

# HOKUSEITIMES

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## POLARIS BOSS SHARES SECRETS TO LEADERSHIP



The Hokusei Times speaks to Kohei Nakatani, leader of Student Group Polaris, about being the leader of Hokusei's Largest student body. Inspiration comes in many forms—his is in his tireless ambition. Kohei Nakatani is the leader of "Polaris"—an acappella group at Hokusei Gakuen University. Acappella is singing without any musical instruments. There are 121 members in Polaris. This makes Polaris the second-biggest student group at Hokusei next to the Yosakoi group *Ihara suisan&Hokusei gakuen daigaku*. As such a large group, it is not easy to be the leader of Polaris. A big part of his role is to inspire the members to do their best. Nakatani did not stand as a candidate....

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Are you ready to study overseas?

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### LIFE AND WORK

## OF PURPOSE AND HARD WORK AT THE UNI GYM

The Hokusei Times interviews Hokusei Gakuen University Gym Warden Kiyoyuki Akari about the gym and his job.

### WHAT ARE YOUR TASKS?

Akari said that they have a lot of tasks. He stressed that

among those tasks, it is very important to provide a comfortable place that, in the long run, allows students to be able to study better. Therefore, gym wardens' important tasks include cleaning all facilities...

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## SUPPORT FOR HEARING-IMPAIRED STUDENTS

Have you ever seen students at Hokusei Gakuen University who use a computer in class and continuously type something in earnest in class? They are certainly not enjoying surfing the net. They are called "note-takers".

They type everything that the professor and students say and things that happen during the class for hearing impaired students.

To be a note-taker, it is necessary to receive note-taking training from the Accessibility Support Office staff...

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# SUPPORT SYSTEM FOR HEARING IMPAIRED STUDENTS

**SURPRISINGLY THERE ARE MANY HEARING IMPAIRED STUDENTS AT HOKUSEI GAKUEN UNIVERSITY. IN CLASSES THEY NOT ONLY LISTEN TO LECTURES BUT ALSO DISCUSS. HOW DO THEY TAKE THEIR CLASSES? KANA INOE FROM THE HOKUSEI TIMES FINDS OUT.**



Have you ever seen students at Hokusei Gakuen University who use a computer in class and continuously type something in earnest in class? They are certainly not enjoying surfing the net. They are called "note-takers".

They type everything that the professor and students say and things that happen during the class for hearing impaired students.

To be a note-taker, it is necessary to receive note-taking training from the Accessibility Support Office staff for about half a year. After the training, note-takers work as volunteers who receive pay-

ment for their efforts.

From this year, I have been working as a note-taker. Of course, I also received the 6-months note-taking training. In the training, trainees learn not only note-taking skills but also about the needs of the hearing impaired.

A note-taker's role is to take on the role of a hearing impaired student's ears. We are interpreters who convert sounds into text. Therefore, we have to take notes about everything that happens in a class even if it does not relate directly to the contents of the lecture.

things note-takers must strive for: accuracy, speed and ease of reading.

Of course note-takers make the utmost effort to tell the user-student everything said in class. However, sometimes the note-takers miss something that is said. In moments like this, note-takers must enter "??". This communicates to the reader that information was missed. It is bad to communicate incorrect information.

Furthermore, it is important to communicate in real time. Thus, note-takers should regularly practice typing. Additionally, sentences must be legible. For example, we devise methods of note-taking by using punctuation marks and line feed.

## INTERVIEW WITH A FELLOW NOTE-TAKER

Here, I interview Hayato

## HOW NOTE-TAKERS WORK

Usually, note-takers work in pairs. One enters the first half of a sentence, and the other enters the second half of a sentence. For example, if the speaker says "my name is John and I like to play baseball," one note-taker enters from "my" to "John", and the other enters from "and" to "baseball" on the computer. In this way, it is important for note-takers to cooperate with their partner.

STUDENT SUPPORT

Goto (Department of Social Policy, sophomore). He also became a note-taker from this year. He had already passed the Japan Information Processing Testing Association's Examination in Japanese Word Processing when he was a high school student. He wanted to capitalize on this experience and skill at university, so he applied to be a note-taker.

In addition, his major at Hokusei is social welfare. This inspired him to try to support hearing impaired students.

He said that it is difficult to constantly concentrate, offer correct information by typing everything said in class, while listening to and memorizing the teacher's lecture.

However, because of that, when he can take notes without errors and he can take notes better than ordinary note-takers, because of a great deal of daytime practice.

**ACCESSIBILITY STAFF PERSPECTIVE**

Accessibility Support Office staff member, Maki Kitano, spoke to the Hokusei Times and talked about what she

wants teachers and students to consider when there are note-takers nearby.

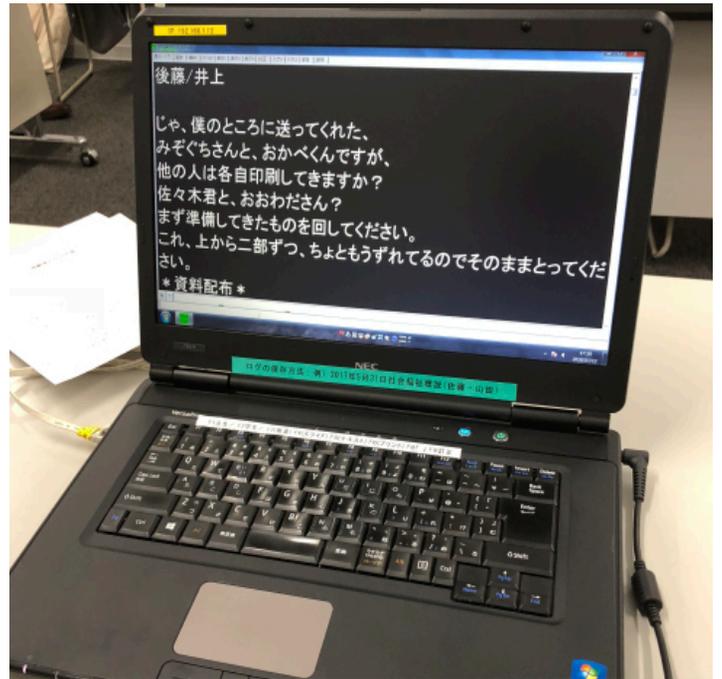
First of all, it is important to speak slowly. According to her, basically teachers try to speak slowly when there are note-takers, but they get emotional they talk too much.

