

KAIKOUKAI

Vol.08



中国 上海

FROM JAPAN TO THE WORLD

外国人向け社内報

KAIKOUKAI from Japan to the world

KAIKOUKAI

Philosophy

1. We aim for comprehensive medical care.
 2. We aim to provide medical care that is truly in the best interests of the patient.
 3. We aim to run an operation that provides an optimal working environment for medical practitioners.
-

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Kaikoukai News

★Staff introduction

今回紹介する職員の方々



チョウ リエン
刁 莉艶
豊島中央
Toshima Chuo Hospital
中国
China



グーティスワントゥイ
VU THI XUAN THUY
さいたまほのか
Saitama Honoka Clinic
ベトナム
Vietnam

豊島中央・・・・・・・・・・関東事業部	豊島中央病院
さいたまほのか・・・・・・・・透析医療事業部	さいたまほのかクリニック



看護師として活躍されている 刁さんにお話を伺いました。

1. 日本を目指したきっかけはなんですか？

日本のアニメが好きで、いつか日本に行きたいと思っていました。在学時に、学校とNPO法人とのプロジェクトがあり、看護師として日本で働くことができるようになりました。このチャンスを活かして日本を目指しました。

2. 職場の良いところややりがいがありますか？

同僚たちは皆優しいです。何かあってもすぐに相談できます。患者さんとも長く付き合う事ができ、私の仕事ぶりや成長を認めてくださっています。患者さんから「成長しましたね！」「良くできました、上手です！」などと声を掛けてくださいます。そう声を掛けてもらえると一日気分よく仕事をする事ができやりがいになっています。

3. 日本に来たばかりの人へアドバイスをどうぞ

分からない事やできない事は素直に上司に話した方がいいです。できない事や聞き取れなかった事に対してそのまま「はい」と返事したらダメですよ。



***We spoke with Cho-san,
who is working as a nurse.***

1. What made you want to come to Japan?

I like Japanese anime, so I wanted to visit Japan someday. When I was still in school, there was a project between the school and the NPO, and there was the opportunity to work in Japan as a nurse. So I took the chance to come to Japan.

2. Is there something you like about your current workplace, or what makes your work rewarding?

My coworkers are all very kind. I can consult them about anything. I also get to know the patients, and they see how I work and grow in my job. They say things like "You're doing good!" and "You're really good at this!" When someone says that to me, I feel good for the entire day, and that's really rewarding.

3. What advice do you have for people who are still new to Japan?

If there is anything you don't know or can't do, you should just ask your supervisor.
You shouldn't always just say "Yes" when you can't do something or missed hearing something.



ヴー ティ スワン トゥイ



呼び名：スワンさん

出身国：ベトナム

趣味：ヨガ

多くの経験をして、 日本がとても好きになりました。

私は19年前に来日しました。来日前は携帯もネット環境もなく、日本について調べることが出来ませんでした。イメージと言えば桜、富士山のみでした。来日して初めての冬、初雪を見た時はすごくハイテンションな自分がいました。感動と、嬉しさと素晴らしさで涙が出そうでした。他にも、日本に来て8年目頃に富士山の山頂に登りました。本当に素晴らしい光景で、忘れられない思い出になりました。最初はお寿司やラーメン等の味が口に合わず、食べら

れるものが少なく苦労しましたが、だんだん自分の味覚が変わり、今では日本料理の全てが好きになりました。料理は得意ではないですが、生春巻き、揚げ春巻き、空心菜のニンニク炒め等をよく作っています。休日は家族と日帰り旅行をしたり、ヨガ教室を回ったり、ベトナム人の友達とバーベキューをしています。日本では旅行があまり出来ていませんが、行ったことのある場所は関東地方全てと、広島、大阪、奈良、京都、神戸、仙台、静岡、長野、北海道です。各地域でそれぞれの魅力があって、おいしいものもたくさんあり、きれいな景色がいっぱいあるので全てが好きです。今後、沖縄・長崎・青森等へ行きたいな、と思っています。

来日して最初に驚いたこととして、温泉があります。知らない人のいるところでお風呂に入ることが出来ず、困ってしまいました。他には電車に乗るときです。横浜駅と東京駅の広さ、迷路のような作りに驚きました。迷子になったことを覚えています。他にも、言葉の壁や文化の違いに苦労し、心にダメージを負った時もありましたが、だんだんと日本の文化を身に着け、今では日本という国が大好きになりました。



ありがとうメッセージ

ママ、パパが私の留学を応援してくれたので今の成長ができるようになりました。本当にありがとうございます。

私が日本に来させてくれる恩人のペプさんを始め、AHDネットワークのスタッフの方、日本語の先生方、看護学技の先生方、実習の受け入れた病院、そしていつも笑顔で受け入れてくれた患者様方々に心から感謝しております。



Vũ Thị Xuân Thúy



Tên gọi: Xuân

Quốc tịch: Việt Nam

Sở thích: Yoga

Sau khi có nhiều trải nghiệm, tôi đã rất thích Nhật bản.

