



UFSA **KONNECT**

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5 tips on being a

By: Hee Yung Woo

It's true Japan has higher living costs, but that doesn't mean despair; there are ways to live on a budget. While expenses might differ from person to person, here are the areas that I was able to significantly cut down costs.

1. Phone bills:

Changing your carrier can save you a few thousand yen per month without having to change anything. Invest in a SIM free phone and search for an MNVO (Mobile Network Virtual Operator), preferably during the spring when more discount campaigns are available.



b-mobile



Source: Go Travelife

2. Food:

Obviously making your own is the cheapest and the healthiest. Or get food at the supermarket late at night, there will lots of sale. But if you can't help eating out, try searching for coupons before entering a restaurant or go during happy hour to drink on a budget. If you're a meaty person, mark the 29th on your calendars since it reads "meat" in Japanese, you may get a discount at your local barbecue store.



Source: PohTecktoes

cheapo in Japan

3. Transportation: If you have a regular route on the railway that's not covered by your monthly pass, you might want to buy in bulk, which gets you one free ticket for every 10 you buy. Plus bike anywhere!



Source: Picssr

4. Heating: To survive the harsh Japanese winters, attach bubble wrap on your windows and use thermal curtains to keep the chill out. Even better is getting a monthly onsen pass which gets you 2 monthly tickets to the spa. Spend a few hours relaxing while saving hot water bills.



Source: Living Nomads

5. Shopping: Keeping up with the trend can be hard when you're on a budget. Search for bargains at the thrift store "Book-off" which also has a sale every 29th, or make direct purchases on apps such as Mercari or Jmt. Not only can you save, but also earn by putting your own items for sale.



Source: Taiken Japan

HUMANS OF KYUDAI



M.2.1. band members (from L to R): Amr (*piano*), Moadh (*electric guitar*), Irina (*vocals*), Bai (*drums*), and Bryan (*bass guitar*)

So, I was asked to write a bit about the band I'm in. Yes, yes, the musical kind of band. Five members in total, doing mostly covers for now, while already having finalized an original. We're called M.2.1 and you probably haven't heard of us. Yet, haha ;)

To tell you the truth, I didn't really know what to write about. It's a hobby. It's a very important one for me in particular, because it's something I've always wanted to build and do, which, with the help of some really good old and new friends, who I'm very grateful to, has turned into reality when I've found some great fellow members who have been sticking around for one year already.

I could tell you about our weekly practices, about our growth as musicians, about the path of our friendship, but instead I'm choosing otherwise. I'm choosing to tell you to never give up and always do whatever you have on your mind for yourself, no matter how silly or difficult you may think it can be. Our band may break apart tomorrow or it may remain together enough to get on bigger stages. You never know. However, what I do know is that I've spent one lovely year of doing what I've been dreaming about, while growing together with people who I admire a lot and who share the same passion for music. Finding all the members took some time of gradual advance and several setbacks too. Plenty of time to doubt whether or not it's going to actually happen. So, the lesson here must be to persevere and always fight for what we want, to find solutions instead of excuses to give up, right? Well, as the Japanese would say, 頑張ろう!

-Irina Grigorovici, M.2.1. vocalist

Morning Pilaf Ceremony in UZBEKISTAN

by Oybek Rashidov

There are many interesting and distinctive cultural practice in Uzbekistan. In this article I want to describe a unique Uzbek tradition – that is the Morning Pilaf Ceremony.

Pilaf is a traditional food of Uzbekistan that has a very long and rich history. It is considered as the king of Uzbek cuisine and there are more than 50 types of pilaf. Since pilaf plays a very important role in Uzbek culture, it is served in almost any special and big ceremony, such as weddings, celebration of childbirth, funerals and so on. However, it is served not only during these occasions, but also in the morning of that day, as a separate ceremony.



*Pilaf- Uzbek traditional food
(Source: <http://tula-molod.ru>)*

The most interesting part of the pilaf ceremony is that it combines both Uzbek culture and Islam, one religion in the country. Morning pilaf occurs on the day of ceremony right after the Morning Prayer and hundreds of people gather there. Besides pilaf, guests are served with fruits, snacks and tea; and musicians play a traditional instrument known as karnay-surnay. Also, during the ceremony, there is one moment, when it gets silent and

imam starts reading surahs from Koran for the peace of the soul. The ceremony usually lasts an hour and a half, and after that guest leave for their job or home and then return to the main ceremony in the evening.



Morning pilaf ceremony (Source: <http://nuz.uz>)

Koinobori

Spring + Japan = Sakura? Exactly, but there's also something more to look forward to! Once in a while, I am pretty sure you will be shouting "what are those!?" pointing at Koinobori :)

Koinobori look similar to wind-socks in terms of their shapes, but they are actually super stylish and colorful, making the spring sky even more beautiful. They are put up at almost all houses in the weeks before Children's Day, or Kodomo No Hi in Japan (May 5th).

The origin is based on one Chinese myth whereas a carp (Koi) that swims upstream will turn into a dragon in the end. In the past, Children's Day was basically for boys being prepared to be a part of true Samurai soldiers. (Don't worry we have Girl's Day in March too.) Yet, Children's Day is recently considered as a day to wish for health and happiness of both boys and girls. We simply decorate our houses with Koinobori and sometimes tiny windmills to celebrate this joyous day and hold parties for kids in families.

As Children's Day composes a part of Golden Week, a lot of koinobori can be found flying across rivers, creating a magnificent view! Why not go out to explore and enjoy these wonders on the sky? I wish your stay in Japan will be full of health and happiness!



Source: wikipedia.org

Information from the International Student and Researcher Support Center 外国人留学生・研究者サポートセンターからのお知らせ



International Student and Researcher Support Center has been established for international students and researchers to start off your studies or research activities smoothly. Please feel free to contact us when you have any questions or problems.

We extend you our best wishes for your pleasant stay in Fukuoka and fruitful studies and research at Kyushu University.

Website

We are providing various information regarding campus facilities, immigration procedures, and events/news for foreign residents in Fukuoka through this website.

We hope that you will check our website regularly and get useful information.

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9:00 am - 5:00 pm (Hospital campus: 10:00 am - 5:00 pm)

Closed: Saturdays, Sundays, public holidays and New Year Holidays

Location

Japanese: <http://www.isc.kyushu-u.ac.jp/supportcenter/contact>

English: <http://www.isc.kyushu-u.ac.jp/supportcenter/en/contact>

Please check more information at Support Center Website!!
<http://www.isc.kyushu-u.ac.jp/supportcenter/en>

KUFSA TEAM '17-'18



*Thank you for an
amazing year!*

FRONT ROW (L-R): SHOTA, CZARINA, HA, THI, IRINA, DANIEL, STEVEN,
NATANAEL, FAHED, ERIC

BACK (L-R): HARINI, LING, SATOMI, POORNENTH, HAZIM, OLA, HOUDA,
HEE YUNG, THIERRY, RORY



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We hope you can be part of a fruitful year for KUFSA. Please feel free to contact us at kufsainfo@gmail.com!