



things
you need to know about

Aichi-Nagoya

This booklet was created by students of Aichi Prefectural University as part of our Project for Promotion of Global Human Resource Development. It is our hope that this brief introduction to Aichi-Nagoya in some small way enhances your time here. All information provided herein is true to the best of our knowledge at the time of publication, and all recommendations are simply the opinions of the authors.

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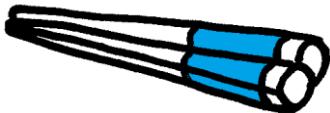
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5 souvenirs to buy



1. Chopsticks



Chopsticks are the traditional eating utensil in Japan. You may have seen Japanese people use chopsticks as hair pins in old movies, but we don't actually use eating chopsticks in that way!

Nowadays some Japanese people carry their own chopsticks everywhere in order to use fewer disposable chopsticks, and you can buy convenient compact chopsticks to carry. Chopsticks are sold at many souvenir stores, and at all 100 yen stores.

When you use them, there are a few things that you should be careful of; see page 10 for chopstick etiquette tips.

2. Plastic Food

Plastic food looks like real food, but you cannot eat it, of course. You can see it all over the place in Japan, as many restaurants promote their menus with window displays of plastic food.

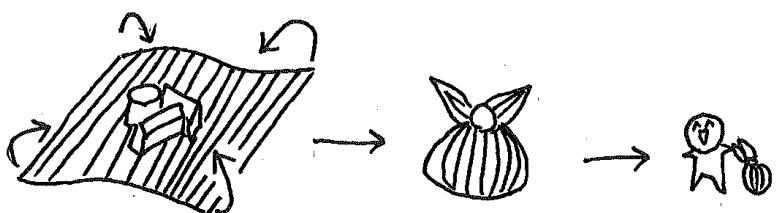
There are many kinds of plastic food that you can buy; *sushi*, *curry*, *takoyaki* etc. You can buy plastic food as an accessory, a key chain or even an iPhone case. Tokyu Hands department store (in Nagoya station or Sakae) is a good place to find plastic food.

3. *Senbei* (rice crackers)

In Japan, you can find many kinds of *senbei* with different flavours, textures and ingredients. You can buy beautifully packaged fancy *senbei* at department stores, and affordable *senbei* at supermarkets, convenience stores, or even 100 yen stores!

4. *Furoshiki*

***Furoshiki* are a kind of cloth. You can wrap almost anything in a *furoshiki* to make a neat convenient parcel that is easy to carry. *Furoshiki* are available at a reasonable price in a range of traditional and modern Japanese colours and designs.**



5. *Sake*

***Sake* is Japanese rice wine. You can enjoy it cold or hot. *Sake* is usually drunk straight, but you can use it for making cocktails. You can buy a cup of *sake* for about 200 yen at convenience stores. If you go to department stores, you will find more expensive bottles. They are high quality and sure to please!**



5 affordable foods

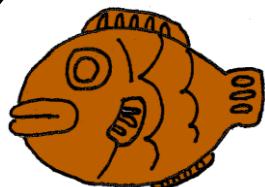
1. *Shironowaru*

This is a famous Nagoyan dessert. A soft flaky danish base is topped with vanilla soft-serve icecream and a glacé cherry. Served with maple syrup. You can find *shironowaru* in any Komeda Coffee shop.



2. *Taiyaki*

Fish-shaped pancakes usually filled with sweet red bean paste. You can also choose custard, chocolate or other fillings. *Taiyaki* are popular nationwide and are typically sold at festivals or from small specialty food stands.



3. *Miso Kushi-katsu*

This is another Nagoya specialty. Skewers of breaded pork served with sweet and salty red miso sauce. You can find *miso kushi-katsu* at most casual restaurants serving local food in Nagoya.

4. Taiwan Ramen

One of Nagoya's famous noodle soup dishes. Although it is named "Taiwan", this dish is not actually from Taiwan.

Taiwan ramen is very hot and spicy. If you prefer less heat, you can choose American Taiwan ramen which is less spicy.

Toppings are ground meat and Chinese chives. You can enjoy Taiwan ramen at any Misen restaurant.