Furthermore, students tend to talk in a small voice. Sometimes, even note-takers cannot catch their words, so students should be careful to speak louder.

If there's anything else students and teachers can do, they should try not to use demonstrative words like "that" and "it". Why? Because it is difficult to understand what "that" is by just reading ext off a screen.

Students can help note-takers and hearing impaired students according to the situation. For example, they can help move computers when students move their seat. Kitano said, "Do not hesitate to assist note-takers, and if hearing impaired students seem to be in trouble, please help them." ■

KANA INOUE



## RECRUITMENT OF NOTE-TAKERS

If you want to become a note-taker or if you are interested, please visit the Accessibility Support Office next to the Student Support Office. The best note-taker recruits can touch-typing from the beginning, but your typing will improve with plenty of practice. In addition, it's not only computer-based note-takers that are needed. Notetakers who take notes by hand are also in hot demand. Applicants will participate in a seminar for about half a year, and then they will be able to work for pay. Everyone can start supporting hearing impaired students at any time. Why not visit the Accessibility Support Office and inquire?

STUDENT EXCHANGE

# ARE YOU READY TO STUDY ABROAD?

HOKUSEI GAKUEN UNIVERSITY HAS HAD A STUDY ABROAD PROGRAMS SINCE 1965. SINCE THEN, OUR SCHOOL HAS BEEN PUTTING GREAT DEAL OF EFFORT INTO INTERNATIONAL INTERACTION THROUGH TIE-UPS WITH SISTER SCHOOLS AND INTERACTION AGREEMENTS. NOW THERE ARE 16 PARTNER UNIVERSITIES WITH HOKUSEI GAKUEN UNIVERSITY IN EIGHT COUNTRIES (AMERICA, CHINA, CANADA, KOREA, TAIWAN, SPAIN, INDONESIA AND SWITZERLAND).

Every year about 25 students at Hokusei go studying abroad and about 50 exchange students come to this university. Since its inception, 710 students have

joined this program and 1511 exchange students have come to Hokusei University.

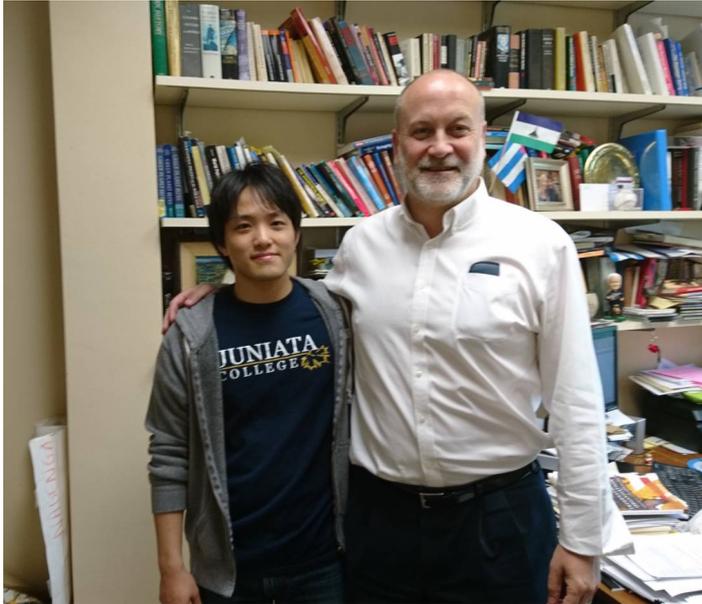
The students who go to

study abroad have their own purposes and reasons of study abroad. Also study abroad gives them a valuable experience and unforgettable memories. We inter-

viewed to Takuto Mori who went to Juniata College in America for a year, and he answered the questions about his study abroad.

CONT.

STUDY ABROAD



**REASONS FOR GOING ABROAD**

First he told us the reason he decided to study abroad and he chose Juniata College. He has wanted to study abroad and be an interpreter of professional baseball games since he was a high school student and America is the home of baseball, so he decided to study abroad there.

In addition, he chose Juniata College because he thought this college is the most suitable for him of other American colleges. It is better to compare with much information about each college when you decide your college.

What is more, he told us about how this program affected him. His English skills have been improved and he's become to be able to talk to foreigners like exchange students in Hokusei Gakuen University more than before study abroad.

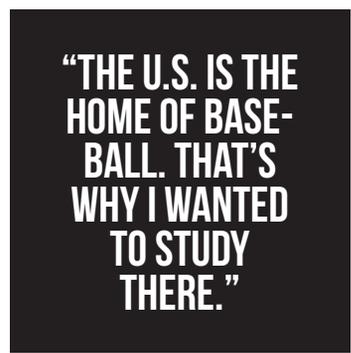
Furthermore, he told us about the hardest thing that he experienced in America. He scored more than 550 on TOEFL which means he does not have to take ESL, so he needed to take the same classes with local students

from the beginning. He told that the hardest thing was to join a discussion during a class, and he was surprised at so much homework.

At last, he told us about his impression of study abroad in America. It was a valuable experience for him. He could make many foreign friends and see the differences of cultures thanks to them. If you hesitate study abroad, you should try it. see the differences of cultures thanks to them. If you hesitate study abroad, you should try it.

**BEING AN EXCHANGE STUDENT AT HOKUSEI**

When it comes to study abroad, the main purpose seems to be improving English skills. However exchange students can do many things except it if they



study abroad.

We interviewed Griffin Manila who is an exchange student from Lewis and Clark College in Portland, America. He answered questions about his college.

First he told us about his major and majors that Lewis and Clark College has. His major is a foreign language. He usually takes Spanish and Japanese classes. He also has a minor which is religion studies. He learns about lots of different kinds of religions. Also, there is a really a lot of majors in Lewis and Clark College, science, biology, chemistry, physics, astronomy, social studies, English, history, sociology, math, art and computer sciences etc.