Tôi đến Nhật Bản vào 19 năm trước. Trước khi đến Nhật Bản, tôi không có điện thoại di động hay internet, nên tôi không thể tìm hiểu về Nhật Bản. Hình dung của tôi về Nhật Bản chỉ có hoa Anh Đào và núi Phú Sĩ. Vào mùa đông đầu tiên khi sang đây, tôi vô cùng phấn khích khi nhìn thấy tuyết đầu mùa. Tôi cảm động, vui sướng và cảm thấy tuyệt vời đến mức suýt nữa thì bật khóc. Ngoài ra, vào khoảng năm thứ 8 sau khi sang Nhật, tôi đã leo lên đỉnh núi Phú Sĩ. Cảnh tượng lúc đó thực sự rất tuyệt, và đây là kỷ niệm mà tôi không thể nào quên.

Lúc đầu, món Sushi (cơm cuộn rong biển) và Ramen (mỳ) không hợp khẩu vị của tôi nên tôi thấy khó khăn vì không ăn được mấy. Tuy nhiên, dần dần khẩu vị của tôi đã thay đổi và giờ đây tôi thích tất cả các món ăn Nhật Bản. Tôi không giỏi nấu ăn nhưng tôi thường hay làm món nem cuốn sống, nem rán, rau muống xào tỏi, v.v... Vào ngày nghỉ, tôi đi du lịch trong ngày cùng với gia đình, đến lớp yoga, hay tổ chức tiệc nướng BBQ với bạn bè người Việt Nam. Tôi chưa đi du lịch được nhiều nơi ở Nhật Bản. Những nơi tôi đã đến là toàn bộ vùng Kanto, và tôi đã đến Hiroshima, Osaka, Nara, Kyoto, Kobe, Sendai, Shizuoka, Nagano, Hokkaido. Mỗi vùng đều có những nét hấp dẫn riêng, và có rất nhiều đồ ăn ngon, cảnh đẹp nên tôi thích tất cả các nơi đó. Trong thời gian sắp tới, tôi muốn đi đến Okinawa, Nagasaki, Aomori, Sau khi sang đây, điều đầu tiên khiến tôi ngạc nhiên là suối nước nóng. Tôi đã rất bối rối vì không thể vào tắm ở nơi có những người lạ. Ngoài ra, tôi cũng ngạc nhiên khi đi tàu điện. Ga Yokohama và Tokyo vô cùng rộng, có cấu trúc giống như mê cung vậy. Tôi vẫn còn nhớ việc mình đã bị lạc ở đó. Ngoài ra, cũng có lúc tôi thấy khó khăn và bị sốc vì rào cản ngôn ngữ và khác biệt về văn hóa, nhưng tôi dần dần học hỏi về văn hóa Nhật Bản, và đến bây giờ thì tôi rất yêu thích Nhật Bản.

Đoạn văn cảm ơn



Cám ơn bố mẹ đã ủng hộ con sang Nhật học tập và trưởng thành như ngày hôm nay.

Tôi xin gửi lời cảm ơn chân thành đến anh Pepu ân nhân, người đã giúp cho tôi được sang Nhật, cảm ơn những nhân viên của hệ thống AHD, các giáo viên tiếng Nhật, giáo viên dạy thực hành điều dưỡng, bệnh viện đã tiếp nhận tôi làm thực tập, và tôi xin cũng xin cảm ơn những bệnh nhân đã luôn vui vẻ chào đón tôi.

