

# awa life

Thoughts on Sadou

July 2023

# 392

Sunflowers of Zennyujito  
Island



Introduction to Awa  
International Exchange  
Association

Gairaigo Galore:  
マイペース



TOPIA

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## Awa Life is a Monthly Publication of the Tokushima Prefectural International Exchange Association

While the first day of summer is technically near the end of June, July has always felt like the “real” start to summer for me. It gets really hot here in Tokushima, so hopefully you all have a good air conditioner to keep you cool at home! When you go out, there are a variety of different items you can buy to keep you cool, such as neck fans, an ice ring you cool in the freezer and put around your neck, and more. Make sure to stay cool during the summer months and avoid heat stroke!

For all of those who like writing, please feel free to submit an article to us at any point in time about basically anything. There are a few limitations though, such as you can't write about religion, politics, commercial activities or businesses or anything that we deem inappropriate. But, other than that, we would be more than happy to receive articles about anything and everything including but not limited to concerts, lectures, other events, culture, sports, community group information or anything cool that's happening in your local community.

We highly appreciate all of your articles and we love reading them. So if that writing bug of yours is buzzing about, grab a pen or a computer and write and send away! Please send all submissions to our email:

Your editors,  
Sydney and Nico

[awalife@gmail.com](mailto:awalife@gmail.com)

### **Tokushima Prefectural International Exchange Association (TOPIA)**

1-61 Terashima Honcho Nishi, Tokushima City 770-0831 JAPAN, Clement Plaza 6F

Tel: 088-656-3303 Fax: 088-652-0616

<http://www.topia.ne.jp/>

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*Editors:*

Sydney Bartig and Nico Bohnsack

*Contributors This Month:*

Mari Kimoto, Isao Fujimoto, Takako Yamada, Takako Harauchi, Yoshitoshi Iwami, and Kazue Inoue



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## Thoughts on Sadou

By: Sydney Bartig

I've been learning Japanese tea ceremony for a little less than 4 years now, so I thought I'd share a little about what I've learned, as well as my own experiences. I only practice once a month, so I'm by no means an expert, but I've really grown to enjoy the once-a-month Wednesday practices, no matter how difficult they may be.



*Sadou bowl with a rabbit to celebrate the new year (year of the rabbit)*

To start things off, there are a few different ways you can say tea ceremony in Japanese, including "sadou", "chadou", or "cha-no-yu". I, as well as the ladies I practice with, personally use the word sadou, written as 茶道 in Japanese (lit: path of tea). Depending on who you're talking to though, you may hear these other variations. For the sake of this article, I'll be referring to it as "sadou".



*Sadou bowl featuring a small bird in the midst of winter time*

In present day, sadou is primarily practiced by women, with women making up about 80% of the practitioners. However, this wasn't always the case. In the past, sadou was practiced solely by men, and it wasn't until the Meiji era (1868-1912) that sadou was incorporated into the school curriculum for girls. From there, the art slowly grew to be one dominated by women. (However, this doesn't mean you shouldn't try out sadou if you are a man! It's a great experience for anyone, regardless of gender.)

For sadou, matcha (green tea) is served, with there being a thin type known as usucha, and a thick type known as koicha. (I personally

prefer usucha, but everyone will have their preferences.) Before you actually drink the tea though, Japanese sweets are served that pair well with the bitterness of the tea. These sweets come in a variety of shapes and patterns, often in the shapes of flowers, birds, or other items that match the seasons. (There are actually many things about sadou that change according to the seasons, but I unfortunately don't have the space to write about all of them today!)



*Wagashi in the shape of seasonal flowers*

These sweets are called wagashi 和菓子 (lit: Japanese sweets) in Japanese, and we often have wagashi with anko (red bean paste) at our practices. To be honest, I really disliked anko when I first started sadou. It was easily one of my least favorite parts of the practice, but strangely enough, the more that I ate it, I naturally grew to enjoy it. Now I always look forward to seeing what kind of beautiful wagashi our teacher will bring each month!

Similar to some other Japanese traditional arts such as koto (a Japanese harp-like instrument), shamisen (a Japanese instrument similar to a banjo), Japanese dance, etc. a kimono is typically worn during an official sadou ceremony. Just putting on a kimono can be a lot of work, but it feels so fun and elegant to actually wear one, and I would highly recommend everyone find a chance to wear one at least once while they're in Japan. Of course, during our regular sadou practices we just wear our normal work clothes as it is more

of a light and relaxed experience compared to a formal ceremony.

While the most difficult part of sadou is actually serving the tea (there are exact steps to be followed when playing the role of host), there are also rules that guests must keep in mind. Bowing at appropriate times, saying the correct phrases, picking up your wagashi treat, and of course drinking the tea itself all have specific ways in which they are done. Of course, if you are a beginner then it's expected that you won't know everything, but if you're ever invited to participate in sadou, then it might be a good idea to look up some of the basics online to get an idea of what it's like!