Next, he stated attractive points of his college. Teachers are his favorite part of the college. He's been really impressed the entire time by professors. They are very engaged with the students and accomplished intelligent people.

Another attractive point is the location. It's not in the middle of the city Portland, it's actually outside which makes it a peaceful place. Also, it's accessible to get to Downtown in the city, and people can find places to eat and explore the city.

Furthermore, he told something fun students can do in the city and at the college. At the college, there is a lot of club students can join for fun. They can play sports and share common interesting hobbies like hiking and climbing with others.

In addition, there are trips that they can sign up easily which is led by students in



many cases who are trained to be wildlife guys, so they are responsible and know how to be in nature. That would fun for a weekend. Students who join them can meet new friends and go out easily.

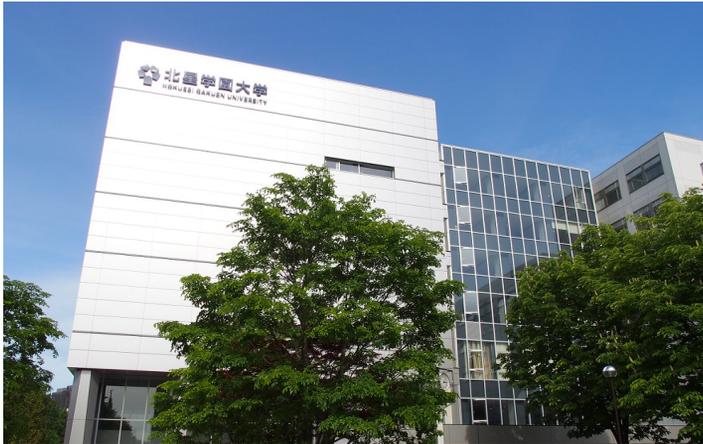
In the city, there are great foods, good coffees and places to hang out. Also, there is a basketball team and a soccer team. Their games are really fun to watch.

Lastly, he said how he likes Portland. The climate is one of the things that he likes about Portland. It's not colder than Sapporo in winter. There are rains a lot in Portland, so that's something to be aware of. However, he likes the nature. It's known for evergreen trees which mean they don't change their color in the all seasons. In addition, he likes foods and coffees especially. People always have good time in Portland. ■

KENTARO MIYAMORI

JOB-HUNTING

# EX-STUDENT GIVES BACK TO HER HOME COLLEGE



Yuki Obara, a graduate of Hokusei Gakuen University, has been working at Hokusei Gakuen University since April 2018, this year. In an interview with a Hokusei Times reporter, she told us what the job involves and a lot tips on how to get a job.

Hokusei has two types of interview, an individual interview and a group interview. Also, she took a test about Hokusei Gakuen University. In October, she got a promise of employment from Hokusei Gakuen University at last.

**HOKUSEI HAS A LOT OF STAFF WHO ARE GRADUATES**

**WHY DID YOU WANT TO WORK AT HOKUSEI?**

When Ms. Obara was a fourth-year university student, she decided she wanted to work at Hokusei. This is because she wanted to repay the favor of this university which always helped her.

She sent her résumé to Hokusei in August (in Japan, August is a deadline of sending job application form generally) and had an interview in September.

**WHAT DO YOU DO AT HOKUSEI?**

One of Ms. Obara's main jobs is to assign classrooms for each class. For example, some professors want to do lessons in a classroom which has an air conditioner in summer.

In this case, she fields the requests and finds vacant classrooms. She told the Hokusei Times that she could find the hardship of university staff through these jobs.

**"BETWEEN DECEMBER AND APRIL IS THE BUSIEST TIME"**

**BUSIEST TIME AT WORK**

Mt. Obara told us about the busiest time for university staff. She said especially between December and April is the busiest. This is because, there are entrance exams, the graduation ceremony and entrance ceremony in this time. Therefore, this time is the busiest.

**HOW CAN HOPEFUL APPLICANTS GET A JOB AT HOKUSEI?**

Lastly, she gave a tip to people who wants to become Hokusei staff. If you want to become a Hokusei staff, you need to know about "Hokusei Gakuen University".

For example, this university's education philosophy and history. Your knowledge about Hokusei Gakuen Uni-

versity will help you during the test and the interview. ■

TAKA HONMA

**COULD YOU PASS A TEST ABOUT HOKUSEI GAKUEN UNIVERSITY?**

**THE JAPAN JOB-HUNTING SYSTEM**

In Japan, the job-hunting system is called *shushoku katsudo* (or *shukatsu* for short). The *shukatsu* process begins in one's Junior year, where students will submit applications for job openings announced by companies. The aim is to get promises of employment (or, *naitei* in Japanese). After graduating in March, they generally start their new jobs in April.

**What is a "group interview"?**

The group interview is a famous style of job interview in Japan. It is an interview in which some students who are applying for the same company are interviewed at the same time in a group. Companies usually use it at the initial stage of selection to narrow down students.



# SEARCHING FOR TRAVEL SAVINGS: DIY OR CO-OP FULL SERVICE?

IN THIS ARTICLE, THE HOKUSEI TIMES COMPARES WHICH IS BETTER: BOOKING TRAVEL TOURS AT THE CO-OP TRAVEL SHOP OR GOING FULL-DIY—BOOKING BY OURSELVES. WE DID THE RESEARCH, AND DIG INTO THE PROS AND CONS OF EACH OPTION.



As you can see in the chart below, the Co-op Tour (in the blue column) includes breakfast, pick-up at the airport and optional tours that you can book with extra cost. In the Co-op Tour, the travelers will take Singapore Airline and will stay at the three star hotel called Loyal at Queens Hotel. What's special in this tour is you can get a ticket for Japan Air Lines from Sapporo to Tokyo for only 4,500 yen.

Most university students love traveling, and a trip is a good opportunity for them to learn about different cultures around the world and even within Japan. The Hokusei University Co-op offers some travel booking services that are reasonable and

available only for students. However, some students prefer booking reasonably priced tours that they find online. Which should you choose?

