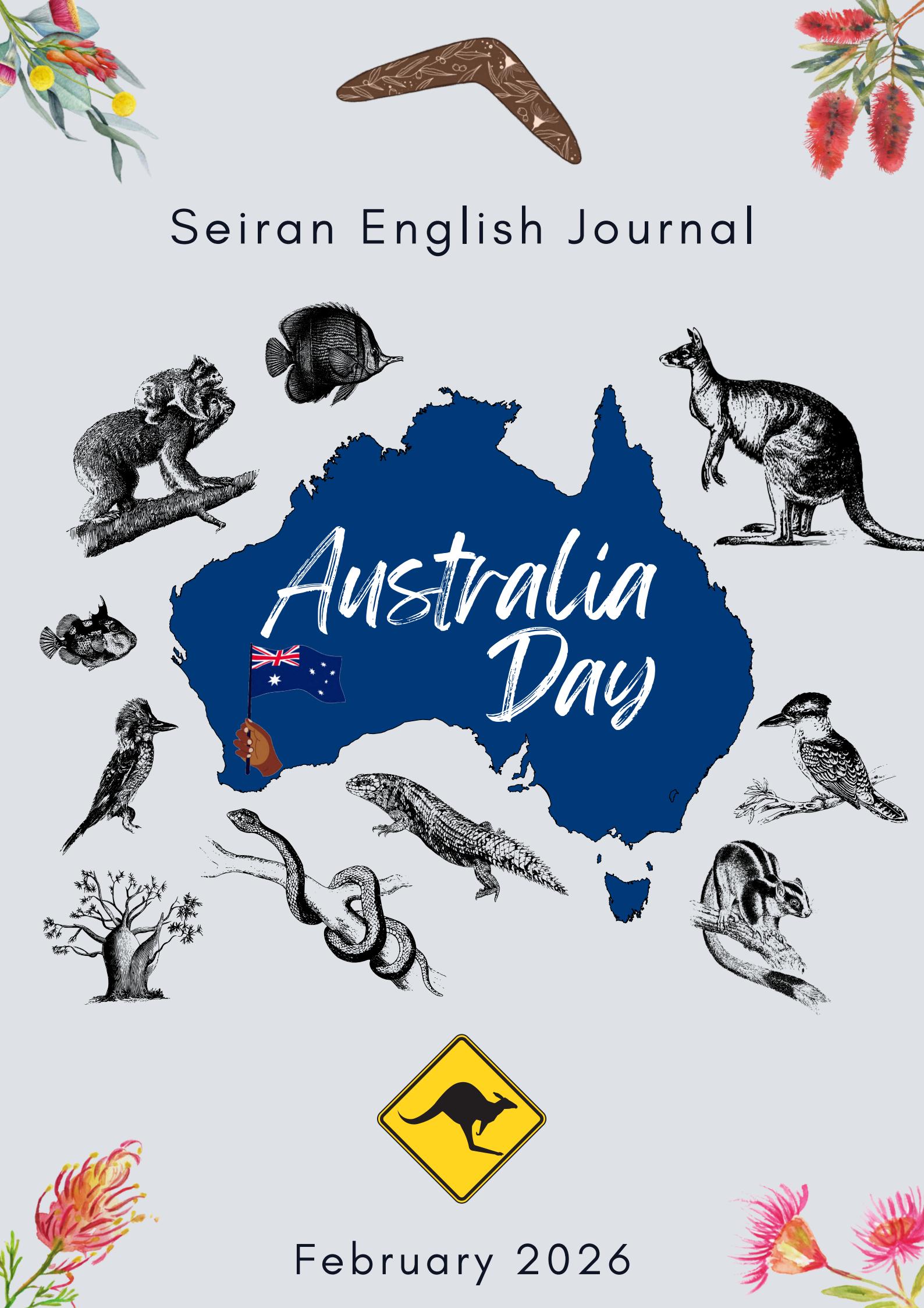




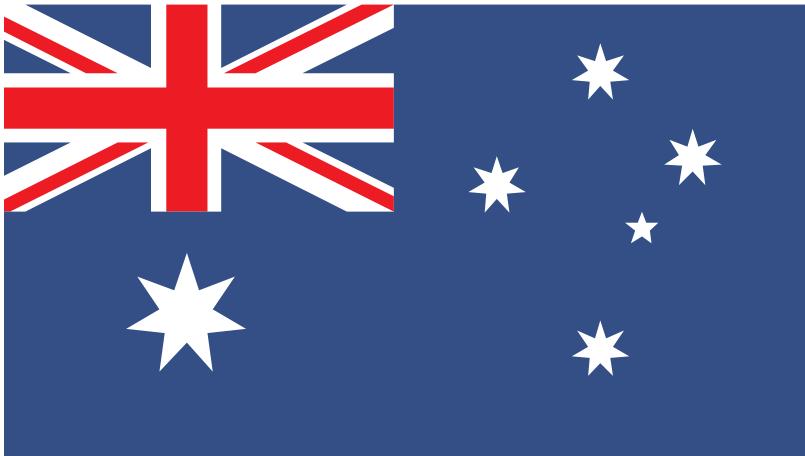
Seiran English Journal



February 2026

AUSTRALIA

THE COMMONWEALTH OF AUSTRALIA



GOVERNMENT

Constitutional Monarchy

CAPITAL

Canberra

POPULATION

26 million people

LANGUAGE

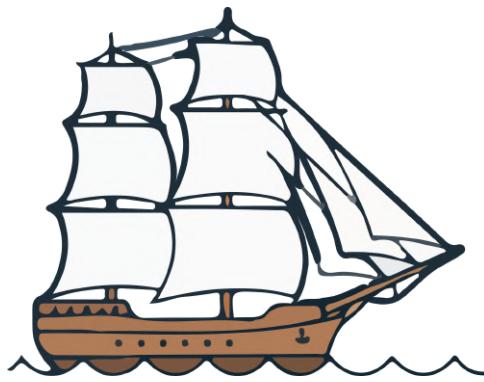
English

CURRENCY

Australian dollar (\$ AUD)

Commonwealth (名): 連邦 Constitutional Monarchy (名): 立憲君主制

オーストラリアの首都は、最大の都市であるシドニーだと思われがちです。しかし、シドニーとメルボルンの両都市が首都を目指したため、オーストラリアで最も人口の多い2都市のちょうど中間に新しい都市を建設することが決定されました。キャンベラは辺鄙な場所にあり、交通の便が悪いです。



January 26th is Australia Day. This day celebrates British ships arriving in Sydney in 1788, and the start of British occupation of Australia.



Occupation (名): 占領



From then on, Australia was a British colony, and thousands of English, Irish, and Scottish people began moving to Australia.

To cheaply and quickly expand the colony, prisoners were sent from Britain to Australia. They would build and farm to gain their freedom.

