cheese, etc. mixed into the dough or sprinkled with them. Brot and Weckerl/Gebäck are usually eaten with ham, cheese, raw vegetables and pickles, or with butter and jam.

Additionally, there is something called Aufstrich in Austria! It is a cream cheese or mayonnaise-based paste mixed with herbs or vegetables, and is sold in a wide variety of flavors. What is used for Japanese egg or tuna sandwiches would also be considered as Aufstrich to Austrians, and it is sold in Austrian supermarkets as well!

Many people buy some bread and an Aufstrich, tear off the bread and simply scoop the Aufstrich to eat it. It is very cheap and convenient, and it is often used for sandwiches too. Austrians love Auftrich so much that you can find it in almost every household's fridge.



Austrian bakery



Typical breakfast at a cafe in Linz



Egg Aufstrich

Perfect for picnics!

In this new corner I'll talk about my experiences in Austria and Japan!

Tell us, Yukari!

Vienna, the capital of Austria is world-widely known for classical music. By chance, I happened to be born and raised in a musical family. Usually, if you are a musician in Austria, you work in theaters which is the case of my mother who works at the theater of Linz. When I was in elementary school, I joined the children's choir there and performed in some opera productions with children's choir. The experience of singing on the same stage with my mother together was a very precious experience. However, when I entered middle school, I quit the choir to focus on school and decided to only continue playing the violin. Although I had no intention of becoming a violinist, I continued my hobby throughout the years what eventually brought me to join the hobby orchestra at the University of Vienna.

Apart from classical music, I usually listen to recently popular J-Pop like songs by Yuri, Yonezu Kenshi, yoasobi, Aimer, Ado, etc. but my recent favorite is King Gnu!



Symphonic Orchestra of the University of Vienna

¹"How much rice is consumed per person?" Ministry of Agriculture, Forestry and Fisheries: <https://www.maff.go.jp/j/heyasodan/1808/01.html#:~:text=米の1人当たりの年間消費量は、昭和、まで減少しています。> (12.09.2023)

² Per capita consumption increased by approx.10kg since 2005", Brot und Gebäck aus Österreich, Land schafft Leben: <https://www.landschaftleben.at/lebensmittel/brot> (12.09.2023)

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Let's make Chestnut figures

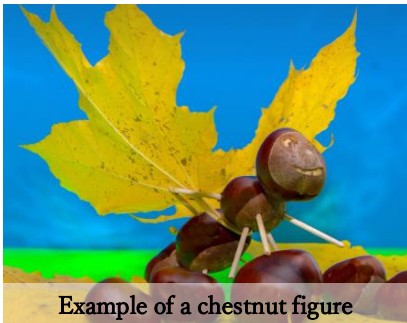
In autumn in Austria, children make crafts at school and at home using natural items they can find in forests and parks such as tree bark, acorns, leaved dyed in warm colors etc. Among them, the most popular is the chestnut! Although the horse chestnut you can find in Austria is not edible, some use them as temporary decoration too as they fall off the tree with their skins. When you peel on of them, you have a shiny and smooth chestnut in your hands that has a satisfactory feeling.

Making chestnut figures is really simple! All you need is the chestnuts you collected, toothpicks and a tool for making holes. I usually use a piercing awl with a diameter not bigger than 5mm. Please be careful when drilling the holes into the chestnut as the surface of the chestnuts are quite slippery. After you drilled a 0.5 to 1cm deep hole, insert the pointed end of the toothpick into the hole. Now you can repeat that to make the feet of an animal for example. Have fun by making various shapes and experimenting (e.g. by sticking leaves into the holes or drilling holes into to acorns)!



Horse chestnuts

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Example of a chestnut figure



Piercing awl

Quiz

In Europe, it is common sense to tip when paying after eating at a restaurant or café. The percentage of the tip to give varies by country. How much do you usually tip in Austria so it is considered as appropriate?

A : 5~10% B : 10~15% C : 15~20% D : 20~25%

Answer: A. Depending on the service from the staff at the restaurant or café, some people give only 5% if the service was poor while some others give more than 10% if they are more than satisfied with how they were treated. The trick to tipping for under 10 Euros is to simply round up the bill.

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