### INTERNATIONAL TRAVEL

First of all, Co-op doesn't provide particularly many

tours abroad. Actually, at the time of writing, there's only one overseas travel tour that you can book at the Co-op at this university. Therefore, I compared the Co-op Tour to Singapore and some other tours to Singapore that could be found online.

Now, let's look at alternative tours found online. If we look at the Tour A in the chart, it costs much less than the Co-op Tour when we stay for the same dates. However, it doesn't

Tour Name	The Co-op Tour	Tour A	Tour B	Tour C
Days	5days 2nights	5days 2nights	5days 3nights	5days 3nights
Breakfast	○	×	○	○
Pick-up	○	×	○	○
Optional Tour	○	○	○	○
Air Lines	Singapore AL	Singapore AL	Singapore AL	Korean Air
Hotel star	3star	3star	3star	3star
Special deals	JAL tickets from Sapporo to Tokyo for 4500 yen	×	Free river cruise, ticket to zoo.	×
Price	¥70,000	¥45,000	¥70,000	¥80,000

TRAVEL DEALS

include breakfast nor pick-up service, but it provides some optional tours.

In Tour B, which costs almost the same as the Co-op Tour, you can travel from Singapore to Bali. It includes five days and three nights, break-

**ONLINE SITES PROVIDE MORE FLEXIBLE TOURS THAN COOP, WITH PLENTY OF OPTIONS**

fast and pick-up service. It also provides special offers like a River Cruise, ticket for the zoo, and so on.

Tour C provides Korean Air tickets from Shin Chitose to Seoul, Seoul to Singapore. It includes five days and three nights with breakfast and pick-up service. It costs 80,000 yen. In addition, most tours found online are

flexible to arrange different classes of hotel or rooms.

In conclusion, the Co-op Tour is good for people who are not used to booking travel by themselves and want to have a safe trip with breakfast and pick-up service guaranteed. The other tours online are good for people who are used to booking tours and who want to customize those tours for their needs.

**DOMESTIC TRAVEL**

The University Co-op also offers some reasonable plans to stay at hotels in Hokkaido. For instance, they have a plan that students can stay at Hotel Taisetsu in Sounkyo. It costs only 6,000 yen per a person. This plan includes a buffet style dinner and the breakfast at the hotel.

If you book online using sites like Jaran, which is said to offer relatively reasonable travel plans, it costs over 8,000yen. The Co-op plan is much cheaper, and students can charter buses for more than 20 participants.

**ALL COOP TOURS ARE RELATIVELY CHEAP, AND INCLUDE FAMOUS HOKKAIO HOTELS**

**STUDY TOURS**

There are also some special study tours that the Co-op offers. For example, Disney Youth Education Series College Edition is a studying program at Florida Walt Disney World Resort, in which participants can study photo storytelling, teamwork, leadership and culture for nine days in Florida. They can freely enjoy all of the parks and stay at the hotel at Walt Disney World.

In this program, students can get an experience that they will never have again. It is quite expensive, 418,000 yen at least. However, this plan is suitable for students who want to have special

memory during their vacation.

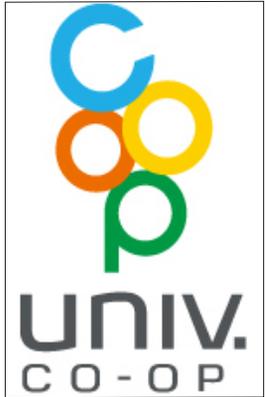
In summary, there are three types of tours at the Co-op (a) tours to foreign countries, (b) tours to stay at the famous and popular hotels in Hokkaido, and (c) special tours to study abroad. All tours are all relatively cheap and safe.

Online sites provide more flexible tours than Co-op so that we can choose from plenty of options.

**SO, WHICH IS BEST FOR YOU? DIY TRAVEL OR BOOKING AT COOP TRAVEL?**

Coop Travel might be good if it is the first time for you to plan traveling by yourselves. Online tours might be good if you have traveled by themselves for many times and want to customize the tour just for you. ■

HALU HATAKEYAMA



# CAFETERIA COMMUNICATIONS

At Hokusei Gakuen University, when it comes to lunch time, there is a place that a lot of hungry students go after morning classes. That is the Hokusei Gakuen University Cafeteria.

It offers a variety of food and it is very popular among people at Hokusei—delicious food at a good price. But how well do you really know the university cafeteria?

On average, 900 people use the school cafeteria per day. Friday is the most crowded day during the week. From 11o'clock, 200 to 300 people come to the cafeteria and 400 to 500 people come from 12o'clock. There are 23

part time workers and one chef. They are divided into an early shift and late shift. When the cafeteria is crowded, 14 staff work together to make things go smoothly.

Hokusei cafeteria is the second largest in Hokkaido. There are 813 seats. The biggest cafeteria is at Hokkaido University. There, 1600 seats are available and 4000 people come per day.

Staff spoken to by The Hokusei Times said that the Hokusei cafeteria is blessed with a good environment because students can enjoy a comfortable and smooth dining experience. They said "we advise students to adjust the time they visit the cafeteria,

to ensure a smooth experience, and to make sure you get a seat."

Kitchen staff use pre-cut vegetables to save time when cooking. It is important to keep the taste consistent regardless of who makes the dishes, so kitchen staff have recipes with pictures so that everyone can understand.

For curry dishes, they use pre-made curry by famous curry company House Shokuhin, one of Japan's oldest curry companies. Their first curry product was produced in 1926.

The cafeteria regularly holds

food specials, so staff recommend students to try those special dishes. Students can enjoy a variety of different foods every month.

The most popular menu item in the school cafeteria is Chicken *Tatsuta Don*. Even graduates say that it is very delicious.



## HOKUSEI'S OWN TOP CHEF?

The Hokusei Times spoke to one of the cafeteria chefs. Here's what he had to say.

### WHY SHOULD STUDENTS EAT AT THE CAFETERIA?

We offer a balanced diet and I'm sure that it is especially good for students who live by themselves. It is quite difficult to cook a balanced diet and we give them a chance to eat well. Moreover, the university lunch is cheap and students can save money.