100円回転寿司チェーン店紹介 くら寿司

一度は食べてみたい日本食として挙げられる寿司。その中でも気軽に行きやすい100円回転寿司店をこのコーナーで紹介していきます！今回ご紹介するのは店舗数第3位のくら寿司です。
皆さんの近くにもあるのではないのでしょうか？興味を持ったら行ってみましょう！

①くら寿司のここがすごい！！「鮮度くん」

コロナ禍の今！！スシカバーが注目されています！！



- ①非接触のスシカバー
カバーに触れずにお寿司をとれる！
- ②ウイルスやホコリ、菌等からお寿司を守る！
細菌の増殖割合が1/100以下のみ取得できるSIAA抗菌加工により、様々な菌をシャットアウトします。
- ③97%の医師が推奨！！
「抗菌寿司カバー」は100人の医師のうち、97人が推奨！

②くら寿司のここがすごい！！「ビっくらポン！」

お皿5枚毎にゲームにチャレンジ！当たれば景品をGET！



- ①食べ終わったお皿は積み上げるのではなく、「皿カウンター水回収システム」へ投入。机も片づく上に何皿食べたのかを自動カウントしてくれます！！
- ②5皿ごとに1回始まるゲームで「あたり」ができれば景品をGET！！
くら寿司オリジナルキャラクターの他、有名・人気漫画やアニメとコラボすることも多くあり、ファミリー層へのウケが良い！

③くら寿司のここがすごい！！顧客体験価値ランキング第2位！



スマートフォンから、カメラアプリもしくは、くら寿司のアプリをダウンロードすることで手持ちのスマートフォンから注文ができるように！！

コロナ禍でもテクノロジーを活用して求められることの本質を捉え、期待を超えて顧客中心にビジネスを進めていく体制が高く評価されています！！

くら寿司従業員一押しランキング (2021年4月3日放送TBS系「ジョブチューン」より)

- | | |
|----------------|-------------------|
| 1位. 天然インドまぐろとろ | 6位 天然本まぐろのねぎまぐろ軍艦 |
| 2位. 特大大切り生サーモン | 7位 たまご焼き |
| 3位 あぶり漬けほたて | 8位 建マスいくら軍艦 |
| 4位 絶品真ハタ 塩レモン | 9位 えびマヨグラタン風 |
| 5位 大粒赤貝二種盛り | 10位 紋甲イカ |

合格・不合格の結果が気になる方は調べてみてください！
そして実際に食べて自分で確かめてみましょう！！

Kura Sushi: the 100-yen conveyor belt sushi chain restaurant

Sushi is one of those Japanese foods you have to try at least once. With that in mind, we'll be looking at some of the most accessible 100-yen conveyor belt sushi restaurants. This time, it's the turn of Kura Sushi, a chain with the third largest number of premises in Japan. There may well be a restaurant near you! If you're interested, then let's go!

① What Kura Sushi does well: Mr. Fresh!

Kura Sushi's antibacterial sushi cover has been drawing attention since the start of the COVID-19 pandemic.



- ① Non-contact sushi cover
Pick your sushi without touching the cover!
- ② Your sushi is protected from viruses, dust and bacteria!
SIAA antibacterial treatment locks out various bacteria by ensuring the bacteria growth rate is 1/100 or less than untreated surfaces.
- ③ 97% of doctors recommend it!
97 out of 100 doctors approved of the antibacterial sushi cover!

② What Kura Sushi does well: Bikkurapon game!

Every five plates, you get to try your hand at the Bikkurapon game. Prizes are available if you win!



- ① Instead of piling up on the side, used plates are placed into the plate counting dishwasher. With the machine counting your plates automatically, you can enjoy a clear space to eat your sushi - no matter how many plates you choose!
- ② Every five plates, play the game and win a prize! The Bikkurapon game features famous and popular anime characters as well as Kura Sushi's in-house mascots, making it a hit with families!

③ What Kura Sushi does well: rated 2nd in customer satisfaction!



Customers can enjoy an even more convenient experience by ordering from their smartphone through the camera or Kura Sushi app. With the COVID-19 pandemic increasing the need for technological solutions, this system has been highly praised for putting the customer first and exceeding expectations!

Kura Sushi employee recommendation rankings

- | | |
|--------------------------------|--|
| 1. Natural Indian Fatty Tuna | 6. Natural Bluefin Tuna and Scallion |
| 2. Salmon, Extra Large-cut | 7. Japanese Omelette |
| 3. Aburizuke Scallop | 8. Pink Salmon Roe |
| 4. Grouper with Salt and Lemon | 9. Gratin-style Shrimp with Mayonnaise |
| 5. 2 Assorted Red Clams | 10. Cuttlefish |

If the winners (or even losers) have piqued your interest, why not stop by and draw up your own top ten?

