



How to Make Your Winter a Little Cozier

When the weather gets cold, you can stay healthy by following these tips.

1. Wrap up warm

Dress in layers and wear a down coat, winter hat, scarf, snow boots and gloves. Clothes made of wool, cotton or fleecy fabrics are the warmest. You can also try wearing clothes made by Japanese high technology fiber to stay warm and comfortable in cold weather.



2. Have a warming food and drinks

• Ginger Lemon Honey Tea

Ginger is the supreme natural medicines. Not only delicious, but also anti-inflammatory, anti-parasitic, anti-viral and anti-bacterial. One of the best superfoods you can get during the cold and flu season.



• Amazake

Amazake is literally “sweet sake”. It is a creamy, thick, low-alcohol, fermented rice drink with a rich, sweet flavor, served either chilled or warm/hot. Amazake is believed to be very nutritious. It contains vitamin B1, B2, B6, folic acid and dietary fiber. It is a popular hot drink during the New Year time in Japan. It is also a healthy drink to improve your immune system.



Nevertheless, one of the main essentials that must never be forgotten is definitely a reliable thermos flask! It will keep your food and drinks at the desired temperature regardless of the weather conditions.



3. Hygge your home

Of course, you can basically switch your central heating on in winter, there are also many kinds of electrical equipment you can try. For example, kotatsu is the one you must try in Japan. This is an amazing furniture combined with table, coverlet, and carpet. You can get around the kotatsu to enjoy food, television, games, and conversation. Otherwise, you can

invest in an electric blanket for your bed, or simply wearing room shoes and half finger knit gloves as usual.

Wish you have a warm winter!



As reported by *Lin I-Chia*

The University Libraries in the world

This section introduces university libraries around the world, mainly from the alma mater of our International Student Concierge members.

Alzahra University in Iran

<http://www.alzahra.ac.ir/virtualTour/image/center.jpg>

Founded in 1964 as "Girls' College", Alzahra University is one of the prominent institutions of higher education in Iran, located in the Deh

Vanak district of northern Tehran. Although limited to few majors during its early years of establishment, Girls' College gradually grew and in 1975 was officially expanded into a university. Alzahra University continued to flourish from then and now offers various degree programs at undergraduate and graduate levels. The second campus has been recently founded in the Urmia city of Iran.

Deh Vanak is an old and historically attractive district of Tehran. As an example, the tomb of Mostowfi ol-Mamalek who served as prime minister of Iran from 1920-1927 is located on the grounds of the university. The building dates back to the Qajar dynasty of Iran.

Mostowfi ol-Mamalek House

<https://www.alzahra.ac.ir/dorsapax/userfiles/image/pic/Mostoufi3.jpg>

Train café (actual train wagon remaining from before WWII)

<https://www.alzahra.ac.ir/dorsapax/userfiles/image/pic/Vagon1.jpg>

Alzahra University is the symbol of women's education in Iran. It is the only comprehensive women's university in Iran and the Middle East, with the motto of "Literate Women, Flourishing Society".

The Alzahra University Library

As of the year 2017, the library contains 46668 books in Persian, and 33309 books in English and other languages. In the same year, the central library was entirely relocated to a five-story new building.

<http://centrallib.alzahra.ac.ir/>

The central library was established at the same time as the university was founded in (1964) and located in the central building. It contained about 3000 books and journals in Persian and English languages and they were donated by the founder and others. Later on, many books were donated by faculty members and students. Library Association was formed by some enthusiastic students, in order to expand the library and its resources. Their main activities included helping the librarians, and encouraging students to read more.

Since then, the central library is being updated continuously. It uses interlibrary loan systems to facilitate further resource access for the users. Online access to the journal databases from inside and outside of Iran has also been provided.

<http://centrallib.alzahra.ac.ir>

<http://en.alzahra.ac.ir/documents/14076/75137/Central%20Library%201.jpg?t=1563056933239&imageThumbnail=3>

<http://centrallib.alzahra.ac.ir/>

As the university expanded by time, more space was needed. Therefore, part of the central library containing reference books, journals, archive, and publication unit was relocated to a new building in year 2003.

<http://en.alzahra.ac.ir/documents/14076/75137/Central%20Library%203.jpg?t=1563056933239&imageThumbnail=3>

*As reported by **Sara Ebrahimi Azar***

Reader's Choice: What to Read Next?

This section introduces a new book from our available selection at the Tohoku University Main Library. It is intended to pique your interest and fill your grey matter with intellect and emotion. Sit back and enjoy it!