### WHAT MAKES THE HOKUSEI GAKUEN UNIVERSITY CAFETERIA GREAT?

Facilities are clean because staff work hard to keep it in its best condition. Also, staff have good attitudes and students can spend their time there comfortably. People involved in the local Sapporo University food industry say that the food is the most delicious of all schools. I think that's because we cook food

carefully and take care in the food preparation.

### WHY DO YOU LIKE WORKING AT THE UNI CAFETERIA?

We can communicate with a lot of young people. I think only teachers and cafeteria staff can experience this. When students graduate from Hokusei, some students thank us. When I hear these words of thanks, I feel that working at school cafeteria is a great job.

### DO YOU HAVE ANY MESSAGE TO HOKUSEI TIMES READERS?

I would like students to give their opinions about the university cafeteria. I'm sure that everyone is a member of student coop. Therefore, you are able to make it a better place. I hope that students think student coop is indispensable and necessary for their school life. ■

SAKI KATOU

## WHAT IS CHICKEN TATSUTA DON?



Chicken *Tatsuta* is a popular university cafeteria dish. It is made by dipping chicken thighs in sweet, salty, ginger-laced sauce (the sauce recipe is a secret). The chicken

is then coated with starch powder and deep fried. By doing so, the coating becomes crispy. The chicken is already cooked by the time it arrives at Hokusei, so cafeteria staff only fries it. To celebrate Hokusei Gakuen University's 130th Founding Anniversary in 2017, the cafeteria head chef sold the medium size Chicken *Tatsuta Don* for only 130yen (usually 464yen). The event lasted for a week and a lot of people took advantage of it. One male student ate three Chicken *Tatsuta Don* in a row—that's 750g of rice and 9 chicken *tatsuta*! During the anniversary campaign, 840 dishes of chicken *tatsuta* were sold. Out of one thousand people, over 80 percent of them had Chicken *Tatsuta Don*.

# POLARIS BOSS SHARES SECRETS TO LEADERSHIP

THE HOKUSEI TIMES SPEAKS TO KOHEI NAKATANI, LEADER OF STUDENT GROUP POLARIS, ABOUT BEING THE LEADER OF HOKUSEI'S LARGEST STUDENT BODY. INSPIRATION COMES IN MANY FORMS—HIS IS IN HIS TIRELESS AMBITION.



**NAKATANI'S AMBITION...**

**"MAKE THIS GROUP STRONG!"**

is important for us to have a person who can choose a good way to practice. Regular communication with them is also very important in order to make this group strong. That's what I hope to do as leader. I always think about every group, practice times, and the future of Polaris."

**WHAT DO YOU FOCUS ON IN ORDER TO INSPIRE PEOPLE TO ACT?**

There are 121 members Polaris. Being a leader of such a large group seems like a daunting task. The Hokusei Times asked him how he moves his group towards a specific goal. He responded that "as you know we have so many members. So, it is impossible for me to convince them all. Some of them ask me why choose a certain path of action. In order to be able to explain my thinking well, I add logic to every decision. This helps me to convince or explain about decisions easily. If I decide based purely on my opinion and no logic, nothing would not go well. Communicating with a lot of members is also very important for us and our team." ■

**WHO IS KOHEI NAKATANI?**

Kohei Nakatani is the leader of "Polaris"— an acappella group at Hokusei Gakuen University. Acappella is singing without any musical instruments. There are 121 members in Polaris. This makes Polaris the second-biggest student group at Hokusei next to the Yosakoi group *Ihara suisan&Hokusei gakuen daigaku*. As such a large group, it is not easy to be the leader of Polaris. A big part of his role is to inspire the members to do their best.

**HOW DID YOU BECOME THE LEADER OF POLARIS?**

Nakatani did not stand as a candidate. He was

nominated by others and then elected. He told the Hokusei Times, "now that I am the leader [of Polaris], I am going to tackle every single task earnestly."

His main tasks as a leader are to decide how many groups will be able to participate in the music concert they organize, and he also has to book the concert venue. At the university, he gets permission from the Department of Student Support to use spaces in Hokusei.

**DO YOU HAVE ANY AMBITIONS AS A LEADER?**

He said, "Yes. I want to make this group to be strong that can compete with great

NAKATANI GETS THE HOKUSEI TIMES "MOST INSPIRING PERSON OF HOKUSEI" TITLE FOR 2018

group Hokkaido University's one. So, I am going to make a lot of good a capella groups in our team."

**HOW WILL YOU STRENGTHEN POLARIS AS A GROUP?**

Nakatani stressed that "it is not an easy task to strengthen a group. So, we need good coaches who can teach acappella well. In addition, it

KEITA ITO

SCHOOL FACILITIES

# WHAT IS THE CAFE IN HOKUSEI?



**DO YOU KNOW HOW HOKUSEI ENDED UP WITH A CAFE ON CAMPUS? IN OCTOBER 2015, AFTER MANY REQUESTS BY STUDENTS, A CAFÉ WAS BUILT IN THE CENTER BUILDING. THE CAFÉ WAS NAMED THE NORTH STAR SARAH.**

At the cafe, they provide customers with food and drink. For example, there is not only coffee, but also cocoa or orange juice. As for foods, they offer students hot sandwiches, pasta, curry rice, and so on.

During summer, soft-serve ice cream is added to the menu. In addition, on sunny days, students can use the open café terrace and feel a fresh breeze while eating lunch. The café also offers seasonal food and sweet special.

**PART-TIME JOBS AT THE UNIVERSITY CAFE**

Most workers at the North Sarah café are students at Hokusei Gakuen University. Only two café staff are not students. There are 7 or 8 students who work there. The job pays 820 yen per hour.

Most of the students work during times when they have no classes. That is the most convenient point for students who work at the cafe. However, they cannot earn enough only working at the café because their working hours are short, so most students who work at the café have the other part time jobs.

One of the students workers who was interviewed for the job said that part-time jobs at the North Star café are very popular among Hokusei students. Unfortunately, it is rare that new staff are required.

She said that she is a little nervous to communicate with her friends when they come to the café as customers. However, café staff can wear whatever they want to. That is one of the advantages of working there. There is only one rule about clothing; staff must wear a black

apron. Unfortunately, there is no employee discount.