*Winter-themed wagashi*

Sadou is often one of the main things people think of when they think about "traditional Japanese culture". While many may be interested in trying it out, they may also be a bit wary due to all of the rules and etiquette that is required. While there are certainly many rules and specific ways in which things are done, all of the people I practice sadou with are very kind, and they're very forgiving if I make a mistake (which even after 4 years I still do plenty of). That's why I would highly recommend giving sadou a try if you ever get the chance! While difficult to master, and perhaps a bit intimidating at first, it's a very unique experience that you certainly won't forget.

## Sunflowers of Zennyujito Island

By: Sydney Bartig

Although I'm personally not a huge fan of summer, I do have to admit that there are some nice parts about it. While Japan is famous for its cherry blossoms in the spring, there are also some beautiful flowers to be found in summer. One of my favorites is sunflowers, and luckily Tokushima has a perfect place to enjoy them!

Zennyujito Island (善入寺島 in Japanese) is the largest uninhabited island to be located in the middle of a river within Japan. While once home to people, it is now covered in fields for crops and seasonal flowers. Since it is an island, it can be reached via "sensui" bridges, which are bridges that submerge under water when it floods.



*Sensui bridge connecting to the island*

Rather than driving, I actually walked to the island, and while the view of the river from these bridges is quite beautiful, they are also quite narrow, so be careful! On that note, while it is possible to walk to the sunflower fields from the nearest station, it takes about 30 minutes and can be quite hot in the summer. If you're like me and hate the heat, I would definitely recommend going by car if possible! I also completely forgot sunscreen on the day I went and ended up bright

red by the time I returned home.

Throughout the year, various flowers bloom in the fields of the island. These include rapeseed flowers, cosmos flowers, and, of course, sunflowers. The sunflowers are particularly beautiful on a sunny day with the bright blue sky as the backdrop. While it did take me a little while to find the actual fields of sunflowers (I am the type to get lost wherever I go), it was worth the trouble when I finally found them. I found myself taking a ton of pictures, just like the many other people around me who had come for the same reason. The sunflowers typically bloom between the start of July to the end of August, so there is plenty of time to find a day with good weather and go see them!

While Zennyujito Island is an uninhabited island, there are still farmers who grow crops on the land, so while you are searching for the sunflowers, make sure to be courteous and leave any crop fields undisturbed. There are paths for you to walk/drive on, so this shouldn't be too difficult. Hopefully you can enjoy some sunflowers this year!



*Sunflowers of Zennyujito Island*

### Event Notice!

**Tokushima Toast Masters Club Open House - Rakugo in English by Kimochi**

When: August 20th (Sun.) 1:30 PM - 4:30 PM

Where: TOPIA - Tokushima Station, Clement Plaza 6F

\*Check out TOPIA's homepage for more details!

<https://www.topia.ne.jp/english/>





## Japanese Culture and Reading Corner: 海陽町海洋自然博物館マリンジャム

By: Mari Kimoto

みなさんは、暑い夏、どうお過ごしですか。きれいな海を満喫してみませんか。美しい海が広がる海陽町では、SUP や シーカヤックが楽しめます。

竹ヶ島海域公園の中にあるのが「海陽町海洋自然博物館マリンジャム」です。海中観光船ブルーマリンでは、海中のサンゴや熱帯魚を近くで観察することができます。竹ヶ島湾を約40分間で一周する船旅はとても楽しいです。竹ヶ島は、橋でつながっていて、周囲は約4kmです。さらに船底は展望室となっているので、窓から迫力のある景色を見ることができます。またこのマリンジャムには、島の小さな水族館があります。竹ヶ島で見られるサンゴや世界のクマノミなどを展示しています。実際に海の生き物にふれられるプールもあります。様々な体験ができるので、ぜひ行ってください。



### Vocabulary List

満喫	Enjoy to the Fullest	周囲	Circumference	サンゴ	Coral
海中観光船	Ocean Sightseeing Boat	船底	Ship's Bottom	クマノミ	Clownfish
熱帯魚	Tropical Fish	展望室	Observation Room	シーカヤック	Sea Kayaking
一周	One Lap	景色	Scenery	展示	Display
船旅	Trip by Boat	水族館	Aquarium	実際	Actually

マイペース (My Pace)

By: Sydney Bartig

Gairaigo Galore



For July's Gairaigo column I'd like to introduce a wasei eigo word that you'll most likely come across at some point if you live in Japan long enough - マイペース. Directly translated this means "my pace". In English we do of course use this phrase, especially when encouraging someone that it's okay to do something (studying, learning an instrument, learning a sport, etc.) at "their own pace", and to not compare themselves to others. It can also be used for running, with someone describing the running speed at which they are going at.