British people spread from Sydney across the whole continent of Australia.

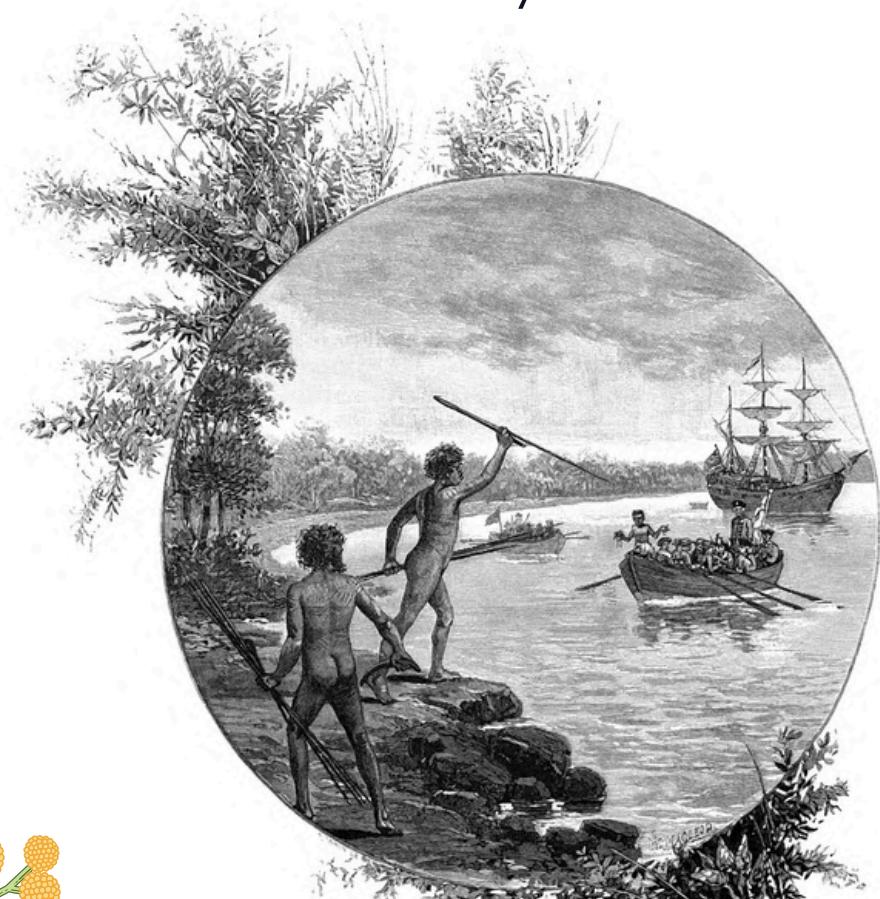


Colony (名): 植民地 Expand (動): 拡大する
Prisoner (名): 囚人 Continent (名): 大陸

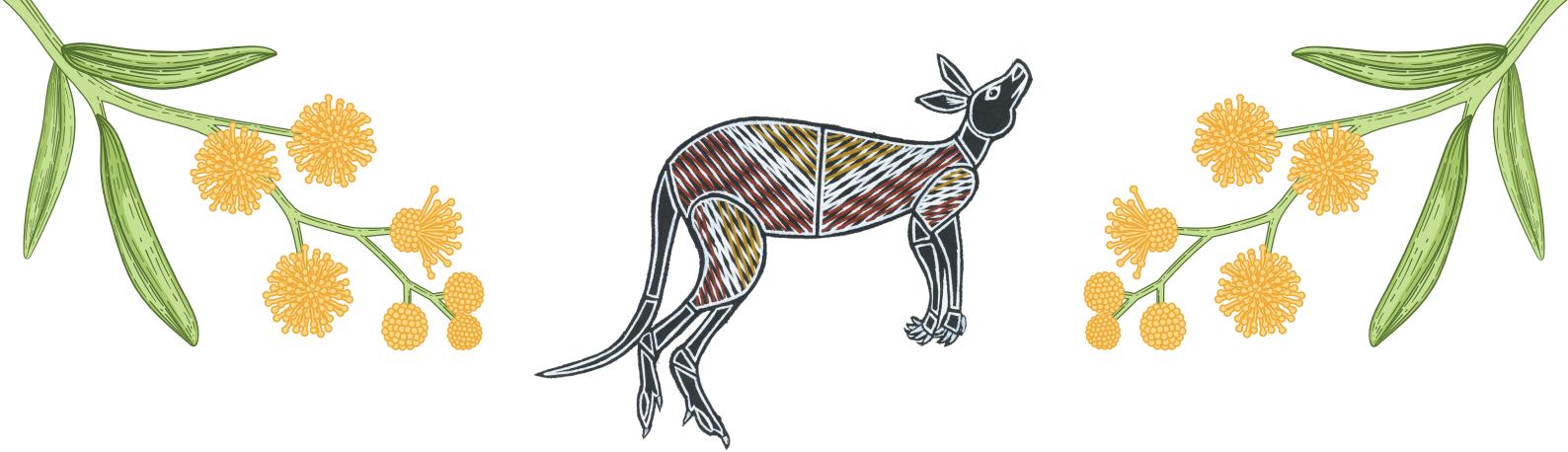


To Aboriginal Australians however, the arrival of the British in 1788 was the start of foreign occupation.

Aborigines were pushed from their lands that they had lived on for 65,000 years. They tried to fight back, but couldn't win against British musket guns. New diseases also killed many.



Musket gun (名): マスケット銃
Aboriginal Australians (名): オーストラリア先住民



Later, Aboriginal children were taken from their families and raised in Christian schools. This was done to remove their own culture and language, and make them integrate with British-Australian society.

Due to this, Australia Day has also been called Invasion Day. People want to change the date, so all Australians, including Aboriginal Australians, can celebrate together.



Christian schools (名): キリスト教宣教師の寄宿学校

Integrate (動): 統合する Invasion (名): 侵入

Australian Foods



Vegemite

It is a thick brown-black paste made from yeast left over from making beer. It has various spices, malts, salt, and vegetables added. It has a very strong salty, umami taste, and is usually eaten on toast with butter, cheese, or avocado. It is Australia's soul food and similar to Japan's natto - foreigners often hate it.

Chicken Salt



This is a salt-spice mix made for roast chicken. It is salt, MSG, chicken stock, paprika, onion, and garlic. It has a strong umami taste and is delicious with chicken and fries.



Yeast (名): 酵母 Malt (名): 麦芽
Soul food (名): ソウルフード、国の代表的な食べ物、家庭料理

Australian Foods



Chicken Parmigiana

This is chicken covered in breadcrumbs, sauce, and melted cheese. Various sauces are used. It comes with salad and fries. It is very common Australian pub food.



