

THE 55th TANIMOTO CUP A11 Japanese Students ENGLISH ORATORICAL CONTEST



December 4th 2022

Kansai Gaidai University

諸注意

1. 発表者以外はマイクをミュートの状態にしておいてください。

2. スピーチ中の飲食はお控えください。

3. スマートフォンやカメラなどでのフラッシュ撮影はご遠慮ください。

4. ご質問や不明な点または問題が発生した場合には大会スタッフまでご遠慮なくお申し付けください。

※大会スタッフは名前の先頭に STAF と書いてあります。

Time Table

- 10:50~ Enter the Zoom meeting
- 11:00~ Opening ceremony
- 11:15~ Speech contest part1
- 12:30~ Break time
- 13:15~ Speech contest part2
- 14:30~ Intermission
- 15:30~ Closing ceremony

Participants

Part 1

1. Kohei Fukushima — St. Paul's University

The Last Enemy. The Last Resort.

引退が近い。楽しかったこともたくさんあったが、それ以上に悔しさが頭をよぎっていた。しかしながら一本のペンと一冊のノートが私の悔しさを払拭してくれた。私の実体験を基に悔しさを払拭する方法をお教えます。

2. Konomi Nagamori — Kansai Gaidai University

Your choice is always right

自分を押し殺しながら過ごすそんな人生。周りからの目、社会からの目、友達や親に言われることを気にして、あなたはどれだけのことを諦めましたか。アメリカでの留学生活は本来の自分の姿を取り戻してくれました。

3. Yukari Delima — Takasaki City University of Economics

Not Simply a Feeling of Longing

ノスタルジアって聞いたことありますか？これは、過去を振り返って、その頃を懐かしく思って、その瞬間を再現したいという感情です。しかし、人々は経験した嫌なことを恐れてノスタルジアを感じるのを避

けている。スピーチではこの感情をより楽しく感じられるように二つの解決ステップを紹介します。

4. Keisuke Nakano — Sophia University

What Do You Think About LGBTQs?

私たちは、知らない間にも LGBTQs の人たちを傷つけてしまうことがあります。LGBTQs の人たちが自信を持って過ごせるような社会を築くことを心掛けることを意識いくべきだという内容です。

5. Hitomi Otsuji — Kwanseigakuin University

Mothers on the Edge

女性の社会進出が進む今日、多くの家庭で“共働き”という働き方が選択されていますが、共働き世帯の母親たちは私たちの予想をはるかに超える負担を強いられています。彼女たちを救えるのは家族だけなのでしょうか？

Part2

6. Karin Takatoki — Kansai Gaidai University

When in Nakatsu

移住ブームにより多くの人が田舎に移住してきています。田舎から都会に引っ越してきたからこそわかる移住の問題点、またどのようにしたら素敵な移住ライフを送ることができるのかを紹介します。

7.Yuna Negishi — Ryukoku University

Who cares?

あなたは人目を気にしてしまうことがありますか？もしくは気にしてしまって、自分の行動を控えたことがありますか？当てはまった人、心当たりがある人は是非私のスピーチを聞いてください。

8.Kenshi Nakanishi — Otemae University

Rise Highest against the Wind

私の名前は「健志」、健康で志しを持つよう祖父が名付けた。ダウン症で体が弱く、大きな病気になったが、周りの力で健康になった。知的障害のある私が英語を勉強し、夢を持てたのは祖父が、チャーチル首相の「逆風こそ成長させる。」という名言を教えてくれたからだ。今後も困難を力に夢をかなえていきたい。

9.Rio Numata — St. Paul's University

Cover the Wound with a Win-win Bandage

お客様は神様という文化は店員にも客にも悪影響を与えています。しかし、文化そのものを変えることは難しいです。そこで、感謝を伝えることでその傷ついた心を癒し、客と店員のどちらにも幸せをもたらしましょう。

10. Naoko Kawane — Sophia University

Love Yourself

皆さんは自分のことを愛していますか？このスピーチでは、自己肯定感を自己評価と他己評価による2つに分け、その中でも自己評価の重要性を話します。このスピーチが皆さんが自分を愛する一助となれば幸いです！

Judges

Scott C.M. Bailey

Kim Seung Young

Joanna Ho-Morier

The Last Enemy. The Last Resort.

Kohei Fukushima

St Paul's University

The time of my retirement from E.S.S. is getting closer and closer. Looking back now, of course, I had a lot of enjoyable moments. However, I have another feeling which overweighs the joy. "Lingering affection".

My desires: being a chief of my speech seminar, Williams Cup, J.U.E.L. Cup, Golden Cup speaker and their prizes winner. To achieve them, I devoted my university life to this activity alongside studying my major. However, all of them ended up as illusions. Then, my inner voice screamed sadly, "I should have rewritten more times to improve my speech... I should have run for the position I desired..." Actually, I do not remember anything for an hour after getting despaired. Like this, I could not wipe out such lingering affections from me. This feeling was the very LAST ENEMY before my retirement.

