

江口裕之の *illuminating JAPAN* Vol.10 英語で伝えるニッポン

東京オリンピック&パラリンピックを2020年に控え、これから外国人と触れ合う機会がますます増えるでしょう。そんなときに自信をもって彼らの疑問に答えられるように、このコーナーで少しずつ日本紹介の英語をストックしておきましょう。



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著書:『英語で伝えたい ふつうの日本』『英語で伝えたい いつもの日本』(共著、DHC)、『英語で語る 日本事情2020』(共著、シャバントイムズ)、『日本まるごと英単語帳』(NHK出版)、『英語で伝えたい日本紹介 きほんフレーズ』(DHC)など多数。

今月のトピック 1 神社とお寺

ここが疑問! 神社とお寺って、どう違うの?
What's the difference between shrines and temples in Japan?

こんなふうに説明しよう!

- ▶ 神社は神道の、お寺は仏教の施設です。
- ▶ 神社には、鳥居と呼ばれる簡素な門があります。鳥居は、神社の境内の神聖な領域と外側の世俗的な領域の境界を示しています。
- ▶ お寺にはよく、大きな門、塔、鐘、墓地、仏像などがあります。
- ▶ 神社もお寺も、日本人の生涯において節目となる儀式を行います。
- ▶ お正月には、多くの人々が神社やお寺へ初詣に行きます。

* sacred: 神聖な/worldly: 世俗的な/pagoda: 仏塔/graveyard: 墓地/deity: (多神教の)神/ritual: 儀式

- Shrines are for the Shinto religion and are called *jinja*. Temples are Buddhist and are called *tera*.
- Shinto Shrines have simple gateways called *torii*. They mark the boundary between the sacred area inside the shrine grounds and the worldly area outside.
- Buddhist temples often have larger gates as well as pagodas, bells, graveyards and statues of Buddhist deities.
- Japanese people use both shrines and temples for key rituals throughout their lives.
- Many Japanese people visit a shrine or a temple around New Year.



もっと知りたい!

Q. 日本ではなぜ、神道と仏教が仲良く共存しているの?
How do Shinto and Buddhism coexist so harmoniously in Japan?

- Shinto is Japan's indigenous religion. It began in ancient times and is characterized by animism and the worship of ancestors.
- Buddhism originated in India, and was introduced into Japan in the 6th century.
- One reason for their harmony is that Shinto has

no founder or firm religious principles. This means it's not a threat to the status of Buddhism's founder, Buddha, or its scriptures.

—In fact, after Buddhism was introduced into Japan, people started thinking of Buddhist deities and Shinto deities as having complementary roles.

* indigenous: 土着の/animism: アニミズム ▶自然界の全てに霊が宿るとする信仰。/worship of ancestors: 祖先信仰/originate in: ~で発祥する/founder: 開祖/firm: 確固とした/religious principles: 教義/scripture: 教典/complementary: 補完的な

◆英語で言えますか?
[通訳案内士の必須語彙]

こまかい 狛犬: paired statues of lionlike guardian dogs
おみくじ: a slip of paper inscribed with a fortune-telling message

さいせん 賽銭: a money/monetary offering
二礼二拍手一礼: a Shinto ritual of bowing twice, clapping one's hands twice, and bowing once again

今月のトピック 2 おせち料理

ここが疑問! おせち料理って何? What's o-sechi ryori?

こんなふうに説明しよう!

- ▶ おせち料理は、いろいろな品を取り合わせた特別なお正月料理です。
- ▶ さまざまな種類のおせち料理が大皿や重箱に、彩りよくきれいに盛り付けられます。
- ▶ おせち料理は、この1年間の健康と幸せを願って調理し、食べるものです。
- ▶ 昔は、主婦たちが暮れに数日かけて作ったものです。
- ▶ 今では、できあいのおせちをデパートやスーパーで買ってきたり、通販で取り寄せたりする人も多くなりました。

* a range of: (ある範囲の中で)さまざまな/dish: 料理/layered boxes: 重箱



- O-sechi ryori is a range of food specially prepared for the New Year period.
- Various o-sechi dishes are colorfully and beautifully arranged on large plates or in layered boxes.
- They're prepared and eaten with wishes for good health and happiness throughout the coming year.
- In the old days, homemakers would take a few days to prepare o-sechi at the end of the year.
- But these days, many people buy ready-made o-sechi at supermarkets or department stores or order it online.

もっと知りたい!

Q. おせち料理にはどんな品があるの?
What are some typical ingredients of o-sechi dishes?

- Many o-sechi ingredients have auspicious meanings. For instance, you'll usually find *kazunoko*, or herring roe, which represents fertility.
- Boiled prawns are often included too. Their curved bodies are like the bent backs of elderly people, so they symbolize a wish for long life.
- And then there's *kurikinton*, which is a sweetened mash of boiled chestnut and sweet potato. It's kind of golden in color, so it represents wealth.

* ingredient: 食材/auspicious: 縁起の良い/for instance: 例えば/herring roe: ニシンの卵/represent: ~を表す、象徴する/fertility: 多産、子孫繁栄/prawn: (クルマエビなど)大型のエビ/bent back: 曲った背中/chestnut: クリ/sweet potato: サツマイモ/wealth: 富

Q. おもちって何? なぜお正月に食べるの?
What's mochi, and why do Japanese people eat it at New Year?

- Mochi are rice cakes made by pounding steamed rice into a dough-like paste.
- Rice is the most important staple of the Japanese diet, so *mochi* is a symbol of bountifulness.
- At New Year, we make *mochi* offerings to deities and also eat it ourselves to receive their blessing and support.
- Mochi can be baked and seasoned to taste, or cooked with vegetables in a soup called *zoni*.

* pound: 何度も打つ、つく/dough: パン生地/paste: のり状に練ったもの/staple: 主食となる食物/diet: 食事/bountifulness: 豊穡(ほうじょう)さ/make an offering to: ~に供え物をする/bleeding: (神の)恵み/season...to taste: ...に好みの味つけをする

日本の祝日を英語で説明しよう! (1月)

◆元日 [1月1日]

On **New Year's Day**, January 1st, we celebrate the coming of the New Year.

◆成人の日 [1月の第2月曜日]

On **Coming-of-Age Day**, the second Monday of January, we congratulate and encourage new adults.