However, as you have probably guessed, the Japanese version of this word has a slightly different nuance to it. While in English it is usually used as a way to describe going about something, it is used as a way to describe someone in Japanese. It is used to describe someone who does things their own way, usually in such a way that is different from the norm.

One interesting thing to note is that, while in English going at "your own pace" is typically seen as a good thing and often encouraged, in Japanese someone who is seen as マイペース is typically not a good thing and often has a negative connotation to it. If you hear a coworker or friend use this word to describe someone, it might not be the meaning that you are thinking of!



# Introduction to Awa International Exchange Association ~Alongside the Community~

By: Awa International Exchange Association, Awa Japanese Support Classroom

Isao Fujimoto, Executive Director

“There are no Japanese classes in Awa City.”

This statement appeared in a newspaper article. In response we thought, “Even though there are so many foreigners living in Awa City...”, and so we started looking into the situation.



Awa City actually has the 2nd largest number of foreign residents within Tokushima Prefecture

(529 foreign residents in Awa City as of June 2022). When we visited farms, sewing factories, etc., many people stated that they, “Wanted to study Japanese”, or that they wanted, “Their coworkers to have a chance to study”.

At that time, the Tokushima Prefectural International Exchange Association requested for Awa City to hold a “training course for local Japanese support volunteers”. In the 2019 fiscal year, 28 people from the prefecture participated in the course. With those members at the core, 14 volunteer staff gathered in February of 2020 and agreed to establish the “Awa Japanese Support Classroom”.

It was decided that we would start the class in September. In preparation for this, we talked together countless times and held mock lessons, all which helped us grow and increase our awareness as supporters. We also visited various worksites and asked the owners for their cooperation ahead of opening the classroom. Additionally, we met directly with technical intern trainees, invited them to the class, and repetitively encouraged them to participate.

On September 6th, 2020 (Sun.), it was finally time to hold the first class. Although they had promised to attend, we were incredibly worried about if anyone would actually come. However, when the time came, 16 students gathered just as promised. This was the starting point of our bonds of trust.

As of present (April 2023), our Japanese class is still continuing smoothly. 28 students (15 from Indonesia, 8 from Vietnam, and 5 from China) and 10 volunteer staff are enthusiastically working together in order to study Japanese. The students are doing their best to learn, with some challenging themselves to take the JLPT or participate in the Japanese speech contest.



Local activities include contributing to the community through cleaning activities and participating in local events, such as disaster drills and markets. Moving forward, we hope to further improve the relationship between locals and foreign residents by promoting mutual understanding of culture and traditions. We will continue to expand our activities for a multicultural society and contribute to the creation of a city that is full of vitality and human compassion.



こんげつ でんわ ひょうげん  
 今月は、電話をかけるときの表現です。

This month, let's learn about making phone calls.

たなか とも さとうともこ でんわ さとう かあ でんわ  
 \* 田中さんは、友だちの佐藤友子さんに電話をします。佐藤さんのお母さんが電話にでます。

Tanaka-san is calling his friend Tomoko Sato-san. Sato-san's mother answers the phone.

たなか さとう  
 田中：もしもし、佐藤さんのおたくですか。Tanaka: Hello, is this Sato-san's house?

さとう  
 佐藤：はい、そうですが。Sato: Yes, it is.

たなか とくしまだいがく たなか ともこ ねが  
 田中：徳島大学の田中ですが、友子さんをお願いします。

Tanaka: My name is Tanaka, and I'm from Tokushima University. Is Tomoko-san there?

さとう ともこ いま  
 佐藤：友子は今でかけていますが…。Sato: Tomoko is out right now...

たなか ともこ ねが  
 田中：そうですか。じゃあ、でん言をお願いしたいんですが…。I see. Can I ask you to take a message, please?

さとう  
 佐藤：はい、いいですよ。Sato: Yes, of course.

たなか こんばん でんわ つた でんわばんごう  
 田中：今晚、電話がほしいと伝えてください。電話番号は、652-3344です。Tanaka: Can you ask her to call me tonight? My phone number is 652-3344.

さとう たなか でんわばんごう  
 佐藤：田中さんですね。電話番号は、652-3344。わかりました。Sato: So, your name is Tanaka-san and your phone number is 652-3344, right? I'll let her know.

たなか しつれい  
 田中：よろしくおねがいします。それでは、失礼します。Tanaka: Thank you. Now, if you'll excuse me.

さとう  
 佐藤：はい、さようなら。Sato: Goodbye.