Dear audiences, especially E.S.S. speakers and the future ones. I want to ask you a question. Suppose the time of your retirement, can you feel complete satisfaction at that time? For me, I could not retire with satisfaction until I attend the Yamoto Cup as a speaker now. What made me wipe out my lingering affections? Here, in this 8-minute speech, I want to give you the LAST RESORT to beat the LAST ENEMY. After my retirement, I hope you will be able to find the way you are going to be satisfied when you retire from E.S.S.

The LAST ENEMY in this speech is the lingering affections, the frustration from goals not achieved. We sometimes get frustrated when we cannot reach our goals. Please imagine the situation when you were eliminated from all open contests of a season. While reflecting, we have some feelings like regrets, self-hatred and other negative ones. Like this example, we get concerned about the past failures and have negative feelings.

Why cannot we wipe out our lingering affections easily? There is a psychological effect related to this topic. This is called the Zeigarnik effect, a tendency that we mind what we cannot accomplish our goals more than accomplished ones. In my case of speech contests, I had to leave Japan without achieving anything in the spring semester. I was so frustrated that I kept coming back to them

in my dreams. This effect, combined with the fact that the past cannot be changed, makes it difficult to dispel our lingering affections.

“Repentance comes too late.” Learning from the proverb, I made many attempts to cope with my lingering affection. For example, justifying, forgetting, calming down and others. However, all of them made me repeatedly remember them against my hope. I realized these actions are just escapes from my past. Then, I took the LAST RESORT which is a totally different kind of action from what I did. Consequently, it worked out and made me highly motivated to take actions to overcome them. From now on, I will introduce the LAST RESORT. It is “journaling”.

As a prerequisite, we need to face and accept our failures to wipe out our lingering affections. Kamiichi and Tuya stated that by accepting our failures, we can learn from them, and also it helps us to improve for the future. What is more, journaling creates an environment that visually confronts the cause of our lingering affections and makes it easier to accept them. Journaling is an important step to accept our lingering affections.

In addition, journaling is effective for mental health. It is figured out that journaling can contribute to decreased stress, a sense of well-being, and a more positive sense of self. Hence, just journaling will give us an incentive to learn from the failure and to take a step to be more positive in the future.

Now, I am ready to beat the last enemy thanks to the notebook and a pen. I journaled the milestones of failure with my feelings in my notebook and reflected on them. After this, I added some resolutions for my future learning from my failure. One is running for a position I desire. Another one is what I am doing now. Making the last speech. Just journaling, it made me motivated to face my lingering affections with sincerity and overcome them. Now, I am ready to reach my satisfying retirement of this E.S.S. life.

The time of my retirement from E.S.S. is right there. Ladies and gentlemen, before finishing my 8 minutes, I want to tell you the most precious moment as my keepsake. The time when I realize I made a huge failure after having kept on trying. It is the most precious moment for me because this is a clue which I could keep on working that hard and the moment gave me a turning point. With remembering this moment, I have just embarked on my next journey.

Your choice is always right

Konomi Nagamori

Kansai Gaidai University

I am in the US for this whole year under an exchange study abroad program. This study abroad program is only 12 months. But I had a lot of great times since I've been in the US. it was a Life changing experience for me.

Have you heard of “code-switching” before? “Code-switching” is the process of changing from linguistic code to another depending on the social context or conversational setting. For example, when you talk with your senpai or customers at the workplace, you would change the language to a more polite expression than talking with friends. Code-switching is necessary for us in daily life.

But I did “switching myself” in a different way. within my environments for 21 years, I changed my mode, I call this “mode-switching”. I changed what I am talking about or how I would present myself depending on the situation. I hide some parts of myself always, and I didn't have the place to show myself completely. This “mode-switching” was unavoidable in my life. And it has influenced me to adapt to my environment and act differently and made me hide some parts of myself.

This “Mode-switching” makes me good at acting like other people. making fake smiles, pretending I am okay even though I'm not. I lost my identity. Who I am, what I truly like. Because I was acting like someone else.

Many people ask me “What are the differences between Japan and the US, what was the most culture shock for you?” And I always don't know how to answer. I didn't feel a big culture shock. Honestly, Japan and America are not that different. Both countries are comfortable to live in. But I would say the difference between both countries is social norms.

American people respect individuals more than the Japanese. You are allowed to say your opinion. You should have your opinion in America. On the other hand, Japanese people value “harmony”, which is “wa” in Japanese. Also, they think that's a good thing to see what other people are saying. I like both countries. I don't say I rather live in Japan or live in America. But, This Japanese social norm also prevented me from expressing my feelings and made me suppress myself.

This study abroad connected me back to my identity. While staying in the US, I visited a lot of places, I saw a lot of nature in Oregon, the beautiful ocean with wonderful beaches in LA, and huge mountains. The real Broadway show, real artistic painting in a museum in New York. I saw many wonderful views through my own eyes. And the biggest thing was I met a lot of people who have lot of different backgrounds and different cultures, from different countries. From my experiences in the US and spending time in a society that respects individuals' opinions more, I finally got away from feeling the need to hide parts of my identity within different environments. For the first time in 21 years, my authentic self and full identity came back by not hiding parts of who I truly am.

I am honored I got the opportunity to come to the US. When I decided to come to the US, the main reason was to improve my English, and study marketing and business. But the biggest takeaway is that I found my identity. If I didn't come to the US, I might haven't noticed who I really am yet.

