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The Sunday Roast

Many of my Japanese friends that have been to the UK often say that Britain has no special foods like Japan. This always makes me smile and then I ask, "Have you seen the first Harry Potter movie?" If you haven't I recommend you do. You will see great examples of typical British dishes.

One of the most important dishes is the Sunday Roast. Most people don't eat traditional British dishes during the week, but on a Sunday it is still very popular to eat a Sunday Roast. British people usually eat lunch between 12:00 and 1:30 in the afternoon. Sunday lunches are usually very big and filling. We roast either beef, pork, or lamb and eat it with typical British vegetables such as carrots, peas, potato, and cauliflower.

We also eat something called a Yorkshire Pudding with a Sunday Roast. Yorkshire pudding is made from flour, milk, and eggs. It looks like a desert and some people eat the extra ones with ice-cream or jam. Most people eat them all with the Roast dinner. We



- by Glenn Magee

also have a special sauce we call gravy. Gravy is made from the juices of the meats we roast. Flour is added to the gravy to make it thicker before it is poured over the meat and vegetables.

If you are a Harry Potter fan or going to check out the really amazing feasts in the films, you might be tempted to try and make your own Sunday Roast. Unfortunately, roasting meat requires an oven and is usually a little expensive if you live alone.



This is why in Britain the Sunday Roast is considered a lunch for the whole family to eat together. Don't worry, there are a lot of other tasty British foods that you can enjoy from the Harry Potter films that are also very easy to make. Take your time and discover the wonders of British dishes.

(Further information >> <https://www.buzzfeed.com/marietelling/we-hosted-a-hogwarts-feast-and-it-was-downright-magical>)

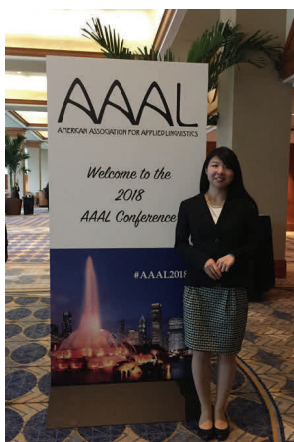
Reports from Students

University Life in Louisiana

Hello, this is Mina Tsubono. As an exchange student, I had been studying at University of Louisiana at Monroe (ULM) for last two semesters. In this letter, I'd like to share some of my studying abroad experiences.

First of all, Monroe is a northern small town in Louisiana. It is humid and hot, and it barely has snow in the winter. Although there are some people from Asian countries such as Nepalese or Vietnamese, there are no Japanese as far as I know. In my opinion, this environment would help anyone to improve his/her English skills and become independent.

As for school, I would say it was the hardest time for me in my entire college life so far. I still remember that I felt devastated after my first week at ULM because of the number of assignments and the language barrier. For the first three months, even a small essay or reading just one page of textbooks required me to spend hours and hours. However, keeping the hard work up, I got used to the surroundings. Finally, I realized that I wasn't incompetent anymore. I passed exams, delivered a good presentation with my group members, and got a scholarship from ULM. Those experiences made me more confident. Also, my friends helped me a lot. Making new friends



At the conference in Chicago

- by Mina Tsubono (Faculty of Law and Letters)

who could understand you; this is probably the most helpful advice that I can give you who intends to study abroad.



University of Louisiana Monroe (ULM)

Vacations were also memorable moments, I spent Christmas and Easter at Washington D.C. and New York. I also joined the academic conference in Chicago during the spring break. I saw different cultures in different states, so exploring other states meant a lot to me. Sometimes different cultures and people made me think of my own identity. I figured out who I am or what I want to do, and I might not have thought those ideas if I stayed in Japan.

To sum up, studying abroad is not something only for your language proficiency but also for cultivating yourself. I'm happy and grateful that I could be an exchange student while I'm in college. Lastly, I used to read and hear many studying abroad stories from others before I went to a university in the U.S., and I always felt inspired by them. Now, I hope my story would be helpful for you.



Thanksgiving

New Zealand Life Made Me Change

- by Kohei Jinno (Faculty of Education, School Teacher Training Course)

Before visiting New Zealand, I was thinking, "I'll spend a lovely time in New Zealand." I was excited going there. However, I still had that feeling on the day when I had some trouble with the airline, because there was an eight-hour delay departing from Japan. I didn't expect to feel anxious and get really confused as to what is going on. However, once I arrived at the new place, all my worries were disappeared and I started my life.

This was the first time for me to go to a foreign country, so I thought it would be better if I did a homestay first. One of my concerns was the experience of being in a different culture like food and the people. Later my host mother welcomed me with kindness and made delicious meals. I was surprised that she knew how to cook rice. Moreover, there were four other people from different countries, like Korea and South America, who also lived in that house. I was never bored and enjoyed talking every day. I also was able to spend a good time with my host family and friends. I was so lucky and I appreciate them.

How about my school life? I studied in a language school for eight months. I started class from middle level, but I couldn't



say what I wanted to say and understand what people were saying at first. Although I sometimes wanted to make Japanese friends, I tried to be patient and I used only English day by day. When I think of it now, this is the biggest reason

why I could improve my English. Through school life, I could make many friends and visited beautiful places such as hot springs, water falls, and beaches.

Through that life, I learned a lot of things. The biggest thing that changed me is how much I can speak English with other people spontaneously. Before that, I was afraid of communicating with other people because I had no confidence. Actually, even now, I can keep my passion to speak to foreigners who come to Ehime for sightseeing.

My New Zealand life wasn't just for improving my English skills but also giving many precious things. I'll never forget these memories.

People who see this newsletter will wonder if they can go abroad or not, they could do something. For example, anyone can search about it with books or the internet or attend the conference. I hope that you can spend a lovely time by going abroad.



At Cape Reinga, the northern end of NZ



SEA (Study English Abroad) Program – Brief Report and Invitation

Summer SEA Program Report

We offered a number of studying abroad programs during summer holiday as "SEA program", twenty-two students took part in them. Twelve students went to the UK, six students to USA, and four students to Ireland.

Reports from participants are to be on the future issue.



Country	Location	Period	Number of Participants
Ireland	Dublin City University (DCU)	Aug 19 - Sep 9	4
U.K.	Bangor University, Wales	Aug 30 - Sep 21	12
U.S.A.	University of Washington (UW)	Aug 26 - Sep 16	5
	University of California, Los Angeles (UCLA)	Aug 26 - Sep 16	1

Spring SEA Program Invitation

We are presently looking for students who would like to join SEA program next spring. Studying programs of 3- 4 weeks are held at five universities in Ireland, Canada, and USA. Visit EEC office for further information.



Country	Location	Period	Number of Days	Application Deadline
Ireland	Dublin City University (DCU)	Feb 23 - Mar 24	30 days	Jan 11
Canada	University of British Columbia (UBC)	Feb 24 - Mar 24	29 days	Jan 15
U.S.A.	University of Hawai'i, Manoa (UH)	Mar 3 - Mar 24	22 days	Jan 22
	University of Washington (UW)	Feb 5 - Mar 1	25 days	Dec 27
		Mar 3 - Mar 24	22 days	Jan 22
	University of California, L.A. (UCLA)	Mar 3 - Mar 30	28 days	Dec 21

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