**THE INTERNATIONAL CAFE PROGRAM**

Occasionally a program named International Café is held. This program lets exchange students at Hokusei work at the café, and students who want to order something have to speak the language that is the first language of the exchange student.

For example, for an exchange student who comes from China, students must order something by speaking Chinese, and cannot use Japanese. If you cannot speak the language, staff at the cafe will help you, so you don't have to worry about that.

At Hokusei Gakuen University, there are many

exchange students from different countries. Therefore, through this program, students have opportunities to speak many languages, such as Chinese, Korean, English, Indonesian, French, Spanish, and so on.

One of the exchange students who joined this program, Ferry, shared his experience of the program. He is from Indonesia, and worked at the café using Indonesian. He volunteered to take part because he was that he wanted to provide good service to customers.

In his home-town in Indonesia, he has worked at a book store, so he began to be interested in differences in the service industry between Indonesia and Japan. When he started at the café, he was a little nervous at first, but now enjoys to communicating with customers. The most enjoyable point was that he could teach Japanese customers Indonesian. He thought it was a great experience. ■

MIKU TAKASHIMA



LOCAL TIPS

# PHOTOGENIC SPOTS @ HOKUSEI

THE HOKUSEI TIMES GOES UNDERCOVER TO DISCOVER HOKUSEI'S BEST "INSTA-BAE" LOCATIONS. CAN YOU FIND THEM ALL?

Around the world, there is a big trend for people to seek photogenic images. People want to take beautiful, cute photos and share them on SNS, especially Instagram. In Japan, such places, worthy of a photo, are called Insta-Bae. Insta is short for "Instagram", and bae means "good looking".

Along with this trend, the number of locations known to be photogenic are increasing gradually. Around Hokusei Gakuen University, there are also a lot of photogenic spots. This article is going to introduce some of them.

**SHIROKUMA**

Have you heard of *Shiro-*

*kuma no crepe*? It is a crepe shop near the subway station Nango 7-chome. The reason the shop can be considered a photogenic spot is related to the cute appearance of its crepes.



On the top of the crepes sold at this shop, there are *shirokuma* (Japanese for 'polar bear'; the shop's name is derived from the word *shirokuma*). They are made from

marshmallows or cookies. People take photos of the cute crepes and now a lot of photos of those crepes can be seen on Instagram.

The shop is popular not only for its cute crepes, but also the number of unique crepe flavors. They have perhaps 40 different flavors and 9 different toppings. Strawberry rare cheese, rum-soaked raisins, sugar butter, for instance. You can visit there on your commute to school!

**COFFEE STAND 28**

Coffee Stand 28 is a café near the subway station Nango 18-chome. It is popular among Instagramers, who are always searching for photogenic spots to share on Instagram.

Coffee Stand 28's popularity is because of its stylish look. They provide coffee developed in line with the local culture and provide amusement through their latte art.



Latte art at Coffee Stand 28 café is so cute and artis-

tic that it is worth taking a photo. How about visiting there with your friends, during times you don't have any class?

**SHIROISHI KOKO-ROAD**

Maybe you've heard of the Shiroishi Koko-Road, a cycling road that runs through Shiroishi Ward. Some students use this cycling road for their everyday commute.

For Hokusei students, the cycling road is maybe an ordinary thing for them. However at night the view from the Rainbow Bridge becomes an amazing photogenic spot. People can see the rainbow color of the bridge and the illuminated chapel behind it.



People can see beautiful cherry blossoms in spring, enjoy walking through the rose avenue in summer, experience leaves turn amber in fall and experience night scenes brighter than the other seasons in winter. People can enjoy taking photos during all seasons of the year.

**CONCLUSION**

This article introduced three photogenic spots around Hokusei. However there are a lot more photogenic spots around you. Why don't you search them out, take some photos, and share them with your friends? ■

AYAKA OOURA



SHIROKUMA CREPE'S SUPER CUTE POLAR BEAR CREPES

STUDENT COOP

# SERVING FELLOW STUDENTS AT THE UNI STUDENT COOP

IN THE BUSTLE OF THE LUNCHTIME RUSH, MANY OF US DON'T EVEN NOTICE WHO IS SERVING US WITH CALM AND COMPOSURE BEHIND THE COUNTER AT THE STUDENT COOP. IT MIGHT JUST BE YOUR FELLOW CLASSMATE.



Hokusei Times staff reporter Moe Adachi pulled aside part-time student coop worker Isamu Ikeya for some quick questions.

**INTRODUCING OSAMU**

Isamu Ikeya is a sophomore at Hokusei Gakuen University. He was born in Shizuoka, and he came Hokkaido when he was a 6th year elementary school student.

He started working at the Student Coop last October. A senior student recommended that he should work there. The coop part timers' main jobs are stacking shelves and operating the cashier.

**DETAILS OF THE JOB**

Isamu works 4 days a week, and about 2 hours a day. The

coop opens at 8:30am, so coop part timers start working at 7:50 a.m. Work for the part-timers finishes at 7:00 p.m.

People who work at the coop can choose the time to start and finish their shifts. Accordingly, they can attend all their classes and work in their free time. That is why it is good to work at the coop for students who live near the university.

If a student does not have a class in 1st period, s/he can work there from 7:50. However, those students have to get up early if their house is far from the university.

However, they can work during the early hours, and hang

out with their friends or study at night. Furthermore, the coop is closed on Saturday and Sunday, so they might have enough time to enjoy something for themselves.

**POSITIVE AND NEGATIVE POINT OF THE JOB**

Isamu thinks the job is stable because the employer is the

university, so there are no concerns about pay, welfare, or any other problems. This is one of the positive points of working at the coop.

In addition, Isamu feels customers are polite when he works as a cashier. Almost all of customers of the coop are university students. There is less trouble between customers and staffs than other supermarkets or convenience stores.

On the other hand, a negative point is the time. It starts early in the morning, so it is essential to get up early.