People seek to succeed, I also love to get success in my life. Some of you guys define success through how much money is obtained, how much designer brands are owned, or how big your house is.

But I don't think those are not always the definition of a successful life. The secret to success is finding your identity and having yourself. Listening to other people's opinions seems good to build a good relationship with them. But, I wouldn't prefer to just listen to someone and hold back myself, and just follow them without expressing myself.

I don't want you to do "mode-switching" and act like someone else and lost your identity like me. It's your life. it is not someone's life. Ask yourself what makes you happy, and what makes you excited. Don't give up your dream before trying. Don't hesitate to share your opinions. Your choice is always right.

Not simply a feeling of longing

Takasaki City University of Economics

Yukari Delima

Nostalgia, do you know what it is? Until recently I didn't. Have you ever listened to a song that makes you remember a specific moment in the past, or even looked to some old pictures and had a strange feeling that you couldn't explain? If yes, you have already experienced Nostalgia. Earlier, I used to feel melancholy while feeling Nostalgia. I am a kind of person that feel it so intensely and not knowing how to deal with it, I tried to lock the memories inside myself and avoid to think about it. However, Nostalgia is one unavoidable human emotion. And as I grew up, I learned the necessity of this sentiment in our life.

So today, I would like to clarify the meaning of Nostalgia and talk about the good effects of it. By explaining Nostalgia, you will realize that the action of remembering the past is not connected with regret. After my speech I hope you utilize Nostalgia as an efficient way to know more about yourself.

Let me start with the explanation of the word "Nostalgia". According to the Oxford dictionary, Nostalgia is "A sentiment of longing or wistful affection for a period of time." Okay, but with my frequent experiences with this sentiment I can confirm that Nostalgia is not simply a feeling of longing. I can say that Nostalgia is insatiable yearning sentiment about the past, can be for a specific time of your life, or can be for the old times in general. The biggest difference between longing and Nostalgia are the desire achievement. Longing desire can easily be satiated. However, in Nostalgia it's impossible. People cannot revive the past to fulfill the desire that Nostalgia brings.

This word was created by a Swiss doctor in 1688. Nostalgia is a combination of two Greek words "Return Home" and "Pain". Originally, Nostalgia was created to name an illness of being homesick. Nowadays, because of the development of human emotions studies, it's considered a natural emotion. According to a research conducted by an university in Malaysia, more than 80 percent of people feel Nostalgia at least once a week or more. This sentiment is so present in our daily life, that's why we should learn more about it.

What makes people keep away from Nostalgia is that they're unaware about its benefits. Can you imagine what kind of good effects it has? Neurologists say that those who usually try to remember

old memories are less likely to develop brain disorders. Such as Alzheimer's disease. Another effect that Nostalgia provide is Self-understanding. When people remember their life before and compare it with the present, makes they realize that all their actions reflect on the person who they are. They can understand their personality, attitude, liking and many other things about themselves.

Have you ever listened to the words "Never look back, just go forward"? Probably some of you already have. When I was a child my parents used to say it for me so, it remains in my brain. This phrase can have thousands of interpretations but, for me it means that we should avoid remembering the past and always keep progressing. As a result, it made me relate Nostalgia with regression and feel sadness while feeling it.

However, when I started to learn more about Nostalgia and understand its benefit, I could realize the importance of this emotion. So, I came up with two steps for people to enjoy Nostalgia without connecting it negatively.

First, keep in mind that no one can change the past. Time machine doesn't exist so far. We can only change the present. Many people say that the feeling of regret is so strong when they remember the past but, if they understand it as a way to learn from their mistakes and change their actions, Nostalgia will be more enjoyable. Putting in mind the good effects of Nostalgia is also necessary to recognize the importance of that sentiment.

Second, try to accept it positively. Some people have a pessimistic conception about Nostalgia. Like I had. When people start to feel nostalgic, they consider it bad. Because it gives the idea that the present is not as good as the past. However, life is made of stages. It has ups and downs but, none of them are forever. You have to find your own balance. By doing that, you can get the benefits from this emotion.

This is the manner that I find to feel Nostalgia more positively. After I discovered Nostalgia as a way of Self-understanding, I can easily explain what kind of person who I am. I know my strong points and weakness. Now, I don't hide memories inside myself anymore, I keep in myself confidence and valuable memories.

Some person may think: Okay, you said steps to enjoy Nostalgia but, I don't know how to feel it. What I have to do? To be honest, I cannot tell you the answer. Because, the way this feeling manifests and its intensity can be different between each person. Generally, I feel Nostalgia by looking to pictures, going to places that I have a special memory or eating food that you used to eat when you were a child. You have to discover your Nostalgia trigger by yourself.

Finally, you know what Nostalgia means and how not to relate it only with sadness. Your memories are the most valuable treasure that you have. By feeling Nostalgia, you will always keep your memories alive inside you. Now, imagine Nostalgia as a friend. That friend comes to talk with you and show the way in a different perspective. After a while, she quietly goes away. In other moment without warming she returns. You can hide or even ignore her. But, she will always seek a way to come along with you. So, why not hold her hand and accept her help on your long journey?