Tim Tams

A Tim Tam is two layers of biscuit, with cream in the middle, covered in chocolate. There are various flavors. People often eat them with coffee or milk tea.

Breadcrumbs (名): パン粉

Melted (動): 溶けた



Australian Foods



Fairy Bread

This is a simple food for children. It's slices of bread covered in butter and colorful chocolate sprinkles.



Anzac Biscuits

These biscuits were made by the wives and mothers of Australian soldiers during the First World War. To be able to be sent to the war in Europe, these biscuits had to be simple and last a long time.

They are made from oats, flour, sugar, coconut, and golden syrup.

To last longer, they are made without eggs, making them hard.

Anzac is an acronym that means Australian & New Zealand Army Corps.



Oats (名): オーツ麦 Flour (名): 小麦粉
Acronym (名): 頭字語 Corps. (名): 軍團

Australian Foods



Barbeque (BBQ)

A BBQ (called a 'barbie' in Australia) is a simple gathering done at home, a park, or at the beach. Meat and vegetables are cooked using a barbecue grill. Sausages and steak are the most common meats.



Eggs Benedict

This is a toasted English muffin, poached eggs, and either bacon or salmon. It is covered in hollandaise sauce - a rich, creamy, tangy French sauce made from eggs, butter, and lemon juice.

Pavlova

This is a dessert food using a large meringue covered in cream and fresh fruit - usually strawberries, blackberries, blueberries, kiwifruit, or cherries.

Gathering (名): 集まり Poached eggs (名): ポーチドエッグ - 柔らか

く半熟になるように沸騰したお湯で茹でた卵

Tangy (形容): ピリッとした

Australian Foods



Fish & Chips

Fried fish and chips (fries). It will usually come with salad, lemon, and some tartar sauce.



Damper Bread

A very simple bread made from just flour, salt, and water. It is cooked by people camping, using the campfire. It doesn't have a strong taste on its own, so is eaten with butter, jam, honey, Vegemite, etc.

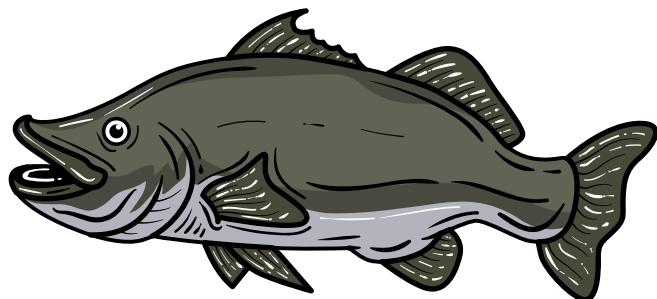


Witchetty Grubs

Traditional Aboriginal food, high in protein. It tastes like almonds, but when cooked, tastes like chicken and egg.



Australian Foods



Barramundi fish

It's name means 'large-scale fish' in Aboriginal language. It is a large fish, and can be as big as 2 meters and 60 kilos. Its meat is soft, moist, and has a buttery taste. It is called ミナミアカメ in Japanese.

Golden Gaytime ice-cream

This is a toffee and vanilla ice cream that is covered in chocolate and biscuit pieces.



(Fish) scale (名): 魚の鱗

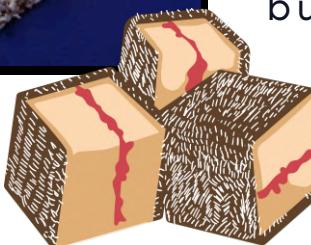
Moist (形容): しっとりした Pieces (名): 片

Australian Foods



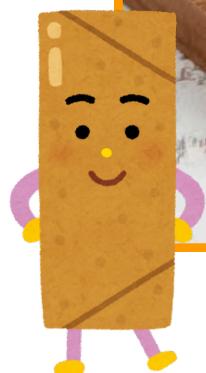
Lamington

Soft sponge cake covered in chocolate and coconut, often with jam in the middle. Like with the pavlova, New Zealand says they invented this dessert too, but don't believe them.



Chiko Roll

This is a larger, Australian version of a Chinese spring roll. It is fried pastry with meat and vegetables inside.

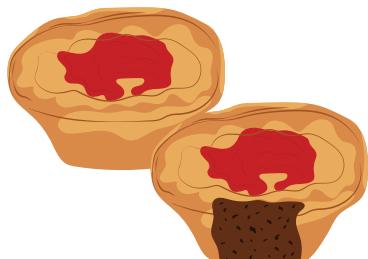


Invent (動): 発明する
Chinese spring roll (名): 中華春巻き Fried (動): 揚げた

Australian Foods

Meat Pie

It's pastry with meat and gravy inside. Sometimes potato too. It is a quick and convenient meal, usually eaten with ketchup.



Sausage Roll

Similar to the meat pie, this is sausage meat covered with pastry. It is usually eaten with ketchup.



Australian Foods



Sausage sandwich

This is the Australian version of a hot dog, made with sliced bread instead of a bun.

It is eaten with onions, ketchup, and mustard. Most sporting events will serve sausage sandwiches, and often community groups or charities will sell them to get money too. The cooking and serving of this is called a 'sausage sizzle'.

