

NUDGE //

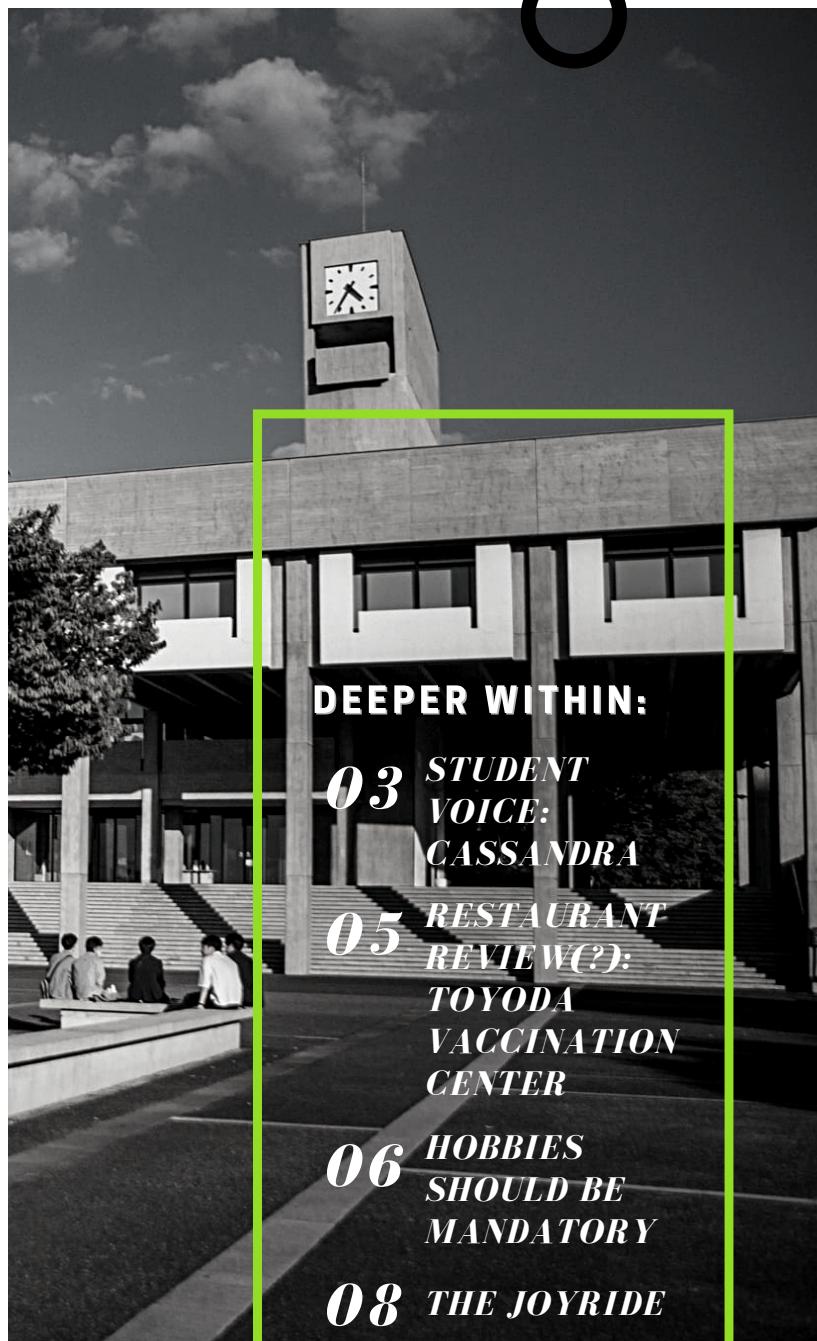
WORDS DILLON LOH
PHOTOGRAPHY NG YONG JIAN

To all my fellow Nagoya University members,

A very big welcome to Nudge!'s inaugural issue!

The international student community, by its nature, has always been a small minority enclosed within the vast population of Nagoya University. Despite the fact that most of us spend the majority of our time with our fellow international peers, at times it feels like we are little more than divided islands connected only by our identity as foreign students.

We know that some of us are pouring their hearts and souls into both their club activities and studies, yet we do not get to hear of their breakthroughs and accomplishments.



MEET THE TEAM!

THE FIRST OFFICIAL
LITERARY PUBLICATION OF NUISG

VOL. 1



Dillon

Loh

Editor-in-Chief

We know that some of us hold strong opinions and fresh perspectives on the issues that surround us, yet we do not learn of their convictions. We know that some of us explore hidden corners and climb the highest peaks of this country we now call our second home, yet we do not get to hear of their stories and adventures.