What Do You Think About LGBTQs?

Keisuke Nakano

Sophia University

I am X-gender. Do you know X-gender? X-gender is the people whose perception of his or her gender does not clearly fit either male or female. What do you think about LGBTQs? To be honest, some people may find it awkward. However, I would prefer to be treated normally. When I think about my sexuality, I feel a great sense of haze in my mind. Similarly, People who don't open their mind about LGBTQs have same feeling.

Do you know what the percentage of sexual minorities in Japan is? Today, the percentage of sexual minority in Japan is about 10%, which means that there is x person (people) in this place. In other words, these figures indicate the number of people who use their left hand mainly. If we can solve these problems, we feel good, and our sights will be clear. They will be able to live with more of themselves. We have the key to solve their trouble. But we tend not to use it. Our goal is that we get attention to LGBTQs which leads to people not having to live unconfidently.

You don't want to hurt friends and acquaintances, do you? If you don't know the right way to interact with LGBTQs, you could be the cause of their suffering. I do not want that to happen to any of you. Today I want to talk about LGBTQs. I think the problem lies with those who lacks concerns with LGBTQs. My ideal situation is that I want you to be kind to LGBTQs and not to have stereotypes about it. we can make a society in which they can confidently talk about their sexuality and accomplish relationships without barriers.

First of all, I'd like to ask you to think about LGBTQs community. And try to understand how we feel. It states where not everyone doesn't think deeply about LGBTQs and don't enforce the law about LGBTQs.

Let me tell you one of my experiences here. When I was an elementary student, I had a girlish talking style. This was something that I picked up from talking with my sister a lot. My classmates made fun of me but from 5th grade in elementary school, my friends had accepted me as an individual.

What is the cause of this issue? I came up with one cause of this issue. Even today some people think LGBTQs don't fit in the subjective normality that society creates, and when we encounter unexpected things, we tend to feel displeasure. So, we are the one who's creating the framework of LGBTQs. You can't differentiate one another without looking at it like that person's personality. Even though everyone is the cause, what we tend to think is this. It's just the problem of LGBTQs, so there's no need to take it up. I think LGBTQs are a part of great diversity, and as long as each person's sensitivity and values are different, I think it should be accepted.

To analyze my experience, they recognized the difference between my talking style and the "normal" boyish talking style. This meant I didn't fit in the common framework. My individuality being accepted, I felt so good because I could open my mind. Actually, I was incredibly nervous even as I was writing this speech. I was afraid of how other people would react if I told them. As mentioned above, the reason for this was that I had experienced being teased before and I still had a severe image of what society would think of me.

Many LGBTQs people who have just become college students, including me, are still unsure about our sexuality. Under this circumstance, we feel alone when everyone discriminates against LGBTQs. If this problem is not solved, it is becoming a more serious problem. It is because there will be a certain number of people whose human rights will not be protected in the future. And along with that, economic activities will not work due to the increasing number of people turning off their jobs, which is not good for individuals or society in the future.

Of course, this issue is complicated and difficult. In fact, I'm in the middle of thinking. Even if there are no LGBTQs around, by being aware of individuals, there should be a light of hope for LGBTQs. By making this speech I could learn much about LGBTQs, so I hope it will give you an opportunity to think even a little. which led to everyone's sight being cleared.

I would like to state the following as the opinion of one individual concerned with the solution. Let's start thinking about how LGBTQs feel from now. We have two steps to respect LGBTQs. The first step is to understand LGBTQs in detail. And the second step is to respect the individuality of others without seeing your own personality as a priority.

What did you think about LGBTQs? If you do two steps, you respect LGBTQs. What do you think about LGBTQs?

Mothers on the Edge

Hitomi Otsuji
Kwanseigakuin University

“Oh, my god! It’s already 7 o’clock??! I have to take the garbage out right now and I haven’t finished getting the kids ready for school yet!” This is an ordinary scene in the morning of a mother. By the way, I would like to ask you a question. Do you usually help with housework at least once a day? Please raise your hand. Yes, thank you. Then, I also have another question to you. Do you usually do housework at least once a day? I said “help housework” before, and now I said “do housework”. What is the difference between “help” and “do”?

The woman in the beginning part is my mother, and in this decade, the number of double-income families has increased dramatically. And my family is one of them. According to a survey, 1 in 4 families is a double-income household, and when you get older, the rate will be even higher than it is now. Then, mothers in such families will be forced to the edge of a cliff. Today, I’m standing here to try to pull them out of their crisis situations. Through my speech, I hope that mothers will have less everyday burdens in order to bring more smiles among their family members.

Do you know what burden is afflicting them the most? It is overwork at home. According to the Ministry of Health, Labor and Welfare, women in double-income households spend about 4 hours a day doing housework on average, but men spend only less than an hour. In my mother’s case, she got up at 5:30, made breakfast for us, cleaned, helped us prepare for school, and went to work. Then, she worked until 8 at night. After getting home, she cooked dinner, checked our homework, took a bath, and finally went to bed at midnight. She worked and slaved all day, and then she did most of the housework. It is the same for many other double-income families too.