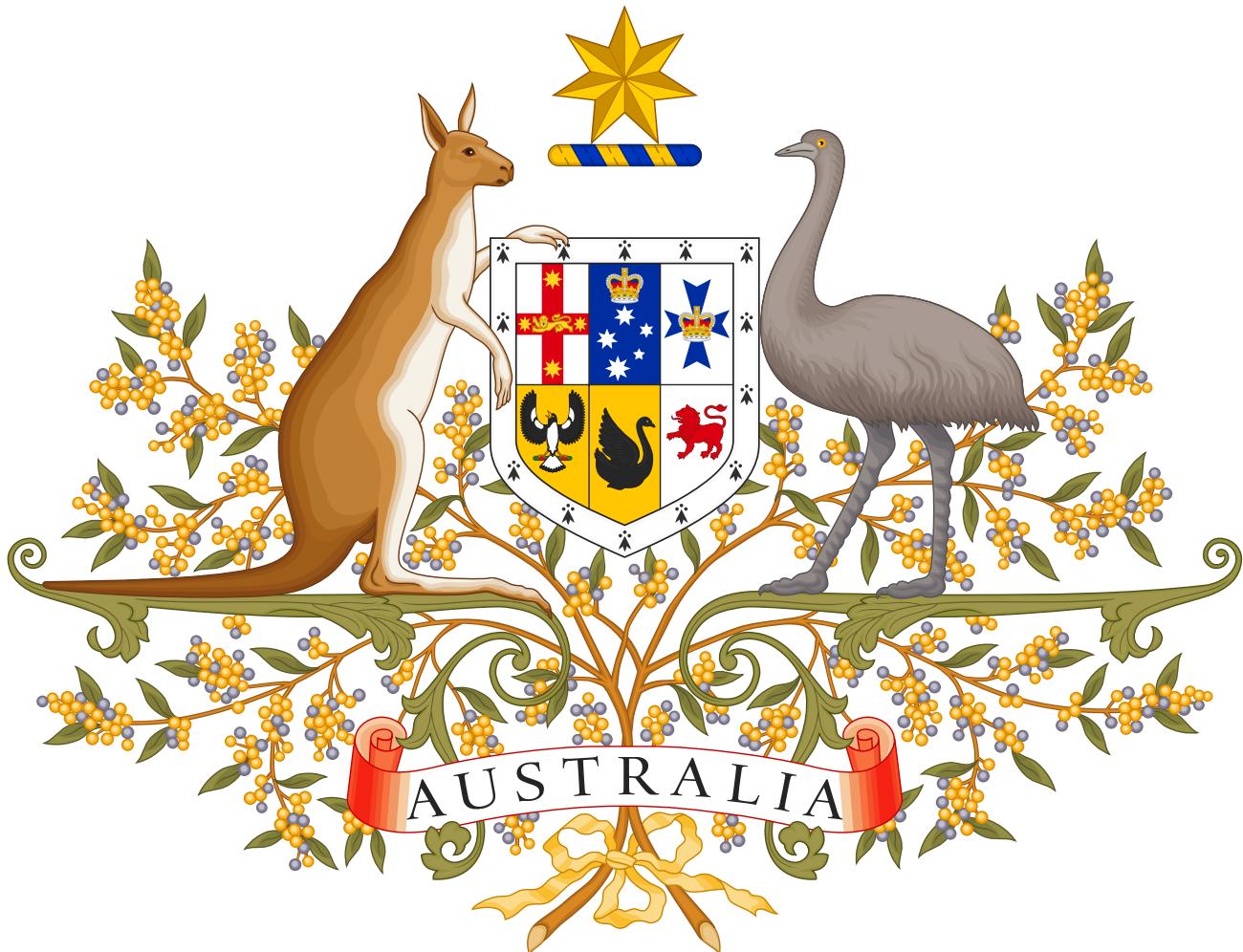


A 'shoey'

This is the act of drinking something (but usually beer or champagne) from one's own shoes. It is done to celebrate something, like winning a sports game.

Next time you win a club sports game, try a shoey!

Australian Coat of Arms (紋章)



The Australian coat of arms has a kangaroo and an emu on it, as well as Australian flowers. This is because these two animals cannot walk backwards. This symbolizes the hope that Australian will always progress.



Also, both the kangaroo and emu are eaten.

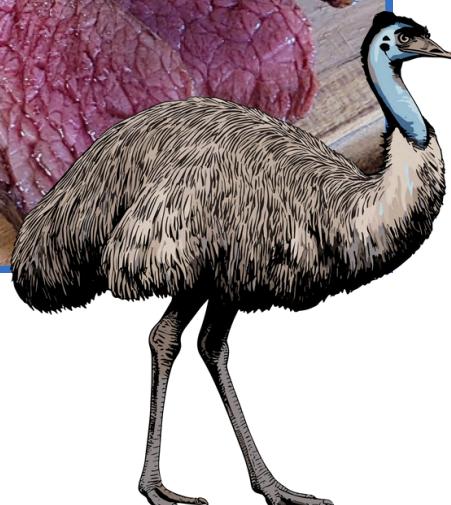


So what do kangaroo and emu taste like??

Kangaroo meat is very high in protein (23%) and very low in fat (2%). There are about 42 million kangaroos in

Australia, so there are more kangaroos than people. Although Aboriginal Australians have been eating kangaroo for over 40,000 years, European Australians rarely eat it, as they think the kangaroo is a cute and friendly animal.

Kangaroo meat has little fat, and tastes earthy and gamey - like deer meat.



Unlike kangaroo, which are hunted in the wild, emus that are eaten are farmed. Emu meat is less popular than kangaroo. Despite being a bird, emu meat is red and tastes like steak. It has very little fat. It is a very tough meat, and must be cooked correctly. It tastes very gamey, just like kangaroo, deer, or other wild animals.

Protein (名): タンパク質 Earthy (形容): 土の味

Gamey (形容): 野味 Deer (名): 鹿 Wild (名): 野生 Tough (形容): 硬い

Australian Café Culture

After World War II, many Italians and Greeks moved to Australia. They brought with them European style cafes with espresso coffee.



Common coffee and food from an Australian cafe.

An espresso coffee machine. These machines can cost as much as 3,000,000 yen.



Most common coffee types. The 'flat white' is an Australian coffee.



Australian Café Culture

Espresso machines use boiling water and coffee beans to make a 'shot' (44ml) of espresso coffee. It is very strong, and so is usually mixed with milk, foam, water, and other ingredients.



An espresso machine making a shot of espresso coffee.



A shot of espresso coffee next to a coffee with milk added to it.



Australian Café Culture



Australian cafes look like this. They are small, with just a few staff, and space for 10-30 customers.

They also serve simple food - usually sandwiches, pastries, breakfast foods, small cakes, and other sweets.



Australian Café Culture

Cafes are very common in Australia, almost on every street corner in cities.



Many foreign students and people on a working holiday work in cafes.



Australians are very particular about coffee. As the coffee in Japan is American-style black coffee, they often search for cafes that offer espresso coffee instead.

Australian Café Culture

People often get coffee 'to go', usually in the morning on their way to work or school.



My friends and I at a famous Sydney café. They are having a café mocha (chocolate coffee).



You Can Enjoy Australian Cafes in Japan!



Cafe Federal
前橋, 群馬

BONDI COFFEE
SANDWICHES
渋谷, 東京



Arossa
渋谷, 東京



Walkabout Coffee
千代田区, 東京



Brown Cow Café
中央区, 東京



GASTERRO
桐生, 群馬



Northcote
Coffee Shop
港区, 東京



Lift Up Coffee
草津, 群馬



Caffe Terra
善光寺, 長野

Aboriginal Culture



A didgeridoo - a large stick that is empty inside. It is blown into to make a deep, bass sound.



Aboriginal dot painting.