Enkhjin

Ulzii

Design/Managing
Editor

As such, we at NUISG started this newsletter with the intent of ever-so slightly pulling our various islands together, and bridging them with the diversely coloured bricks of our individual thoughts and experiences. We wanted to create a space where everyone could share their beliefs and incite discussions on the never-ending torrent of topics surrounding us, and where one could share timeless memoirs of the experiences that have defined their life in Japan.



Banu

Keikina

Reporter/Editor

As Nagoya University's only international-student-run newsletter, we hope to realise these goals, and look forward to providing you with a monthly fun read on topics that our students hold close to their hearts. We look forward to your support, as we strive to give you a monthly Nudge!



Catherine

Hamdani

Creative Director



Karl

Roque

Editor



“

No matter what language or cultural differences a G30 student may have with another, kindness is never lost in translation.

”

BY CASSANDRA

Shehab, Sparsh, Rhea, Temuulen, Cheah — this piece is for you.

In the blink of an eye, 6 years have passed since I arrived in Japan. So much has happened, and yet it's pretty funny to see what I decided to write about in the end.

I could've chosen to tell you about my travel escapades in Toyama, or what it's like to have a one-month long baito in a Hokkaido ski resort, or couchsurfing solo in Kyoto. I've had my fair share of cool and grand adventures, experiences that I know every 大学生 will want to have while they're living here.

I mean, nobody in their right mind would want to experience a gnarly freak accident on a mamachari all alone in the middle of nowhere in their first few months in Japan, bleeding profusely to the point of needing 7 serious stitches. Yet, that's precisely what happened to me 6 years ago.

I still remember it vividly to this day. Fortunately, it happened in Kakuozan, which isn't in the middle of nowhere - but I was alone,

Lab means Ohana

Ohana means Family

and felt even more so after sitting on the curb for 30 minutes, with nobody coming to my aid. Mind you, I could barely speak Japanese at the time and was already in complete shock after falling and watching blood flowing endlessly from my foot. It didn't help that the only passerby who bothered to stop did nothing but tell me I was being 邪魔 (i.e. a hindrance). Instant cultural shock: check.

In the end, I sought help from other G30 peeps, who I knew (though just barely) at the time. It's amazing to look back on our Messenger group chat from six years back. All it took was a few texts and before I knew it, Cheah, Shehab, Sparsh, Rhea, and Temuulen were by my side as they brought me to a doctor to get my fallen-off skin stitched back together.

When you're a **名大生**, and you first arrive in Japan, chances are it's your first time living alone overseas away from family and friends, and you almost definitely start thinking "*OMG I'm actually living in Japan!!!*" — I bet you've never felt so excited and terrified at the same time to explore the boundaries of your new freedom. It's totally understandable to want to make the most out of what will likely be the best time of your life.

But I ask: how will *you* measure your life?



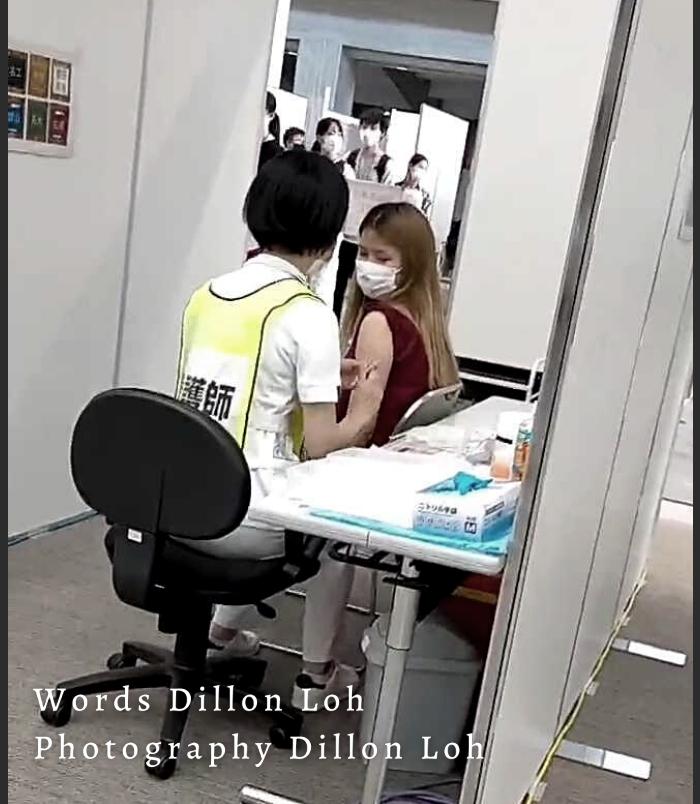
Looking back, it's not those adventures that mattered the most. To me, it was the precious relationships I've cultivated in the G30 community all these years, some of which started with that fateful accident and the immeasurable kindness shown in my time of need. It's easy to feel like you're alone in Japan, when you don't always know the unwritten rules behind every facet of this society. But if you have the right people around you, even a seemingly mundane and horrifying mamachari accident can be the foundation of lasting friendships. No matter what language or cultural differences a G30 student may have with another, kindness is never lost in translation.