Having such a situation drive not only mothers but also their families, especially their children to the edge of a cliff, and in the worst case, they will slip their feet. It is clear that mothers are harmed physically and psychologically by this infinite burden. When we regard housework, like my mother did,

as a job, she was working 120 hours a month which is higher than the “karoushi line” by far. Moreover, their children will also become unhappy. Actually, some reports show that souring family relationships contribute to children’s isolation or anxiety, and they can have anxiety disorder or attachment disorder.

Then, why do mothers have a big burden at home? This is because the ignorance about mothers’ situation. How many chores at home do you come up with? For example, cooking, washing clothes, cleaning . . .,no, they are absolutely one of the housework, but they are not enough. Please focus on cooking. For doing it, we have to plan a meal, go shopping to buy some ingredients, cook a meal and after eating we have to wash some dishes. Actually, here’re some hidden steps for cooking. Housework is harder than we think.

Why do we ignore our mothers’ situation accurately? The primary cause is the traditional Japanese view in which many people still think that housework is a woman’s job. “That’s wrong!” Maybe you think so, right? Of course, more and more people have been getting notion of gender equality, and some laws about it have instituted. However, we say “help housework”, and we don’t experience discomfort about the word. If you really believe housework is also your job, you would not say these words and lessen your mother’s work, right? That is, we unconsciously have this stereotype and expect our mothers to take care of the housekeeping, even if we share the opinion that we should all do housework regardless of gender or position.

Then, to resolve this difficult situation for the mothers in your lives and save them from going over the edge, I have some easy suggestions for you. First one is very easy. It is that don’t use this phrase, “help housework”. Instead, please use specific one like “I will cook dinner today”. By doing so, we can consciously reduce the Japanese traditional view, and your children will not have a traditional stereotype about housework.

After this, there is only one thing to do. We have no choice except for sharing the housework. But how? How can we do that? There are two steps to share housework. As the first step, make a list of all the housework in your home and share the list among your family members. Thanks to that, your family can understand how many jobs there are. And next, from the list, find a housework you can and do it. It doesn’t matter how simple or small, like taking the laundry in and washing the bathtub. I know many people are busy and cannot do housework completely, so shall we start a small step for saving our mothers?

“Oh, it’s 7o’clock. Mom, have you had a breakfast? I will take out garbage before going my school, so you can keep it there.” “Thank you. That’s very nice of you! I will get ready for work.” My mother made a big smile which set a happy mood in my family.

When in Nakatsu

Karin Takatoki

Kansai Gaidai University

Where is your hometown? Why do you like your hometown? My hometown is in Nakatsu City in Oita prefecture. Let me introduce Nakatsu to you.

First, hot spring. There are a lot of hot springs in Nakatsu. Hot springs have healing effect and they are good for our health. The elderly people in Nakatsu go to hot spring every day. Envious Second, rich nature. If you come to Nakatsu, you can see a lot of green, you can breathe fresh air, and drink clean spring water from the mountain. They are also good for our health. Third, karaage, fried chicken. Did you know Nakatsu is famous for karaage? Nakatsu karaage is the most delicious in Japan, I believe. I love it. Half my body is made from karaage maybe!!!

Many people in my hometown move to cities after graduation of high school. Have you ever imagined that your hometown is gone? The population of Nakatsu City is about 80 thousand. My hometown, Honyabakei is the countryside in Nakatsu. The population becoming much older is starting to become a serious problem. Honyabakei is the marginal village. Marginal village means 50% of population are over 65. After a few decades, there will be only 3 households left in my area. Also, it is difficult to maintain forest, agricultural jobs, community roads and the social community. We should do something to maintain my hometown.

Recently, I often see programs about immigration to the countryside on TV. Moving to the countryside is becoming a boom. My hometown started campaigns to increase immigration, such as the empty house bank and recruiting people who plan to boost the development of the area. In my hometown, Honyabakei, the cost of living is lower than in cities and also there are a few convenience stores and supermarkets. So, you can save money. Thanks to the campaign, many people are coming to my hometown. They want to spend time relaxing, and not to meet so many people. But it is not easy to increase the number of residents. Some of them thought living in Honyabakei was actually inconvenient. Some didn't settle into the close connection between people and the community. For example, if your car is at home in a weekday. A neighbor may ask you, "Why is your car at home today? Don't you go

to work? Are you sick?" If an ambulance comes to the area. People call around to ask, "Who is hospitalized?" Next day, almost everyone in the area will know.

Why do people in this village ask me private things? It is difficult for people from the cities to understand it. From the rural people's point of view, it is normal to communicate with each other. It is also useful to confirm the safety of elderly people living alone. Is it really difficult for people from the cities to immigrate to the countryside?

A family runs cafe in this area. They moved from the city to this town. They sponsored some events, such as a music event, a movie event, and a flea market. These events become good opportunities to interact with the local people and visitors. The cafe owner himself enjoys such events very much. Visitors get the opportunity to communicate with the local people and get to know a little about rural life. They also have meetings in the town to help the people. They explain how to take out the garbage. They act for the local people and change the local people's life for the better. Why do they do these kinds of thing? The reason is simple. They love living in this area.

People from the cities should understand local people. They should interact with local people positively. People in Nakatsu should understand people from the cities. They should embrace new people. It is important to come together to make "New Nakatsu".