5. Uiro (pronounced weelow)

This confectionary is a well-known Nagoya specialty. It has a soft jelly-like texture and comes in a variety of flavours and colours, from traditional sweet red bean and green tea flavours to chocolate and even blueberry. Toraya Uiro confectionary stores are a good place to go and try uiro.



5 meals to eat out

1. *Hitsumabushi*

Hitsumabushi is a bowl of cooked rice topped with chopped grilled eel. It tastes both sweet and salty; a taste not uncommon to Japanese food.

There are some steps involved in eating *hitsumabushi*. First, eat it plain as it is. Second, eat it with some leek, *nori* (dried seaweed), and *wasabi* (Japanese horseradish). Last, pour stock over the *hitsumabushi*.

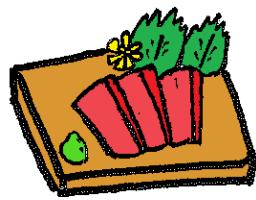
Nowadays, the price of eel is going up, so this food is becoming more of a luxury.



2. *Sukiyaki*

Sukiyaki is a traditional Japanese dish, prepared and served in *nabemono* (Japanese hotpot) style. *Sukiyaki* consists of meat and vegetables which are simmered at the table. Soy sauce, sugar and *mirin* (a sweet Japanese condiment) flavour the *sukiyaki* soup. To eat, simply take some meat and vegetables from the hotpot, dip into the small bowl of raw beaten egg, and enjoy! If you are looking for a fancier place to have dinner, 木曾路 (*Kisoji*) is a famous *sukiyaki* restaurant found all over Japan.

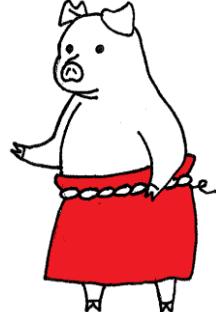
3. Fish



It is worth going to a nice fish restaurant while you are in Japan. *Sushi* and *sashimi* (raw fish) are delicious, but they are not the only Japanese dishes in which you can enjoy seafood! Traditional fish restaurants serve a range of fish dishes, from simmered fish dishes, grilled abalone and boiled octopus, to *chawan-mushi* (savoury steamed egg custard cups).

4. *Misokatsu*

***Misokatsu* is deep-fried pork with miso sauce served on salad and rice. It may not be a fancy food, but miso sauce goes with rice very well! *Yabaton* is the most popular restaurant for *misokatsu* in Nagoya and perhaps even all over Japan. People come from other prefectures just to try *misokatsu* here in Nagoya.**



5. *Zaru Soba*

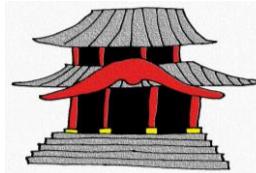
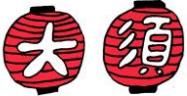
***Zaru soba* is a cold noodle dish. *Soba* (buckwheat) noodles are served on a *zaru* (basket), usually made of bamboo. Pick the noodles up off the *zaru* with chopsticks, and dip them in the dipping sauce provided before eating. You can try *zaru soba* at any *soba* restaurant.**



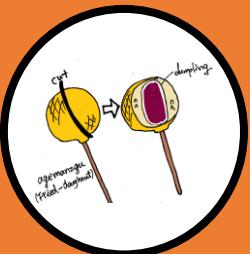
5 places to visit



1. Osu



Osu Kannon is the most popular temple in Nagoya and Osu is home to a variety of shops and restaurants. Visit the historical temple and shrines and try street food. There are markets in Osu on the 18th & 28th of each month. See both modern and traditional Japan here! Foods to try include *taiyaki* (see p.4), *karaage* (fried chicken), Turkish icecream & *agemanju* (fried dumpling). Getting there: Tsurumai line, Osu Kannon Station (Exit 2).



2. Tokugawa-en

Tokugawa-en includes Tokugawa Museum, Hosa Library, and Tokugawa Garden. The museum has a collection of armour and other artefacts used by Tokugawa generals. The library holds the historical Owari Tokugawa family book collection. The garden is a traditional Japanese garden.

Museum admission is 1200 yen. A combined ticket for the library, garden, and museum is 1350 yen.

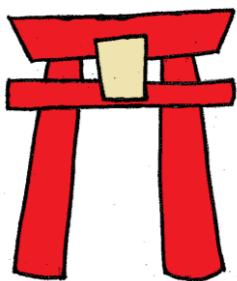
Getting there: Meijo Line, Ozone Station (10 minute walk).