Cassandra doesn't like attention. She is annoyed by the editor making her describe herself in third-person for the sake of this blurb.

Restaurant Review: Toyoda Vaccination Center

Several weeks back, Nagoya's latest gathering spot for young and old alike finally opened its doors after months of planning and anticipation. The collaborative effort between several universities had been the focal talking point amongst the students of Nagoya University ever since plans for the pop-up outlet started floating around in late June, with swarms of college students from all around the city streaming in to visit it. Fortunately for us, Catherine (team member at Nudge!) and I managed to get a lunch-time reservation, and had the chance to experience not only the unsurprisingly exceptional service at the modernist cuisine restaurant but also its signature dish: Moderna.

The Toyoda Vaccination Center — previously (though also currently) known as Toyoda Auditorium — was well-packed even at an early hour with students queuing for their turn to enter. Even so, the line moved along briskly, and within 15 minutes several nice ladies were checking our particulars against the day's reservations list, before giving us instructions on how to proceed. In order to ensure that allergic reactions would not spoil one's experience at the establishment, we went through a couple more interviews and checks on our state of health and past medical history. Of course, none of this took very much time at all; within 20 minutes of stepping into the building, we were able to take our seats in private dining booths, where professionals in



Words Dillon Loh
Photography Dillon Loh

white coats brought us the cocktail-in-a-syringe that we had eagerly been waiting for. To our surprise, it turned out that this place specialised in a new form of liquid consumption: stabbing it into one's arm directly. Catherine was not at all enthusiastic about this, despite the 3 piercings on her left ear. Though the initial bite of Moderna was sharp and spicy, it was almost immediately replaced by a cooling sensation as the liquid eventually entered our bloodstreams. The alcohol they rubbed on our arms beforehand also gave it an 大人の味 that we sorely needed after having to deal with each other's nagging for the past half hour.

Overall, it was a 10/10 dish that came as part of an 11/10 experience. The two of us will definitely be coming back again for another serving, perhaps in a month or so.

H ave you ever felt bad spending time crocheting, reading, or painting, when you feel like you should be studying or doing baito (part-time work)? Well, it's time to stop feeling bad for dedicating time to your creative outlets. Some studies show that having creative outlets actually improves productivity, helps with dementia, and overall improves mental health. Spending time doing the activities you enjoy has even been compared with meditation, as both help with processing

creative. In my opinion, however, the word "creative" creates an unnecessary pressure of having to create something utterly unique or outlandish every time you sit down to try and enjoy yourself. Rather, it's much more important to fully immerse ourselves into whatever activity we find ourselves obsessed with at the time, providing our brains with some much-needed escape from the grinds and stresses of our responsibilities. To that end, let's simply focus on maintaining the hobbies that are



Words Bento
Photography Bento

the events you encounter throughout your busy day: allowing one to find inner peace among the hundreds, if not thousands, of thoughts zooming through your mind each moment.

As college students, it's not too late yet (it's never really too late if you think about it) for us to develop a habit of spending at least 30 minutes each or every other day — perhaps even just on the weekends — getting

important to us. These hobbies can consist of anything: even just going out for walks, taking pictures, watching movies, playing video games, or journaling can be enough. We are creating our own peace and mindfulness with each session; what facilitates that is unique to each individual.

Having hobbies has never really been popular amongst the people I meet. Time

spent outside of school or work either had to be something you could make money from or got social points out of (which they believe would, in turn, get them a job with good money). Perhaps it is because engaging in hobbies out of nothing but simple interest is something not currently being actively encouraged. In that case, this little piece is my attempt at encouraging you to give your hobbies a chance.