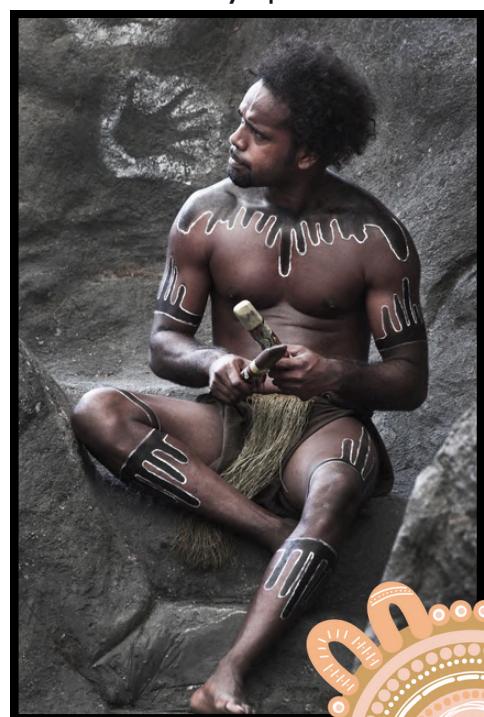
The aboriginal flag - red earth, black for the people, and a yellow sun.



Aboriginal body paint.

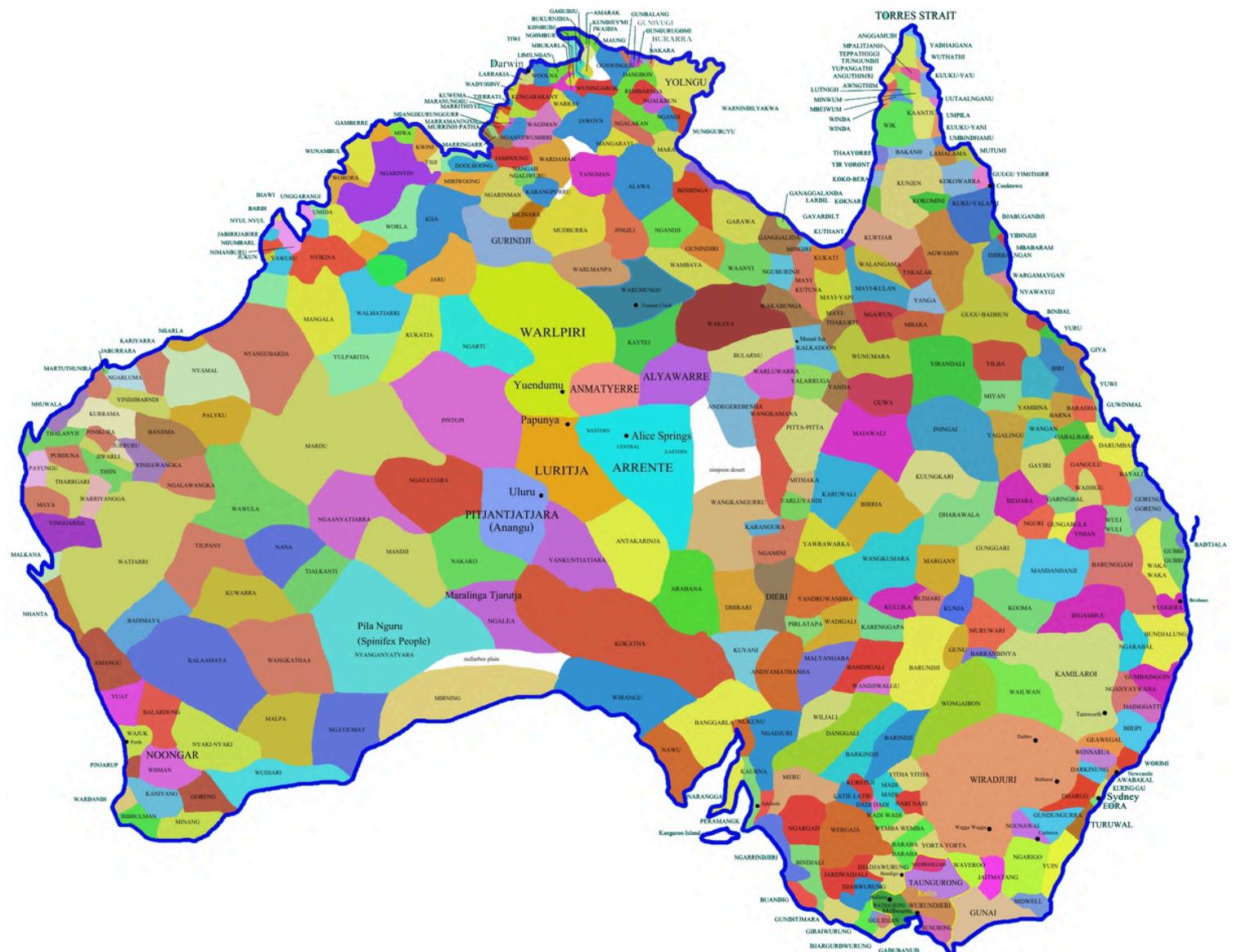


A boomerang - a curved stick used for hunting. If it doesn't hit an animal, it will fly back to the thrower.



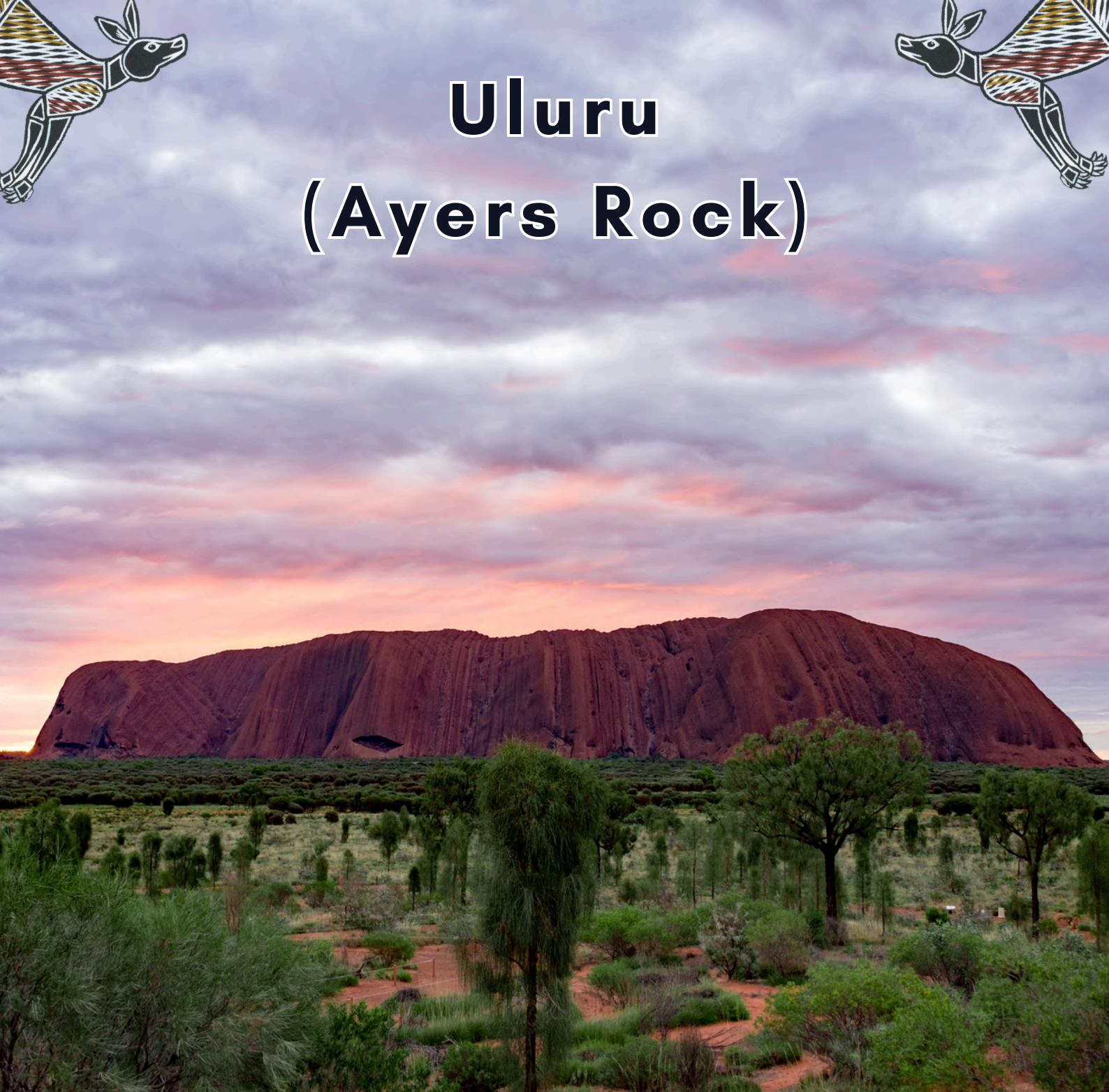
Blow into (動): 吹き込む Dot (名): 点 Curved (形容): 曲がった