3. Nagoya City Science Museum

Nagoya City Science Museum was renovated and reopened a few years ago. It now holds the largest planetarium in the world! You can enjoy the planetarium while listening to explanations from museum curators. It is open from 9:30-5:00 daily but is very popular so get in early to beat the queues.

Getting there: Higashiyama Line or Tsurumai Line, Fushimi Station (Exit 5).

4. Atsuta Jingu



Atsuta Jingu (Atsuta Shrine) is known as the second most sacred shrine in Japan. This shrine enshrines the sacred sword, one of the Three Sacred Treasures of the Imperial House. The shrine grounds are large and cool, so it is a pleasant place to take a walk. If you are lucky, you might be able to see a Japanese style wedding here. There is no entrance fee.

Getting there: Meijo Line, Jingu-Nishi Station (Exit 2).

5. AEON Mall

If you want to see real Japanese daily life, go to an AEON Mall. You can enjoy shopping in a mall with a food court, game arcade, theatre and supermarket. You can see students hanging out after school, and families enjoying their weekend.

There are ten AEON Malls in Nagoya City. AEON Mall Atsuta is located in Atsuta District almost in the centre of Nagoya City.

Getting there: Meijo Line, Kanayama Station (south exit), then take a free shuttle bus to the mall.

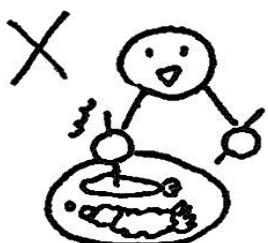
5 etiquette tips

1. Eating Etiquette

Don't stab food with your chopsticks.



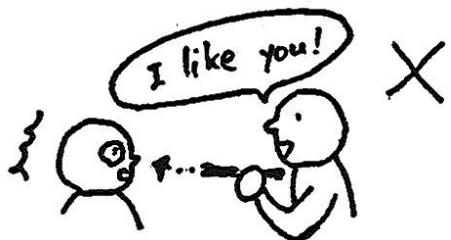
Don't use chopsticks in both hands like a knife and fork.



Don't stand chopsticks up in your rice.



Don't point at people with your chopsticks.



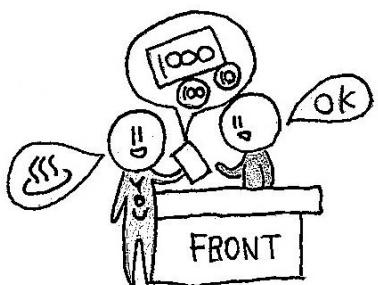
When you eat sushi, don't separate the topping from the rice.



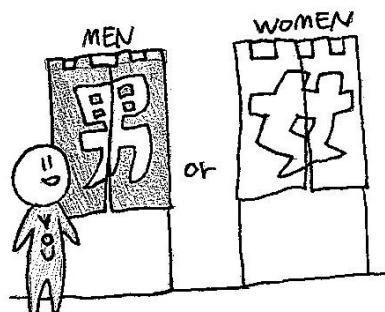
To call a waiter, raise your hand and say “sumimasen”.



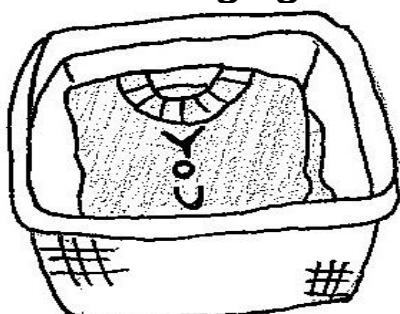
2. Public Bath Etiquette



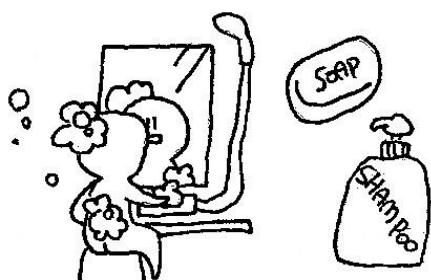
Pay your money in advance.