Shuntaro Tanikawa, is a Japanese poet and translator. Said to be probably the most popular and widely read postwar Japanese poet. Tanikawa has published over 60 books of poetry, encompassing lyrical poems, analytical prose poems, narrative poems, epic poems, satirical poems and highly experimental poems. Tanikawa is not only a poet, an essayist, and a script-writer who has published more than fifty books of poetry and other writings, but also a co-translator into Japanese of Mother-Goose and Selected Poems of Robert Bly, and Eros. He is a versatile artist who has compiled audio-versions of poetry and music, and has collaborated in pictorial joint-works that include *Onna ni* (*To a Woman*) , 1991, and *Travels, Toba and Anonyms*, 1995. His main works have been already translated into English — among them, *Coca-Cola Resson* (*Coca-Cola Lessons*) , 1986, *Hadaka* (*Naked*) , 1988, *Yoshinashi Uta* (*Song of Nonsense*) , 1991, *Rokujû-ni no Sonnet & Teigi* (*62 Sonnets & Definitions*) , 1992 — all by William I. Elliott and Kazuo Kawamura. This book *Naked : New Selected Poems* is a new selection which supplements his original *Selected Poems* published by Carcanet in 1998.

Tanikawa's poetry reflects a metaphysical and quasi-religious attitude toward experience. In simple, spare language, he sketches profound ideas and emotional truths. This poem was published in his first book, *Two Billion Light Years of Solitude* (1952), was a best-seller and remains one of the most popular books of poetry in Japan. "In virtually every book of poetry he consciously and artfully

adopts a different mode and style and has been at the cutting edge of contemporary Japanese poetry throughout his career. His words are clear, his lines are easy to understand, yet his poetry is highly sophisticated." according to Takako Lento.

<https://www.poetryinternational.org/pi/poet/21377/Shuntaro-Tanikawa/en/tile>



Naked : Poems by Shuntaro Tanikawa / by Shuntaro Tanikawa ; translated by William I. Elliott and Kazuo Kawamura
Location: LIB-Global-Readers Green Level
Call No: KS61/25

Reviewed by Lyu Shengnan

My hometown: Shenyang

In this column, we introduce the hometowns of our members, giving you a glimpse into their culture and some traveling tips from locals!

My hometown is Shenyang. Shenyang is a well-known Chinese city in history and culture, which located in Northeast China. It is also an important industrial center in China, and serves as the transportation and commercial hub of China's northeast—particularly with Japan, Russia and Korea.

Shenyang is said to be “the birthplace for one dynasty, the capital for two emperors”, so there are many famous historical sites. The most famous of these is the Shenyang Imperial Palace, which is of great historic and artistic significance and second only to the Forbidden City in Beijing in the extent of its preservation. Shenyang Imperial Palace with a history of over 360 years started in 1625 and was roughly accomplished in 1636 during the reign of Nurhaci and HuangTaiji. After them four emperors of Qing Dynasty came back from Beijing to this palace for 10 times and enlarged its area and added its buildings. Shenyang Imperial Palace was entitled "Historic Culture Relics Preserved Buildings" in 1961 by the State Council. It is an emperor museum combining the architectural styles of the minorities of Man, Han and Mongolia.

☒ 1 Shenyang Imperial Palace
(https://en.wikipedia.org/wiki/Mukden_Palace)

Shenyang is divided up broadly into five areas: the Shenyang Imperial Palace; Beiling

[Northern Tomb] (Zhaoling: the tomb of Nurhaci); the former South Manchuria Railway Zone; the former treaty port district; and the district developed by Zhang Zuolin; and the Tiexi industrial district.

Among these, on Zhongshan Street, which was one of the main roads within the former South Manchuria Railway Zone, many architectural structures were built in the Western Renaissance style, which came into being as a result of a Japanized western classical style at that time. If one walks along Zhongshan Street today, starting from Zhongshan Square to Heping Avenue, two-to-four-story architectural structures which are thought to be from that time are sandwiched between relatively new buildings, and this can be seen in several places.

☒ 2 Zhongshan Street
(Photo by Wanghongliu from <https://commons.wikimedia.org>)

Shenyang is also the host city of the 2006 International Horticultural Exposition and venue for the football (soccer) matches of the 2008 Beijing Olympic Games.

Here is my hometown. Welcome to Shenyang for a visit. Though it can drop below 0 degrees Celsius in winter, I am sure that you will feel the enthusiasm of the people of Shenyang.

*As reported by **Lu Hailan***

Editors



Lin, I-Chia (林宜佳)

A graduate student of International Cultural Studies from Taiwan, she loves listening to music and reading children's literature which is full of illustrations. "Peace begins with a smile" is her favorite quote.

Cristy Garciamendez



She is a graduate student of law and philosophy from Mexico. She loves to travel, dance, and read. Her personal motto is: "The more you explore, the more you learn and grow."



Thiri Soe

A language science student from the Graduate School of International Cultural Studies. She is from Myanmar, a land of Golden Pagodas, in South East Asia. Thiri is studying applied linguistics, seeking knowledge to benefit in her teaching profession. Her hobby is cooking and writing. She believes that things happen for a reason and the reason is to be good.

Andi Holik Ramdani [Editor-in-Chief]

Salam Kenal! A student of religious study and come from Indonesia, a country with thousands island and rich with diversity, Andi love to watch a movie, traveling, and art design. Active in Tohoku tsunami disaster reconstruction social and mutual activities between Indonesia and Japan, also supporting the mutual coexistence program (Tabunka Kyosei) in Sendai through inter-religious dialogue.



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