Aboriginal Culture



There are over 250 different groups of Aboriginal peoples and languages.

Uluru (Ayers Rock)



Uluru is almost exactly in the middle of Australia. The closest large town is Alice Springs, which is approximately 450 kilometers away, or five hours by car. Uluru is sacred to Aboriginal people.



Uluru is 348 meters tall.

It is 3.6 kilometers long.



The circumference around Uluru is about 10 kilometers. To walk, this would take around 3.5 hours - the same as Ota Higashi High School to Kiryu Station.



Circumference (名): 周

Australian Fashion

Australians dress very casually. They wear light clothes, cut short, in bright colors.



Men wear short pants and short sleeve shirts.



Women wear sleeveless dresses.



Sunglasses are always popular too.

Australian Fashion



Facial hair & tattoos are very common.



Wide brim hats



Common work clothes.



'Akubra' leather hat with crocodile teeth.

Australian Fashion



Singlet tops.



Sandals are called 'thongs' in Australia

Leather boots.



Ugg boots are popular around the world. They are made from sheep wool and leather.

A 'mullet' hair style - long in the back, short sides. You should try it



Australian English & Slang

In general, Australian English will take normal English words and shorten them. It also uses British-English rhyming slang, and joke names for things.

Ankle biter = Child

...**Aye** = ...right? ...ね?

Bail = To cancel plans or leave

Barbie = Barbeque

Bogan = A delinquent, a yankee

Brekkie = Breakfast

Brolly = Umbrella

Cactus = Dead, broken

Chook = Chicken

Crook = Sick

Dag = Someone uncool, a nerd

Daks = Pants

Deadset = Certainly true

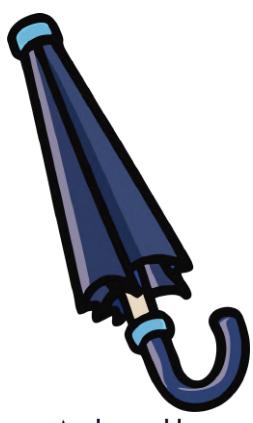
Defo = Definitely

Devo = Devastated, upset

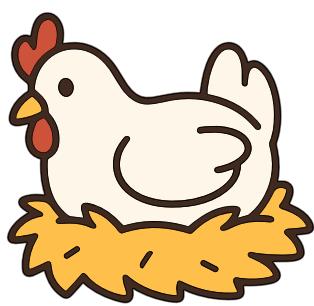
Furphy = A lie

G'day = Hello

Good on ya = Good job



A brolly



A chook



A barbie



Crook

A delinquent (名): 非行者 A nerd (名): オタク
Devastated (動): ひどく落ち込んだ

Australian English & Slang

Heaps = Lots, many, very, really

No worries = No problem, 大丈夫よ

Woop Woop = The middle of nowhere

Outback = Australia's interior

The bush = The countryside

Sanga = Sandwich

Bloke = Man

Sheila = Woman

Stoked = Happy

Tea = Dinner



Cheers

Cheers = Thank you

Yonks = A long time

Noggin = Head

Iffy = Uncertain, doubtful

Mate = Friend

Maccas = McDonald's

Rapt = Very happy



Rellos

Rello = Relative

See ya / Hoo-roo = Good bye

See Ya! 😜



The outback



Rapt



Doubtful (形容): 疑わしい

Relative (名): 親戚



Australian Culture

If someone (usually in a restaurant or bar) drops something, people will yell “**TAXI!**”. This is a joke; they are saying the person who dropped the item is drunk and should get a taxi back home.



Australians always thank the bus driver and have a short conversation with staff in stores.

‘Yeah, nah’ is a soft way of saying ‘no’. It means you understand what the person you are talking to is saying, but you are still declining or disagreeing.



Australian Culture



Honorific or very respectful language is not common in Australia. People are polite, and say please and thank you, but never say 'sir' or 'madame'. People rarely use Mr. or Mrs. before their name either. Instead, people simply call themselves and other people by their first name.

Australians dislike formality. They also swear more often than other English speakers.



Like Japan, Australians do not tip in bars or restaurants. Tipping is done in America.



Honorific (名): 敬語 Respectful (形容): 敬意を持って
Polite (形容): 礼儀正しい Formality (名): 形式
Swear (動): 悪態をつく Tip (動): チップを渡す

Australian Culture

‘Aussie’ means ‘Australian’, not ‘Australia’, the country itself. Australians call Australia “Oz” or “Straya”.



Australians are very sarcastic, and often make jokes. It can be hard to tell sometimes when Australians are being serious, or just joking. They don't take things too seriously.

Australians call a toilet or restroom a ‘bathroom’, even if it has no bath.



Sarcastic (形容): 皮肉な Serious (形容): 深刻な
Restroom (名): 手洗い

Australian Culture



Australians never have a bath, they always shower, usually very quickly too. This is because it rains less in Australia, so water is precious.

Calling someone 'mate' can be either friendly or insulting. depending on pronunciation and context.