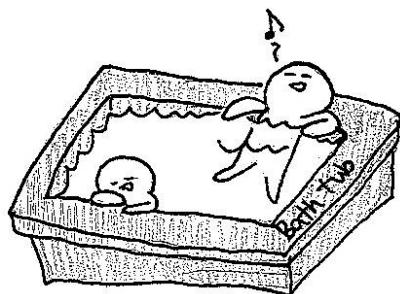
Enter the changing room.



Take off all your clothes and put them in a vacant basket.



Wash your body.



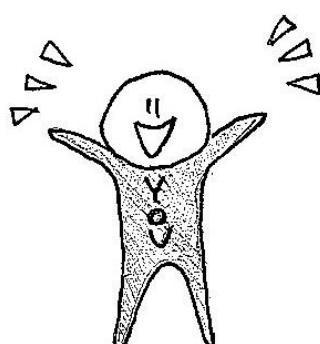
Get in the bathtub.



Rinse your body with tap water.



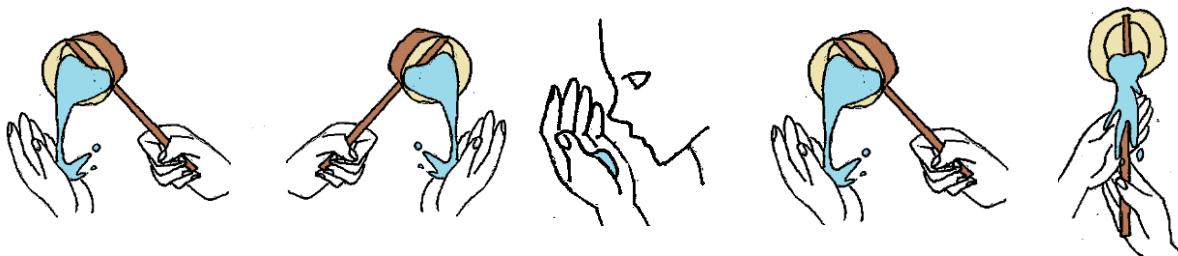
Dry yourself.



Put on your clothes.

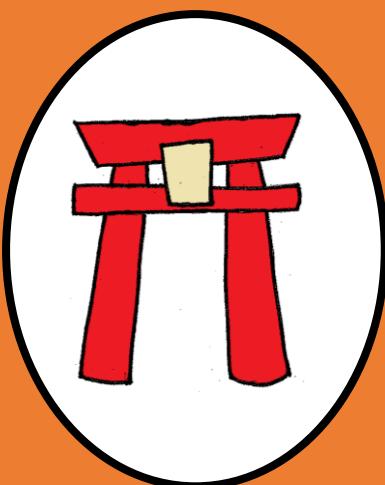
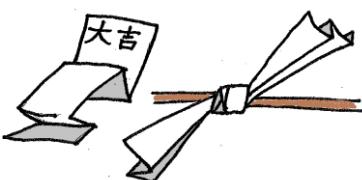
3. Shrine Etiquette

When you enter a *torii* gate you should be careful not to walk down the center of the path. That is the path for the god. Walk on the side instead. When you come to a small water fountain, you should wash your hands and mouth as below.



Next, you should pray. First ring the bell once, put money into the offering box, bow twice, clap twice, and bow one more time. Now pray.

You can buy amulets or a paper fortune in the shrine. There are many kinds of amulets, for health, business, study and so on. The fortune written as 大吉 is the best one. The others are not so great and should be tied to a rope between trees.



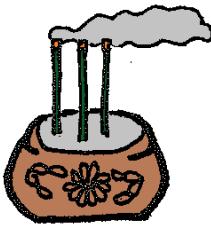


4. Temple Etiquette

Five things to be careful of when visiting a temple:

- **Photographs are usually permitted in the temple grounds, but are forbidden inside some temple buildings. Watch for signs.**
- **It is up to you how many coins you throw into the offering box, but it is said that throwing 5 yen or 15 yen is good luck.**
- **You should not eat or drink anything inside the temple building.**
- **If you get a paper fortune and do not want to keep it, you should not throw it away. You will see a place where people tie their fortune papers.**
- **When Buddhists visit temples, they burn incense in incense burners. It is up to you if you want to burn incense or not. If you want to give it a try, make sure you leave money for the incense.**

The price is usually 100 yen.