日本食 ラーメンについて

【ラーメンって日本食？中華料理？】

皆さん突然ですがラーメンは、中華料理だと思いますか？日本食だと思いますか？多くの日本人の方は「中華料理じゃないの？」と思うのではないのでしょうか。しかしラーメンは日本食なのです。たしかに拉麵の発祥は中国にあります。日本人の口に合うようにスープレや麵などを改良し作られた日本独自のラーメンは、中国では中華料理とはみなされておらず、「日式拉面」と呼ばれており、中華料理の「拉麵」とは区別されています。よって日本のラーメンは日本食なのです。

【日本のラーメンと中国の拉麵の違い】

① 麵の違い

日本のラーメンの麵は、麵を製造する際に「かん水」と呼ばれる水を加えることで「コシ」のある麵になるのが特徴です。一方中国の拉麵では「かん水」がほとんど使われていないので、「コシ」のないうどんのような柔らかめの歯ごたえになるという特徴の違いがあります。また麵の製造方法にも大きな違いがあります。日本のラーメンは、「製麵機」で小麦粉を伸ばして細くしていくのに対し、中国の拉麵は、手打ちで小麦粉を引っ張り細長くしていくという大きな違いがあります。

② こだわりの違い

日本のラーメンは「スープ」、特に出汁にこだわっています。またラーメンを選ぶ際も、「味噌」「醤油」「とんこつ」「塩」といったスープの味で選んでいるかと思えます。一方中国の拉麵は、「スープ」ではなく「具材」にこだわっています。その為、拉麵を選ぶ際は、「牛肉」「五目」など具材の種類で拉麵が選ばれるそうです。

【日本のラーメン 基本4種】

【醤油ラーメン】



日本でもっとも一般的なラーメンです。醤油をベースとしたタレに豚や鶏・魚介などから取った出汁を合わせて作ります。醤油や出汁の種類は店や地域によってさまざまなので一言で醤油ラーメンといっても味は様々です。

【塩ラーメン】



他のラーメンと比べあっさりした味わいが特徴です。醤油や味噌と比べて素材の特徴が出やすいので、ごまかしが利かないラーメンと言えます。

【とんこつラーメン】



豚の骨を長時間煮込んで白濁させたスープと細い麵を使うのが特徴的です。味わいや濃度は煮込む時間や使用する豚の部位のよって異なります。

【味噌ラーメン】



味噌ラーメンは他のラーメンとは違い、中華鍋で調理しながらスープを作ることが特徴です。たくさん具が入っており味噌の独特の風味と深みを感じることができます。編集者が1番好きなラーメンです。

【ハラル対応ラーメン】

イスラム教では、豚肉やアルコールを口にすることが固く禁じられているため、豚の骨でスープを取り、麵にアルコールを含んでいるラーメンは食べられません。そんなイスラム教の方々のために、豚ではなく鶏や、魚介のみからだしを取った、ハラル対応のラーメンを取り扱っている店が増えていきます。興味のある方は是非お店を調べて、食べてみて下さい。



Japanese food: Ramen

[Is ramen Japanese or Chinese?]

It might seem like a strange question, but do you think ramen is Japanese or Chinese? Many Japanese people have the impression that ramen is Chinese, but in reality, this is not the case. While the noodles were originally from China, it was the Japanese who changed the noodles and soup to their own taste to create the dish we know today. Even in China, ramen is not considered to be Chinese, and is instead referred to as “Japanese style ramen” in contrast to the Chinese lamian noodles. So, ramen is definitely Japanese.

[Differences between Japanese ramen and Chinese lamian]

① Noodles

Japanese ramen is characterized by the addition of salt water during the manufacturing process. In contrast, Chinese lamian is not made with salt water, and have a soft and chewy texture similar to udon noodles. There is also another big difference in the way the noodles are made. The production of Japanese ramen involves stretching flour to make thin noodles on specialist machines, whereas Chinese lamian is made by hand by pulling flour until the noodles are thin and long.

② Focus of the dish

Japanese ramen places a specific emphasis on the broth element of the dish. When choosing a ramen dish, you also choose the flavor of the soup, such as miso, shoyu, tonkotsu or shio (salt). This is not the case with Chinese lamian, where the emphasis is on the ingredients rather than the soup. When deciding on a type of Chinese lamian, the focus is on the ingredients such as beef or vegetables.