I'm studying hard at university in Osaka now. After graduation, I'm going to stay here for several years to experience a lot of things in the city, and look for what I can do in my hometown. In the future, I will go back to Nakatsu, and do something for Honyabakei. I love Nakatsu. I love Honyabakei. It is said When in Rome, do as the Romans do. But when in Nakatsu, let's compromise with each other. Compromise is the only way to get along with others. I welcome you to Nakatsu, especially Honyabakei.

Who cares?

Yuna Negishi

Ryukoku University

When I was in junior high school, I couldn't go to the restroom by myself. I couldn't even eat lunch alone. You might think I have a serious disease, but I don't. Of course, I am not a baby. At that time, I was very anxious if I didn't have someone with me. Like a baby who doesn't want to be left from mother.

Have you ever had this kind of experience? Or have you been around people like this? They can't act alone. They always stand by the popular people. They show off as if they are popular people. I call such people "pleasers". Pleaser is a term used to describe the hierarchy of the American school caste and refers to someone who stand by a popular person. In middle school, I was totally one of them. It was very painful to adjust myself to others all time.

However now I've developed preferred friendships at my own pace. Compared to my middle school days when I pushed myself, I have a much more meaningful and enjoyable life now. Today, I'm going to teach you how to prevent yourself from becoming a PLEASER.

As I mentioned earlier, pleasers always stand by the popular people in school and think they are also popular too and act big. Why does pleaser occur in a community? They can't explain by one word. They can only maintain their personality by "belonging to a popular group". They want to be recognized as a member of the popular group by many people. They are trying to satisfy their self-esteem and need for approval by being recognized as a member of popular group by many people. However, everyone has probably wished to be popular, to get attention at least once. It is not wrong to have such wishes to be popular, to get attention, to be affirmed by many people.

The problem is that they hold fast to this desire too much, forcing themselves to belong to a popular group. They are sacrificing what they originally want to do. The true self that I am referring to here is to have two freedoms. **【the freedom of self-expression】** and **【freedom of time】** .

Freedom of self-expression is the state of being able to express, assert their like and dislike without caring what others think. Freedom of time is the state of being able to use your time as you wish. When we lose the freedom of self-expression, and freedom of time, it will be difficult to think about our own opinions, and what we want to do. Finally, we will get lost at our life.

As a result, they rely on the personality of the popular person because popular person has attractive personality. Pleasers tend to imitate their words, actions and behavior to match the popular group at school. They are refrain from asserting themselves. Girl groups can very noticeable show this. Especially girls probably had this kind of experience.

To give an example, even if someone in the group says something that you don't agree with, you will sympathize such as "OH, you're right. Actually, I have been thinking the same thoughts as you for a long time!" You try to prove that you are a member of their group by showing sympathetic attitude even if the opinion differs from your own. There are many situations that sympathy and patience are needed, regardless of age or gender. For example, Company with colleagues and bosses, school with friends and teachers, at home with Brother or sisters and parents. In these situations, a series of small patience would be big self – sacrifice.

Now, I would like to tell you what to do when you have become a pleaser, which is the main issue. I would like to introduce two measures to take when you become a pleaser. The first is to practice being able to explain in your own words what you like and what you don't like to express yourself.

For example, diary. You can use social networking sites as a diary. The most important thing to express your feelings as you are. Second, set a goal and complete a small goal every day to achieve it. Let me give you an example in relation to the first goal. Suppose you set a big goal, 'to be able to express myself'. To achieve this major goal, you keep a diary. To achieve the big goal, you keep a diary, which becomes a small goal to achieve the big goal.

Then, you break it down into smaller goals such as, "Ten minutes before bedtime, I will reflect on my thoughts and feelings today, even if it's just three lines". By making it a daily routine to steadily complete small goals, you will have time to face yourself. Through these two methods, you will secure

two freedoms, freedom of self-expression and freedom of time. You will be able to graduate pleaser little by little.

The process of checking feelings and thoughts is very important when we convey something. This is my experience. When I was given bad nickname in high school, I wrote why I didn't like it, and how I should tell my friends to stop call me that nick name in my dairy. By doing so, I checked my thoughts and feelings. As a result, I was able to calmly convey to my claims, explain why I didn't like it. In this way, keeping dairy has been useful in my life.

When they realize and accept that they are a Pleaser, they can be free, be themselves. They don't have to force themselves to match other's tension or sacrifice their own time. In addition, when they have more free time, they will have the ability to think about their own wish and decide what they want to do. No matter how small their wish is, they will have the ability to carry out their wishes. they will be able to live more comfortably.

Finally, let me tell you why I told you this speech about Pleaser. All of us live in some group. As you interact with person, you may lose confidence, and become like a Pleaser for some reasons. If you lose your confidence, you care what other people think about you, please remember this word. "Who cares?"

Rise Highest Against the Wind

Kenshi Nakanishi

Otemae University

Hello everyone. My Name is Kenshi. Today, I'm going to talk about how my name influenced my life. When I was born, I was sick and very weak, because I have Down Syndrome. So, my grandfather named me "Kenshi(健志)". "Ken(健)" means "health" and "Shi(志)" means "motivation". He hoped that I could be healthy and find something I really wanted to do. I like my name, because it is a special present from him. Now let me talk about two experiences that changed my life.