5. Drinking Etiquette

If you go out for a meal or drinks with Japanese friends, wait for everyone to receive their drink and say “*kanpai!*” (cheers!), before you drink. If you are sharing bottled beer (common practice in Japanese-style bars), it is polite to fill other people’s classes and wait for them to do the same for you. Avoid filling your own glass!

5 faux-pas to avoid



1. Starting to Eat in a Restaurant

In some countries it is usual for all customers' dishes to arrive at the same time. However in Japan, restaurants make the dishes as quickly as possible, and they get them to the table as soon as they are finished. So please don't be surprised if your dish arrives earlier than other people's. If your host encourages you to eat, please don't hesitate. Just say "itadakimasu" and dive in!



2. Toilet Slippers

When you go to the bathroom, you will often find slippers at the door of the bathroom. If you find them, you should take your shoes off and put the toilet slippers on. These slippers are exclusively for the bathroom though, so do not forget to take the slippers off and put your shoes back on when you leave!

3. Tipping & Paying

You don't need to give a tip to the waiter in Japanese restaurants. Even if you give a tip, most of the waiters cannot receive them, so they may return it to you!

You may also be confused about paying. In many countries, waiters come to you and you can pay at the table. However, in Japan, you usually have to go to the register. If you wait at your seat, you could be waiting for a long time!



4. Cellphones on Trains

Don't talk on your cellphone on the train! In Japan, there are rules against using cellphones on trains and buses. You can use your phone to send emails, use the internet, and other such quiet activities, but should not use it to talk.

5. Taxis

This might sound strange, but don't open the taxi door! In Japan, all taxis are fitted with automatic doors operated by the driver. If you hail a taxi, the door will automatically open as the taxi driver pulls up, and he will open the door for you after you pay upon arrival at your destination.

5 things to try

1. Karaoke

Karaoke means “empty orchestra” in Japanese and is a place where you can enjoy singing with your friends or family in a private room. Nowadays **karaoke** is a typical way to relax for many Japanese people. Most **karaoke** places in Nagoya are open 24 hours, so you can enjoy it whenever you want to.



2. Subway Line

Trains in Japan are famous for being very punctual. They are also quite safe, and you will see many people sleeping on the train without concern for their bags, or apparently for their stop! Most Japanese people simply seem to wake up at the station they want to get off at. It is quite amazing!

Trains are very crowded in the morning and evening rush hours. Tokyo is famed for this, but Nagoya is no exception. The station staff sometimes have to squeeze passengers into the train by force. Is is worth a rush-hour trip on the Higashiyama Line subway to experience firsthand the sensation of being packed in like sardines!

3. Purikura

Purikura refers to a photo sticker as well as its booth. You can take photos alone or with friends and decorate them on a screen installed in the booth afterwards. Recent *purikura* technology is very advanced, and allows you to enhance your own features as you desire. You can have bigger eyes and whiter skin. *Purikura* is popular among young people. You can try it for a moderate price at any game arcade.

4. Neko Cafés

Neko cafés are cat cafés. Cats roam freely around the café and customers are free to pet them. Cats are said to help people relax! You can find many *neko* cafés in Nagoya.



5. Slurping Noodles

When Japanese people eat noodles (except spaghetti), they usually make quite a bit of noise! Slurping noodles is not rude in Japan, and people even say it is a sign of appreciation! For some, it is difficult to enjoy slurping because of the sound, but if you want to try, you can slurp noodles in any noodle (especially *ramen* and *soba*) restaurant while you are in Japan!



5 fashions to find

1. *Lolita*

Lolita fashion was originally based on Victorian era fashion in Europe. The style is for girls, and uses a lot of lace and frills, together with ribbon, rose, or cross accessories. Lolita fashion makes girls look young, cutesy and often doll-like. There are many kinds of Lolita fashion, including *Ama* (sweet)-Loli and *Goth* (gothic)-Loli. Alice-in-Wonderland is a popular inspiration for many Lolita girls.

2. *Harajuku*

The pioneer of Harajuku fashion is Karry Pamyu Pamyu, a famous Japanese singer. Fans started to imitate her outfits, leading to the creation of the Harajuku fashion style. Vivid or pastel colored clothing are popular, worn together with cutesy accessories. A *kawaii* (cute) look is the goal, and many outfits resemble children's clothes!