**IF YOU ARE INTERESTED IN A STUDENT COOP JOB**

There are both of positive and negative points of working at the coop. After considering them, if you want to work at the coop, it is good to talk with the shop manager or a student who is working at the coop. ■

MOE ADACHI

**PART TIME JOB SHIFTS AT THE STUDENT COOP ARE BETWEEN 7:50-10:00 AND 16:40-19:00. WORKERS CAN CHOOSE THEIR SHIFTS WITHIN THIS TIME RANGE.**

SCHOOL FACILITIES

# OF PURPOSE AND HARD WORK

DO YOU USE THE HOKUSEI GAKUEN UNIVERSITY GYM? IT IS ALWAYS BUSTLING WITH STUDENTS. WITHOUT THE GYM STAFF'S DEDICATED SUPPORT, HOWEVER, IT WOULD HARDLY FUNCTION. GYM WARDEN KIYOYUKI ARAKI WORKS ALONE, BUT GIVES HIS PERSPECTIVE ON WHAT MAKES THE JOB WORTHWHILE.



**HOKUSEI  
GAKUEN  
UNIVERSITY  
GYM**

Picture Credit:  
Hokusei Gakuen  
University

The Hokusei Times interviews Hokusei Gakuen University Gym Warden Kiyoyuki Araki about the gym and his job.

**WHAT ARE YOUR TASKS?**

Araki said that they have a lot of tasks. He stressed that among those tasks, it is very important to provide a comfortable place that, in the long run, allows students to be able to study better.

Therefore, gym wardens' important tasks include cleaning all facilities in the gym, repairing equipment, preparing for competitions held in the gym, supporting club and circle activities and lend-

ing out different sporting goods. All students and staff at Hokusei can borrow equipment and use the gym freely.

Excluding club and circle activities, about 30 individual students usually use the gym per day.

**TIPS FOR GYM USERS**

To make things run smoothly, gym staff have some rules for users. One of them is that users should be careful not to get hurt. There are lots of potential causes of injury in the gym. If users get hurt, immediate help may not always be on hand.

Also, when borrowing sporting goods, they must be returned. This is the responsibility for users who borrow gym equipment. Sometimes there are those who do not bring back sporting goods. If goods are lost or not returned, other students cannot use them.

Finally, users should not leave their own belongings

**"IT IS IMPORTANT FOR PEOPLE TO REALIZE THE PURPOSE IN THEIR TASKS"**

in the gym. These days, there are a lot of things in the lost-and-found. Staff hope users keep tabs on their own things before leaving the gym.

**WORK FULFILLMENT**

Working in the gym is very hard. However, those who are working there are very lively. Araki told the Hokusei Times this is because interaction with young people during work hours makes it worthwhile. They encourage students closely on their journey. This gives gym staff energy, and they like to support students' efforts.

**A MESSAGE TO STUDENTS**

At the end of the interview,

Araki gave a message to Hokusei students. He said "it is important for people to realize the purpose in their tasks. Doing this, when you are facing a big challenge, you will not give up. Also, if you continuously try new things, you can enjoy life. We always support your efforts. We hope you can do your best and have a nice college life."

**AUTHOR'S REFLECTION**

Through this interview the author of this article learned a lot of things. As a frequent user of the gym, I've never talked with the staff before this interview. Before starting interview, I was nervous. But they are very gentle and talkative, showing me gym details I'd missed. I felt relaxed, and we could talk positively. If you have time, I recommend you go to the gym and talk with the staff. You will realize a lot of things, and you will leave more energetic than when you arrived.

CONT.

**"WE HOPE YOU CAN DO YOUR BEST AND HAVE A NICE COLLEGE LIFE"**

SCHOOL FACILITIES



**DESK WORK**

Picture Credit:  
Riku Yuasa

**ONE OF THE TASKS**

This is desk work. Desk work is one of the most important tasks. Usually, gym staff are behind this counter. This is because they always monitor cameras to check whether strangers come into the gym. Also, they deal with most of their tasks at this counter. When user borrow sporting goods, they need to come here. If users want to use some particular equip-

ment, gym staff will prepare them for users. Some cannot be used without staff assistance. Staff have a lot of tasks, but even if they have something to do, they are willing to help users in any situation. Users' smooth and comfortable sporting time in this gym is thanks to the gym staff. ■

RIKU YUASA

EDITORIAL STAFF

# HOKUSEI TIMES EDITORIAL STAFF 2018



**MOE ADACHI**



**HALU HATAKEYAMA**

The Hokusei Times had an all-new editorial staff for the first half of 2018. Each brought a unique perspective on university life, and the vision for The Hokusei Times as a publication. The Hokusei Times has a deep history, first published by Prof. Toshiya Kawahara many years back. Prof. Kawahara has since retired from Hokusei Gakuen University (and is sorely missed), but his vision for a student-led paper continues. The publication of the Hokusei Times in 2018 is part of the Practical Translation Course, run this year by Assistant Professor Robert Thomson. Students could apply the translation theory they learned to interview content.



**TAKA HONMA**

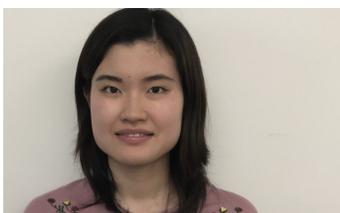


**KANA INOUE**



**KEITA ITOU**

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**SAKI KATOU**



**RISA KOYAMA**



**KEN MIYAMORI**



**YUKA OKAJIMA**



**AYAKA OOURA**



**MIKU TAKASHIMA**



**RIKU YUASA**



**DR. ROBERT THOMSON**

# UNI CAFE CULTURE IN SAPPORO

HOKUSEI TIMES FOOD REPORTER RISA KOYAMA GETS THE INSIDE STORY ON TWO UNIVERSITY CAFES IN SAPPORO CITY—THE NORTH STAR CAFÉ AT HOKUSEI GAKUEN UNIVERSITY, AND THE HOKUDAI MARCHE AT HOKKAIDO UNIVERSITY. LOVED BY STUDENTS, TEACHERS, AND THE GENERAL PUBLIC, THESE CAFES ARE ALWAYS BUSTLING.

## NORTH STAR SARAH CAFE

HOKUSEI GAKUEN UNIVERSITY

### CAFE INTERIOR

There are seats by the window, table seats and sofa seats. So, you can choose where to sit according to your preference at the time. I like the sofa seats personally because the sofas are soft and I can relax.