In my childhood, I had to be in hospital for a few years, because of my serious illness, a type of epilepsy. The doctor said to my parents that my illness would never be cured. However, my parents never gave up until I got better. They visited many hospitals and at last they found the good medicine and treatment. Four years later, thanks to the people who supported me, I got over my illness. At first my parents were very surprised to know that and then they felt very happy. As a result, with a lot of people's love I got "health" which my name "Ken(健)" means.

Another experience is the story about when I was in junior high school. Most teachers of my school said to me, "English is too difficult for you. You can't do such a difficult thing." In fact, it took a lot of time for me to do anything. As far as studying goes, for instance when I memorized words or something, it took a long time. I am intellectually challenged. Even so, I wanted to study English more. When I was a child, I often used to listen to English songs. I enjoyed moving my body with many English chants. For these reasons, English became my favorite subject and studying English was fun for me. But, no one understood how I felt at school. That really discouraged me. Just then, I felt like my grandfather in heaven gave me a message. He said, "Never give up, Kenshi. Do what you want to do as Winston Churchill once said, 'Kites rise highest against the wind-not with it.'" I remembered this quote, because my grandfather often recited it to me. Thanks to his words, I tried hard to memorize

word by word many times and I spent a good amount of time to review what I learned at school. In addition, I listened to English lessons on the radio every night. My parents always encouraged my efforts and supported me a lot. That is why I am here to be able to give this English speech now.

Since I entered university, I made some international friends. They talked about their countries and cultures in English. It is so much fun to imagine beautiful sceneries and interesting events in their countries. It was good to study English. At the same time, learning English made me interested in Japanese culture more. I have been learning calligraphy over ten years and I started discovering the beauty of Japanese characters more than ever. And now I study the spirit of Japanese tea ceremony as a member of the tea ceremony club at university. Also, I joined a Japanese dance team and I perform a Japanese dance called Yosakoi with many people at local dance festivals. Someday, I want to introduce these Japanese cultures to people from overseas. It is my dream and that is what my name, “Shi (志)” means.

My name is Kenshi, health and motivation. I’m stronger now and I have found something I really want to do, just as my grandfather wished. Even If there are more difficulties in my path, I want to use them as opportunities to make me grow and, “Rise highest against the wind”.

Cover the Wound with a Win-win Bandage

Rio Numata

St. Paul's University

One cloudy afternoon, I popped into a shop. The shop looked bright and warm because of the beautiful orange light hanging down the ceiling. After paying the bill, the clerk said, "Have a good day!" Despite her warm regards, I rushed out of the shop. I took that clerk's hospitality for granted. I didn't have any bad intentions then. As I left the shop, the rain started to pour down. It was as if someone was crying.

Have you ever heard the word customers are gods, in Japanese "お客様は神様"? It's one of the commercial cultures in the service industry in Japan. This concept means "customers are superior to clerks". Some may argue, I don't think that way. I was not an exception. Though I thought like that, I didn't take any action about her warm service. I took her service for granted. Have you ever acted like me? This whole process indicates we think customers are superior unconsciously. This commercial culture is like a deep cut in the current society and its wound is undermining our hearts. So today, I would like to talk about how to avoid this cut from hurting us. After my speech, I hope both clerks and customers stay mentally healthy and happy.

"Hey! You haven't given me back the changes!! Give it to me!" This is what I experienced in the past when I was working at a café. The very moment this word came out of his mouth I felt my heart being squeezed. I felt so terrified by his attitude. Some may not feel like I did, however, please imagine that this clerk was you. In fact, according to the Ministry of Health, Labor, and Welfare, one in two clerks experience customer harassment. Can you permit this? As a result of feeling like this, some clerks have injured the customers in return. There was an incident in which a clerk stabbed a customer to death in the past. This wound can hurt people deeply in both ways.

Then, where did this concept come from? It came from a misunderstanding of a phrase. Originally, "customers are gods" came from the entertainment industry. It means to act with a pure

heart as if you are showing your performance to the gods. However, the phrase was manipulated by the media. People misunderstood customers as if they are gods. What was worse, the misunderstanding couldn't be stopped. People already subconsciously felt that customers are superior through the structure of the customer paying the clerk. As a result, "customers are gods" became a culture in the service industry. People don't have hesitation to take rude attitudes toward the clerks. The misunderstanding of this phrase brings an untreatable cut to Japanese society.

So, what can we do to improve the current situation? Realistically, it is hard to introduce a new culture that can heal this wound. However, I would like to introduce you to a way that can cover this wound. Before telling you how to do that, I want you to share my experience.

On a bright sunny day, I was working as usual at a café. Working at the cashier, a person from a different country came in. I talked to him in Japanese, however, he couldn't understand what I said. So, I used English instead. When I served him a cup of coffee, he said to me. "ありがとう" His Japanese was not perfect, but I felt that he tried to express gratitude to me. I felt grateful and satisfied with my job. This experience taught me the importance of trying to express sincere thanks. It motivates them to provide the best customer service.