[Halal ramen]

As Islam strictly forbids the consumption of pork and alcohol, Muslims are unable to eat ramen dishes that use pork-based broth or noodles made with alcohol. To allow Muslims to enjoy the incredible tastes ramen has to offer, an increasing number of establishments are offering dishes that rely on halal ramen and broth made with chicken or fish in place of pork. If you too want to satisfy your appetite for ramen, look for a restaurant near you that offers halal options.



[The four types of Japanese ramen]

[Shio ramen]



Compared to other types of ramen, shio ramen has a light and simple flavor. The ingredients come through with greater distinction than shoyu and miso, making it hard to replicate with other ingredients.

[Shoyu ramen]



This is the most common type of ramen in Japan. It is made with a shoyu soy sauce based broth and pork, chicken, fish or other stock. The type of shoyu and stock varies by restaurant and region, so the term “shoyu ramen” refers to a range of different flavors.

[Miso ramen]



Miso ramen differs from other ramen, in that the broth is made in a wok. It is a dish that uses various ingredients but does not lose the distinctive flavor and depth of the miso. This is our editor's favorite ramen (this ramen is editor recommended!).

[Tonkotsu ramen]



Tonkotsu ramen is characterized by its combination of pork bones simmered to create a cloudy stock and thin noodles. The flavor and consistency will differ depending on the amount of time the stock is simmered, and the type of pork used.

NEWS

Kaikoukai × Indonesia

インドネシア国立ハサヌディン大学から
医師2名の循環器内科研修受入を開始！



インドネシア 南スラウェシ州にある国立ハサヌディン大学から
循環器内科専門医の資格を取得する為、アキナ先生とヤスニ先生
が来日されました。
5月15日から6月30日までの約1か月半、偕行会グループで研修さ
れました。

偕行会グループ川原会長をはじめ役員の方々と
挨拶をされました。



名古屋共立病院、名古屋放射線診断クリニックを見学し、MRIや
PET、心臓カテーテルなどの検査・治療の様子を学ばれました。
毎週月曜日、金曜日は名古屋共立病院 副院長であり循環器内科部
長の大島覚医師の講義を受講されました。
講義は主に画像診断検査について英語で行われました。



国際交流セッションとして

- 【1】「インドネシアの医療事情」
- 【2】「あなたが医師として目指すもの」
- 【3】「日本とインドネシアの医療の違い」

上記テーマについてプレゼンテーション形式で発
表を行いました。

「日本の医療、病院の種類や機能」については名
古屋共立病院の秦野理事よりお話をいただきました。



NEWS

Kaikoukai × Indonesia



Kaikoukai has welcomed two doctors from Hasanuddin University in Indonesia for cardiology training!

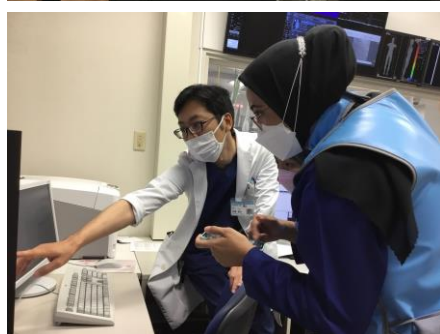
Dr Akina and Dr Yasni arrived in Japan from Hasanuddin University in South Sulawesi to obtain specialist cardiology certification. They underwent training at Kaikoukai Group for one and a half months from May 15 to June 30.



They were welcomed by the directors and Kaikoukai Group's Chairman Kawahara.



They paid visits to Nagoya Kyoritsu Hospital and Nagoya PET Imaging Center to learn about MRI and PET scans, cardiac catheterization and other tests and treatments. Every Monday and Friday, the doctors attended lectures given by Assistant Director of Nagoya Kyoritsu Hospital and Director of Cardiology Satoru Ohshima. The lectures were primarily on diagnostic imaging tests and given in English.



International exchange sessions

- [1] Medical care in Indonesia
- [2] What you aspire to be as a doctor
- [3] Differences in medical care between Japan and Indonesia

The doctors gave a presentation on the above themes. Nagoya Kyoritsu Hospital Director Hatano furthered discussions with his talk on "Japanese medical care and the types and functions of hospitals."





Patients are our clients. Mutual trust is an important factor in client relationships, and we must depart from the traditional patient to medical practitioner relationship to respond attentively and provide sufficient services. Medical institutions need to have an awareness of the fact that their revenue comes through their clients.

Excerpt from page 100 of the Kaikoukai Handbook

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