### CAFE STAFF

In the North Star Café, Hokusei Gakuen University students can work there part-time. I interviewed a student who works there. He is a fourth year student in the Social Welfare Department.



**When did you start working at this café?** the latter half of my second year at university.

**How many times do you work there per week?** Three times a week (using my spare

time)

**What differences are there between this job and common part-time job?** Not many differences. Merit is the inside of the college, but a demerit is having many acquaintances as customers and not being able to change shift times.



**What are your working conditions like?** My hourly wage is 820 yen, and apart from wearing a black apron, we can wear anything we like. Seven or eight students are working at the cafe now.



## HOKUDAI MARCHE

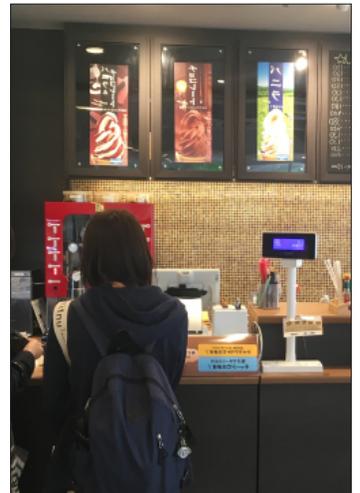
HOKKAIDO UNIVERSITY

Of all the universities in Sapporo, Hokkai Gakuen University, Hokkaido University and Sapporo Gakuin University also have cafés. Hokkaido university has fourth café at campus called Hokudai Marche. This cafe located in Hokkaido university. The cafe was built by Hokkaido university teachers, graduated students and college students. This café's menu looks very delicious. For example, hamberg steaks, curry and mozzarella vegetable gratin and many other things. It would be worth the trip to central Sapporo, so let's all make a visit and eat at this cafe. ■

RISA KOYAMA



ABOVE: HOKUDAI MARCHE'S HAMBERG SET, BELOW: HOKUDAI MARCHE ENTRANCE



## NORTH STAR SARAH CAFE MENU

### DRINKS

Coffee (150yen) | Cafe latte (180yen) | Cappuccino (180yen) | Cocoa (150yen) | Orange juice (130yen) | Apple juice (130yen)

### MEALS

Hot sandwich (180yen) | Pasta set (400yen) | Pilaf set (380yen) | Curry set (450yen)

### DESERT

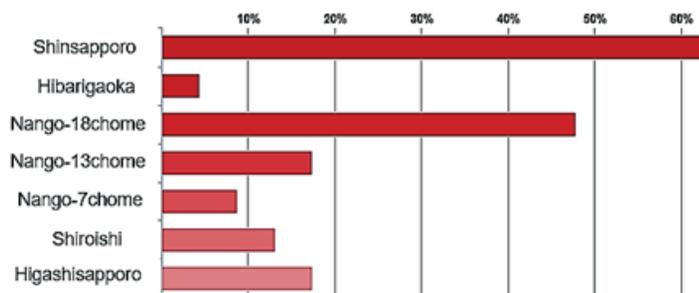
Scone (130yen) | Pound cake (130yen) | Pancake (280yen) | Pancake set (400yen)

### LIMITED-TIME MENU

Vanilla ice cream | Chocolate ice cream | Vanilla and chocolate ice cream mix

LOCAL TIPS

# CLOSE TO HOME CUISINE



Percentage of students using stations around Hokusei

Are you interested in facilities, cafés or restaurants around Hokusei Gakuen University? Students gave us some 'insider' knowledge of the best locations, so here's our pick of the bunch.

To start, we asked Hokusei students which station they most often use. As the figure above shows, most students use *Shinsapporo* and *Nango-18chome* stations.

They also gave some recommendations around those stations for great places to eat. Here's the Hokusei Times "good place" picks around five stations—*Shinsapporo*, *Hibarigaoka*, *Oyachi* and *Higashisapporo*.

## SHINSAPPORO

**Misuzu Coffee.** The mini soft-serve ice cream is to die for and cheap—only 200yen. They have two flavors: coffee or milk. We recommend the coffee flavor because it tastes like real coffee. Misuzu Coffee is at Qualite-Prix in Shinsapporo Station.



**Torishogun.** There are variety of cheap dishes especially at lunch time. If you have lunch at Torishogun, you will pay less than 1,000yen. You can get a ticket every time you have lunch—collect 10 tickets and enjoy one lunch for free.



**Shinsapporo Shokudo.** Famous for *zangi* (Hokkaido fried chicken). You only pay 900 yen for 8 pieces of *zangi*. That's so cheap, isn't it?



## HIBARIGAOKA

**Samurai.Cafe.** It is close to Hibarigaoka station. It takes less than 10 minutes on foot. You can't miss it, because the color of café is blue. You can relax in the shop and it is famous for Soup curry. We also recommend their coffee. The cost of soup curry is about

1,200 yen to 1,800 yen.



## OYACHI

**Aburi Ramen Shop.** Aburi uses *tonkotsu* (pork-broth) soup. The pork *tonkotsu* taste is not so strong, however, so even people who don't like *tonkotsu* very much can eat this ramen. If you go there, you may be surprised because there are some ramen served in *nabe* (heated ceramic bowls). That is really unique.



buy some muffins and bring to Little Fort Coffee and enjoy muffins with coffee.

**Kanon Pancakes.** There are about 10 kinds of dishes at this shop. The texture of the pancakes is very soft, and they're not too sweet. You can enjoy seasonal dishes and pancakes. A meal of pancakes will likely cost from 800 to 1,500 yen..



## HAVE YOU HEARD OF ZANGI AND NABE?

*Zangi* is a very famous Hokkaido fried chicken, but it is unique. You might call it "soy-sauce flavored Japanese fried chicken." Called *karaage* in the rest of Japan, the name, *zangi*, is only used in Hokkaido.

*Nabe* is a big Japanese hot pot. Cooked at the table, Japanese people put many things such as meat and vegetables in it. Generally a number of people will eat together from a single pot. It is one of the wintertime favorites because it can keep your body warm. ■

YUKA OKAJIMA



Zangi



Nabe