Personally, I've been trying out different hobbies: painting, crocheting, reading/writing, photography, and watching movies. I have a hard time moving onto new books, so I end up painting out how the book made me feel. I get tired of crocheting consecutively for weeks, so I turn to movies for a break. For a person like me, who is consistently inconsistent, I've learned it's best to figure out my own pace and have multiple activities to rotate through. That way, even if I pick up a big long-term project, I'll still have the option of shuffling through several smaller projects along the way and keeping things fresh.

Whatever it is that catches your fancy, try it out, and keep at it consistently. Consistency, not frequency, is the key to establishing a new routine in your

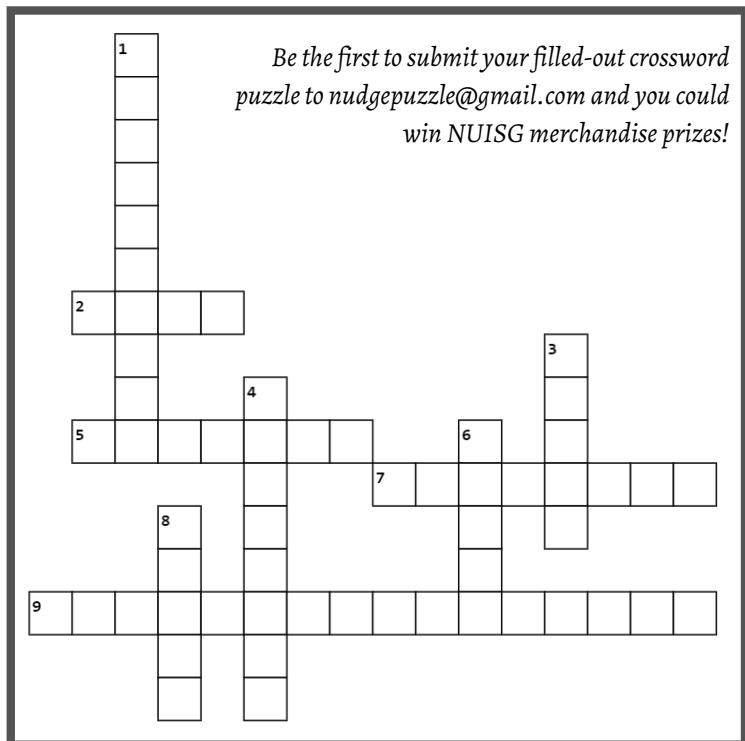
lifestyle. Of course, remember to practice moderation — playing Crash Bandicoot 5 hours at a time might be enjoyable, but probably isn't the smartest way to treat your eyes.

As we near the end of the school semester, hopefully many of you will finally have time to reorganise and reorient your thoughts. Let's start with a Nudge! in the right direction, and I hope to hear in the next issue how you guys have managed to incorporate hobbies into your life!

Good luck, and in the words of RuPaul: don't eff it up!

*Bento is usually found at the farthest corner in the student room of her lab or holed up at home under a weighted blanket and soft pajamas. Bento is ok with any pronouns, and enjoys cozy hangouts with friends over coffee, delicious food and cheap wine. Her favourite holiday is Halloween and she tries hard to have an "effortless" spooky bi*ch vibe.*

Prize Puzzles: Crossword



Down

1. Name of NUISG's cooking show
3. Organiser of the yearly info exchange sessions
4. Title of NUISG's first podcast
6. The name of this newsletter!
8. The first dish on NUISG's cooking show

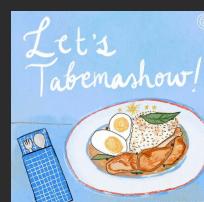
Across

2. Location of the G30 Admission Office
5. NUISG's best selling winter merchandise
7. What day does NUISG Takeover take place on?
9. The name of our beloved university

Check out NUISG's latest releases:



Season Finale:
Ep.8 Queen Binta



EP.2:
Niislel Salad



NUISG Maps:
NU Campus

Announcements

Summer break dates:

Aug 7 - Oct 1

Vaccination campaign:

1st shot: Jul 12 - Aug 8

2nd shot: Aug 9 - Sep 9

(following the appointment date and time)

NUISG Summer 2021 Merch

Release Date:

mid-August

NUISG PCR guide release:

Aug 10

Tabemashow EP.3:

Aug 13

Thank you for your kind support

Special thanks to our contributors:

Cassandra

Inna

See you in the next issue!

Have something to share with everyone?
Send in your article to nudge.nuisg@gmail.com!

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