Practice by changing the boxed words in the above conversation.

\* おたく：Residence, House

ともこ ともこ  
 友子さん、友子：When referring to your family member, don't use さん

でかけている：Be out, Not home

でんごん ねが  
 伝言をお願いしたい：Want to leave a message

つた  
 伝える：Tell





## Farewell & Welcome Messages

### Takako Harauchi, Executive Director

Due to personnel changes, as of June 1st I will move from the International Exchange Association to a prefectural position. I would like to thank everyone for their support over these 2 years and 2 months, which allowed me to continue my work without issue.

I will be moving to the Women and Children Support Center, where I worked for a total of 12 years when I was younger. It is a specialized agency that is quite challenging to work at due to the increasing number of cases that require police/judicial intervention, such as domestic violence, abuse, delinquency, and other cases that break the law. I've been away from this field for a long time, so it will take a while before I am used to it again. However, I hope to use the management skills and knowledge gained by helping to support foreign residents that I learned at TOPIA in order to support the children and



Left: Harauchi, Center: Chief Director Miyoshi, Right: Harada (General Affairs Team)

women, both foreign and not, living in Tokushima Prefecture. I hope that I can continue to have everyone's support.

I wish everyone good health and success in your endeavors. Thank you very much.

### Yoshitoshi Iwami, Executive Director

Hello. My name is Yoshitoshi Iwami, and starting from June I have taken over the role of executive director from Harauchi.

At the Tokushima Prefectural Office, I was in charge of coordinating the regular charter flights between Hunan Province in China, as well as the first port call of the Diamond Princess cruise ship. Being able to see the smiling faces of so many foreigners at the Awaodori Airport and Tokushima Komatsushima Port left a strong impression on me.

Additionally, starting from 2019 I worked at the World Masters Games 2021 Kansai Organizing Committee for 3 years. Although the games have

been postponed due to COVID-19, I was able to experience the global stage up-close through negotiations with foreign countries.

I hope that my experiences can be of at least some use for my work here at TOPIA. Although there's a lot I don't know, I look forward to working with everyone towards the development of this association.



### Event Information – 2023 Tokushima Prefectural Japanese Speech Contest

This year 14 participants from 7 countries are set to participate in the speech contest. Come and listen to their daily thoughts and ideas!

When: July 23rd (Sun.) Doors Open: 12:45, Start: 13:00, End: 16:30

Where: Awagin Hall, 5F Small Hall (Aibacho 2 Chome 14, Tokushima City)

Fee: Free

An exchange event will be held after the speech contest. Please join us for that as well!

Please contact TOPIA for any questions regarding the speech contest.



## Letter from SUKETO NAKAYOSHI

By: Kazue Inoue (Center for Early Childhood Education and Care SUKETO NAKAYOSHI)

The rainy season will soon come to an end as we enter the true start of summer. It's finally the season where everyone can enjoy playing in the water and pool. Here at the center as well, the children have a great time playing in the pool every day. Playing and coming into contact with water has many benefits for children!

For example:

- The difference in temperature between the water and air strengthens the skin and the water resistance provides for great exercise, both which help children build an immunity to catching colds and such.
- Playing in the water lets children learn how to predict danger and how to protect themselves.
- The cool sensation of the water helps relieve some of the discomfort caused by the summer heat.
- Playing in the water is a good form of exercise that helps improve appetite and provide for a better night's sleep

During these hot summer months, we recommend playing in the water and pool.

<Paper Bag DE Popcorn (2 Servings)>

1. Inflate a paper balloon and then add 2 tablespoons of dried corn from the opening in the top.

2. Remove the silver paper around the hole in the balloon.

3. Place in the microwave with the hole facing upwards and heat at 500 w for 2 minutes. (Be careful as it will be hot.)

4. Prepare salt to your liking and then add it to the balloon before or after tearing it open and shake.

\*Dried corn and paper balloons (Japanese children's handicraft toys) can be found at 100-yen shops. Children will also enjoy the popping sound coming from the inside of the balloon.



### Counselling Service at TOPIA ・ トピアの相談窓口

TOPIA provides consultation on everyday life, education, labor, medical institutions, and disaster prevention; and information on sightseeing spots to overseas residents and visitors. When necessary, we will refer you to the appropriate organization that can assist with your needs. Counselling is available in English, Chinese, Vietnamese, and Japanese. Please note that although every effort will be made, we may not be able to deal with all cases.

**Japanese, English, Chinese:** Everyday, 10:00 - 18:00 (closed during the New Year's holidays)

**Vietnamese:** Mondays, Wednesdays, Thursdays, Fridays, 10:00 - 14:00

Saturdays, Sundays, and holidays, 10:00 - 18:00 (closed during the New Year's holidays)