Through this experience, I realized that both clerks' and customers' efforts are important. Customers shouldn't take the clerks' hospitality for granted. We should show respect with a polite attitude. Here is a wonderful method to do that. The method is to apply a win-win bandage. The win-win bandage is a simple method. It means to say thank you and make eye contact with a smile. Do you really look them in the eyes and say thank you with a smile? The crucial point is to smile and look into the eyes. Tsuchiya Yukino who is a professor at Tokyo University of the Arts states that eye contact improves conversation satisfaction and impression rating. However, according to a paper published by Onomichi Junior College, eye contact can make a bad impression when you are hostile to others. In brief, smiling is essential to tell something and look in the eyes.

Being thankful benefits not only clerks but also customers. Doraiswamy who is a brain expert stated that grateful people feel better, sleep better, are less fatigued, and have less inflammation that can exacerbate heart failure. It helps develop both mental and physical health. This way clerks and customers can build a relationship that is beneficial to both of them. It also stops the wound from hurting us. This is why I call it a win-win bandage.

Since I started to put a win-win bandage on, I have seen more smiles. “Thank you!” I smiled and made eye contact. “Have a good day!” The clerk said with a big smile. The deep wound was covered, and we have regained our smiles back thanks to the win-win bandage!

How do you usually interact with clerks? The concept of customers are gods is a deep wound in society. Both customers and clerks are suffering from it. We cannot heal the deep wound completely though. However, a win-win bandage can change this situation. To say thanks while looking into the eyes and smiling can cover the deep wound. Let’s regain the smiles that were once stolen by the deep wound of this society. I hope we can realize a friendly society using the “win-win bandage!”

Love Yourself

Naoko Kawane

Sophia University

“I really love myself!!” Can you confidently say these words? How many people are there who fully love themselves? I think there are few people who love everything about themselves. According to the Cabinet Office survey in 2018, the percentage of people who say they are “satisfied with themselves” is in the 80% range in Western countries, while in Japan, it is in the only 40%. As you can see, there are not so many people in Japan who have self-love.

Do you have any of these experiences? Such as being unnecessarily caught up in the evaluation of others or underestimating yourself and not aiming for slightly higher goals. All these instances do not happen when you love yourself. Self-love leads to your mental stability, and you will no longer shrink from fear of failure. In other words, self-love betters your life. That’s why I want you to have self-love. Today, I would like to talk about self-love. I hope this speech will give you some hints to love yourself and then your life will go happily.

Before getting to the speech, let me define self-love. Self-love is the feeling of accepting one’s existence as irreplaceable and positive. In this speech, I divide it into 2 groups. First one is “absolute self-love”. This is to accept your own existence as you are. People having a high absolute self-love can evaluate themselves positively and be satisfied with who they are. Second one is “social self-love”. This is to be satisfied with the evaluation from others. You can enhance social self-love by experiencing successful events through like entrance exams or the job hunting. Denying your worth by yourself and judging your worth by others are the factors that lower your self-love.

Of course, it is ideal to have both absolute and social self-love, but I think what’s more important is absolute self-love. Why? That is because social self-love is easily influenced by external factors, and your successes are just accessories, not your core. Don’t you think so? Without the foundation of absolute self-love, which is accepting your existence by yourself, overall self-love is easily broken. On the other hand, the experience of your efforts is not affected by the evaluation of others and can be acknowledged by yourself.

Here, let me share my experience. Now, I'm delivering a speech about self-love, but honestly, I used to be a person with pretty low self-love before. When I was a child, I always suffered from a sense of inferiority to my older brother. In a word, he was genius. I often compared myself to the too distinguished brother, and my lack of honorable successes depressed me more. However, one great motivation saved me. It is a classical ballet. I have been doing it for 13 years. Although I've never won any prizes in competitions, there is surely a fact that I continued it for 13 years and that gives me a confidence. Through remembering this fact, I can absolutely love myself. This is one example of enhancing the absolute self-love.

Well, now I'd like to share how to love ourselves. But before that, let me tell you one important thing. This is academically proven, absolute self-love is nurtured during the growth process or the family environment in many cases. So, if you have children in the future, I want you to love them wholeheartedly. The experience of being loved will give them high levels of self-love which means self-confidence.

Then, for those of you who are college students and above, here are two things I want you to try. First, please cherish the relationship with friends who don't deny but respect you. This is because even though absolute self-love, which is the basis of overall self-love, is important, if the people around you are aggressive, even that premise cannot be fulfilled. Sharing time with people who respect you unconditionally will give you peace of mind. Even though I was going through a difficult time, I could continue ballet thanks to my kind-hearted friends.

Second, please look back at something you continued or are trying to continue. Even a hobby or something trivial that has no results or productivity is okay. It's not easy to keep doing something, but I'm sure many of you here have been involved in the speech community for months or even years. Those of you who keep giving speeches that aren't just fun but can be tough at sometimes should be proud of themselves.

Finally, self-love is not something that can be done right away. It's not easy for everyone to say "I love myself" because loving yourself means accepting your whole existence including your imperfections. If you see yourself in a neutral way, you will find both your positive and negative side.

But it's OK. It's natural thing as a person. No one is perfect in every way, right? So, first and foremost, love yourself.

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