3. *Visual-kei*

***Visual-kei* fans aspire to be wild and cool, in imitation of popular rock singers. They wear metal accessories such as chains and crosses, and often rip their clothes on purpose. The main colour of the style is black.**

***Visual-kei* bands famous for this style of fashion include “Golden Bomber” and “Nightmare”. Members of these groups wear heavy make-up, even males.**

4. Cosplay

Cosplay is short for Costume-play. People who enjoy cosplay are called cosplayers, and they imitate characters from animations or *manga* (comics) that they like. Cosplayers often spend a lot of money on their costumes and like to gather to display their costumes and take photographs together. Here in Nagoya you can see many cosplayers in Tsurumai Park most Sundays when the weather is fine.

5. Gyaru/o

Gyaru/o tend to be junior high or high school students who have dyed bright blonde hair and wear their clothes to make them stand out in some way. When they wear their school uniforms, girls like to shorten their skirts and wear loose socks. Boys usually wear their pants so low that you can see almost half of their underwear. There are also some adult Gyaru/o in their 20s. Gyaru (female) like to wear heavy make-up, especially black eyeliner. You can find this fashion everywhere in Japan, particularly in game centres because many Gyaru/o love taking *purikura* (see p.17) there.

5 useful phrases

1. **Kon-nichi-wa** こんにちは

Kon-nichi-wa means “hello” in Japanese. There are other greetings depending on the time of the day, but you can use **konnichiwa** anytime.



2. **Su-mi-ma-sen** すみません

When you want to say “excuse me”, you can say “**su-mi-ma-sen**”. You can also say this word to apologise.

3. **Arigato** ありがとう

When you want to say “thank you”, use this phrase. To make it more polite, add “**go-zai-mas**” after you say “**arigato**”.

4. *O-ne-guy-shi-mas* おねがいします

This is a very common and extremely versatile phrase. It is impossible to translate exactly, but is very polite with nuances of both “please” and “thank you”, and people will help you if you say this phrase!

When you order in a restaurant, you can say “coffee, *o-ne-guy-shi-mas*” or if you say “Nagoya Station, *o-ne-guy-shi-mas*” in a taxi, the driver will gladly take you there.

You can also use this phrase when you meet someone for the first time to express how happy you are to meet, usually in its longer form: “*yoroshiku-oh-ne-guy-shi-mas*”.

5. ~wa *doko desuka*? ~はどこですか?

You can use this phrase to ask the location of something. It just means “where is ~?” So if you want to know where the toilet is, just ask “*toire (toilet) wa doko desuka?*”



5 November events

1. Koshoji Temple Fair

One of the largest temple fairs in Nagoya, attracting as many as 100 booths. Open on the 5th and 13th of each month.

Getting there: Meijo Line, Yagoto Station (Exit 1).



2. *Shichigosan* Festival

Each year in Japan on November 15th we celebrate children's healthy growth. Boys who are three and five years old, and girls who are three and seven, dress up in *kimono* and visit shrines with their families to pray for healthy growth. Children are given candy called *chi-to-se-a-me* which means long life. Atsuta Shrine is a popular place to visit on this day. (See p.9 for Atsuta Shrine details.)

3. Higashibetsuin Temple Fair

This fair opens on the 15th of every month, from about 9:00-3:00. Check out the large temple while you are there.

Getting there: Meijo Line, Higashibetsuin Station (Exit 4).

4. Horaiji-san

The official *Horaiji-san* autumn festival is held on November 23rd, but you can enjoy the beautiful autumn scenery here from the middle of November. *Horaiji-san* is a long way from Nagoya, but the *momiji* (Japanese Maples) here are famed for their yellow, orange, red, gold, and brown leaves. It is also a great place for hiking.

Getting there: JR Iida Line, Honnagashino Station, then take a bus to the Horaiji stop. Or, JR Iida Line, Yuya-onsen Station, then take a taxi (15 minutes).

For great autumn foliage nearer the city, you can try Shirotori Park, but leaves here may not turn until later in the month.

Getting there: Meijo Line, Jingu-Nishi Station (Exit

5. Osu Temple Fair

Open from early morning on the 18th & 28th of each month, this fair attracts a large number of antique sellers.

Getting there: Tsurumai Line, Osu Station (Exit 2).



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