



[The Nippon Foundation News] Appetizing Autumn

Greetings from The Nippon Foundation. Autumn has arrived in much of Japan, with temperatures in Tokyo going from unseasonably warm to unseasonably cool in just a few days. We are still likely to see some warm afternoons, but with lower humidity and cooler nights, autumn is in the air. An expression heard this time of the year is *shokuyoku no aki*, which translates as “autumn, the season of appetites.” This is because the summer heat has ended and people tend to feel more energetic, and it is also the time many foods are harvested or are in season. In addition to freshly harvested rice (and freshly pressed sake), persimmons and *nashi* pears are on supermarket shelves, and seafood including oysters and *sanma* (*Cololabis saira*, or mackerel pike) are in season.

Autumn also means the time has come for *nabe* hot pot, a popular dish from autumn through winter. Nabe is the Japanese word for a cooking pot or pan, and *nabe ryori* (nabe cuisine) is a collective term for meals prepared in a single pot, usually at the table with the food being eaten as it is cooked. *Sukiyaki* and *shabu-shabu*, which both use beef as the main ingredient, are probably the best-known nabe meals outside Japan, but the main ingredient can also be fish, shellfish, chicken, or duck. These are cooked in a broth together with vegetables and tofu, and after they are eaten, cooked rice or *udon* noodles are added to the remaining soup to finish off a satisfying and healthy meal. Other types of nabe include *chanko nabe*, the staple meal of sumo stables, and *yudofu*, a vegetarian version that originated from Buddhist temple cuisine with tofu as the main ingredient.



A nabe of duck and vegetables cooking in a clay 'do nabe' pot (left) and sukiyaki (right)

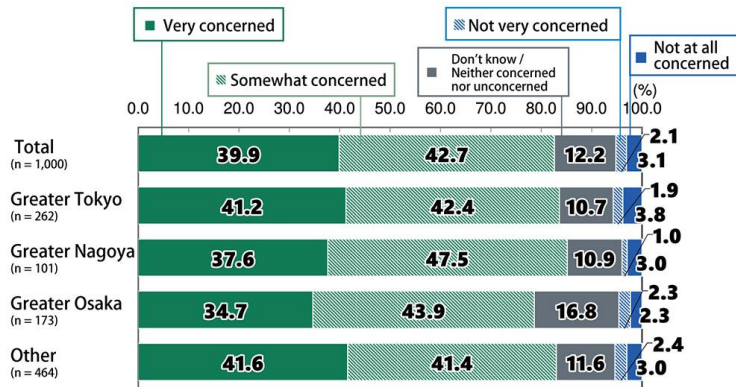
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Disaster Prevention and Mitigation

Results of 49th installment announced



The 49th installment of the Awareness Survey of 18-Year-Olds was carried out in late August on the subject of "Disaster Prevention and Mitigation." More than 80% of respondents expressed concerns regarding disasters being exacerbated by global warming and forecasts of a large-scale earthquake. At the same time, however, more than half did not know things like the location of their locally designated evacuation center, showing a need for greater public awareness of disaster-related systems and countermeasures.

[Full Article](#)

Hurdles for Evacuees in an Unfamiliar Culture

But looking toward the future



Nataliia Muliavka and her two daughters evacuated to Japan from the Ukrainian city of Kremenchuk, arriving in March with just one suitcase. Not speaking any Japanese, at first she was overwhelmed by having to rely entirely on her aunt who lives in Yokohama, but now she is able to give her daughters a sense of security. She encourages them not to think of the unfamiliar things they encounter as being "good" or "bad," but rather as "interesting," so they view living in another country as a "new experience."

[Full Article](#)

Living Together in the Same Society

Japanese student volunteers' perspectives on support



Earlier this year, The Nippon Foundation and The Nippon Foundation Volunteer Support Center jointly launched The Volunteer Program for Ukraine, a program that plans to send seven groups of Japanese university student volunteers to countries bordering Ukraine to assist evacuees from Ukraine, for two weeks each from May to October. The first group was dispatched to Poland from May 31 to June 15, and we recently spoke with two of the group's members to discuss their experiences.

[Full Article](#)

Yohei Sasakawa Blog

Chairman of The Nippon Foundation



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