It's common to not carry cash in Australia - people use their credit cards for payments, or their smartphone.

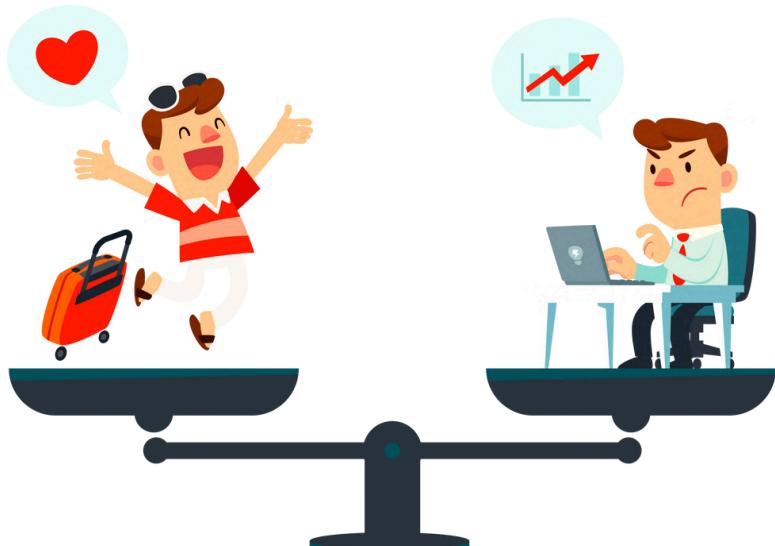
Australian Culture

Working overtime is less common than in Japan. If you work overtime, it seems like you couldn't complete your job during your work hours.



Australians don't care about hierarchy as much as other countries. There is no 'sempai-kouhai' culture like in Japan either.

Work-life balance is highly valued in Australia.



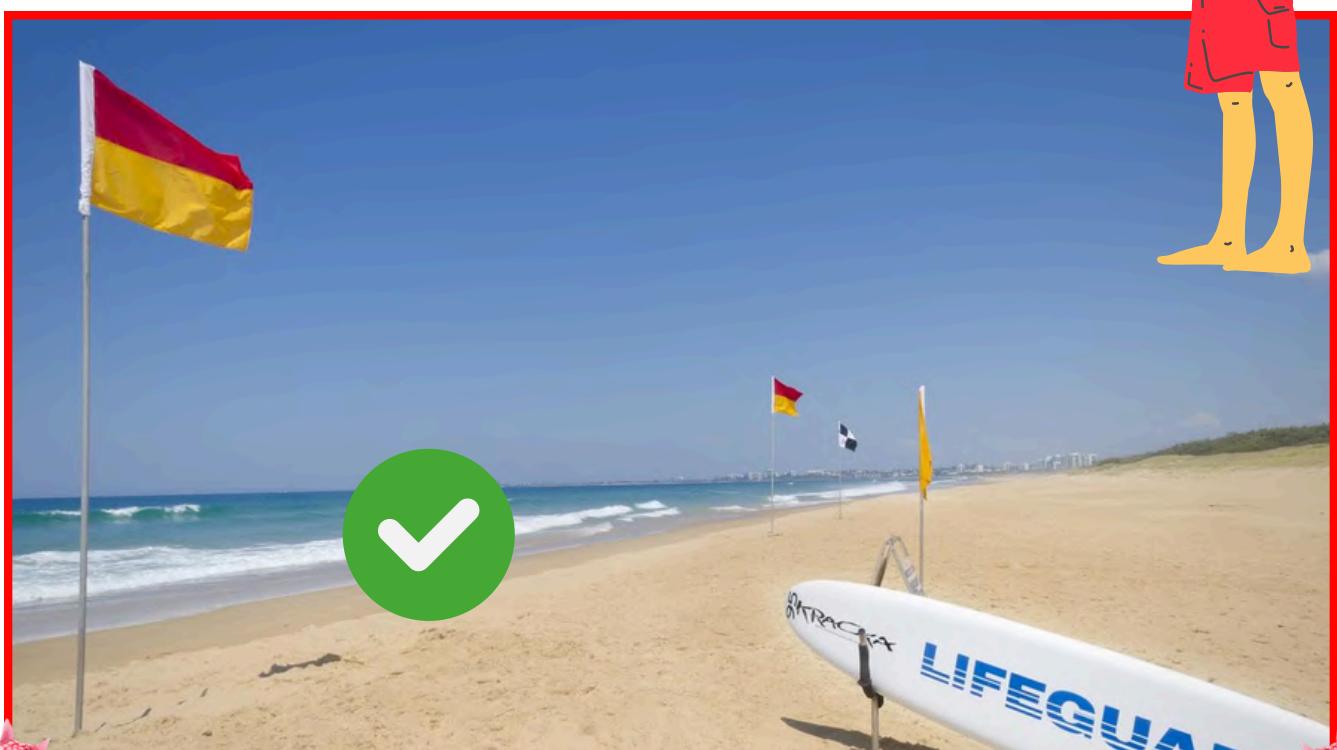
Work overtime (勤): 残業する Seem like (動): のように見える
Hierarchy (名): 階層 Be valued (動): 大切にされる

Australian Culture



There is no 'reading the air' in Australia. People say how they feel. Not expressing yourself directly is seen as needlessly difficult or annoying. Complaining is also more common than in Japan.

At the beach, lifeguards check the conditions of the water every day, and will put up red and yellow flags where it is safe to swim. You should always swim there!



BOOKS ABOUT AUSTRALIA



IN YOUR SCHOOL LIBRARY

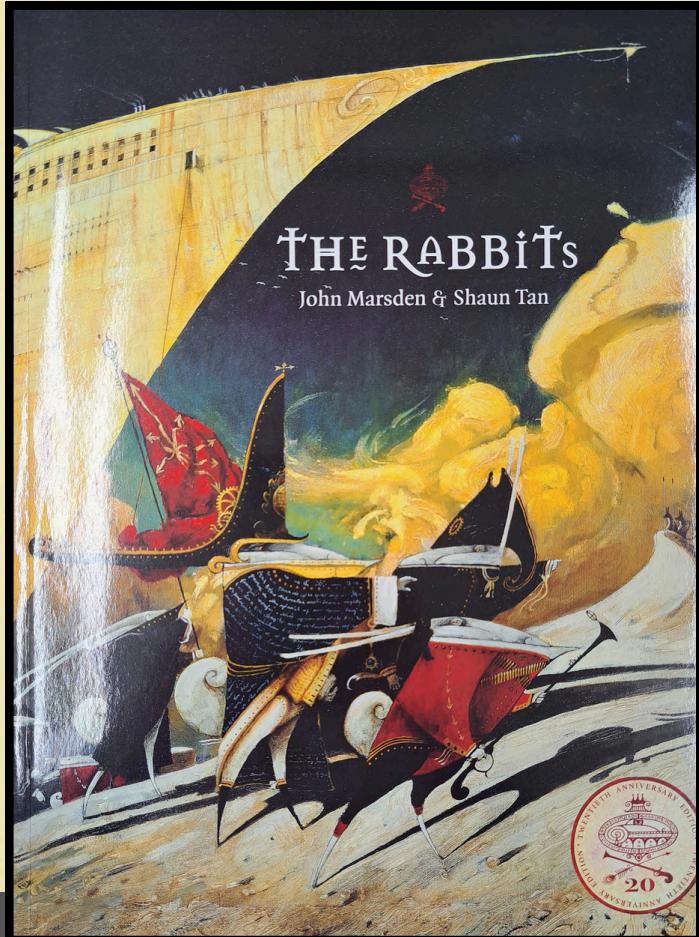


THE BOOKS I RECOMMEND



おすすめする本

James先生



The Rabbits
(うさぎたち)
By John Marsden
Illustrated by Shaun Tan



The Rabbits is a picture book from my country, Australia. It tells the story of Australia's colonization by the British (depicted as rabbits), from the perspective of the native indigenous people (depicted as possums).

『うさぎたち』は、私の国オーストラリアの絵本です。イギリス人（ウサギとして描かれています）によるオーストラリアの植民地化の物語を、先住民（オポッサムとして描かれています）の視点から描いています。

The rabbits change the environment, introduce new animals, and enforce their way of life on the native possums, even stealing their children, but there's nothing the possums can do to stop them. It's a sad story, but an important one. It's very short, and easy to read.

ウサギたちは環境を変え、新しい動物を持ち込み、在来のオポッサムに自分たちの生活様式を押し付け、子どもをさらうことさえあります。しかし、オポッサムたちはウサギたちを止めることができません。悲しい物語ですが、大切な物語です。とても短く、読みやすいです。

I recommend this book for anyone with an interest in Australia, or who want to practice their English reading skills with a simple, easy text. オーストラリアに興味のある人、またはシンプルで簡単なテキストで英語の読解力を練習したい人にこの本をお勧めします。

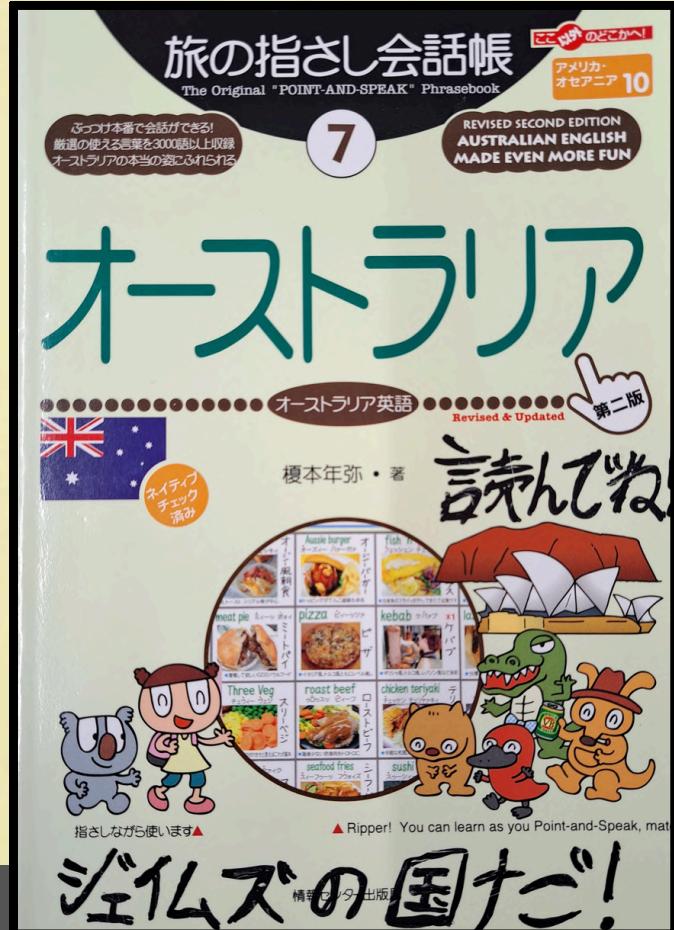
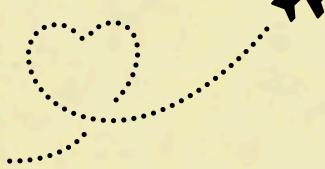


THE BOOKS I RECOMMEND



おすすめする本

James先生



**Point and Speak Travel
Phrasebook 7: Australia**
(旅の指さし会話帳 7 オーストラリア)

By Toshiya Enomoto
Illustrated by Monie Train



The other book I recommend is *Point and Speak Travel Phrasebook 7: Australia* (旅の指さし会話帳 7 オーストラリア). This book has many useful English travel phrases, but also information about life in Australia. It covers Australian English used in specific contexts, like at work, when seeing a doctor, at the beach, etc.

私がお勧めするもう1冊の本は、『Point and Speak Travel Phrasebook 7: Australia』 (旅の指さし会話帳 7 オーストラリア) です。この本には旅行に役立つ英語フレーズがたくさん載っているだけでなく、オーストラリアでの生活に関する情報も載っています。職場、医者の診察、ビーチなど、特定の状況で使用されるオーストラリア英語をカバーしています。

But what if you don't want to travel to Australia? What if you want to visit the United Kingdom, or the United States of America? Well, this book is just one in a series covering most major countries, including those that speak languages other than English. These books are a great way to learn about the world, everyday life in a foreign country, and the everyday language used there. They are in Japanese and the local language, and include illustrations and photos too, making them very easy to understand.

でも、オーストラリアに旅行したくない場合はどうすればいいでしょうか? イギリスやアメリカ合衆国に行きたい場合はどうすればいいでしょうか? この本は、英語以外の言語を話す国も含め、ほとんどの主要国を網羅したシリーズの一つです。これらの本は、世界のこと、外国での日常生活、そしてそこで使われる日常言語について学ぶのに最適です。日本語と現地語で書かれており、イラストや写真も掲載されているので、とても分かりやすいです。

I recommend this book for anyone with an interest in Australia, or who want to travel or live there in the future.

Remember, there are many books in this same series, covering countries other than Australia, so look for your favorite country!

オーストラリアに興味のある方、あるいは将来オーストラリアに旅行したり住んだりしたい方に、この本をおすすめします。このシリーズにはオーストラリア以外にもたくさんの国を扱った本があるので、お気に入りの国を探してみてくださいね。



**Remember, always check
your shoes for spiders,
swim between the red and
yellow flags, and watch
out for drop bears!**

Hoo-roo!

