阿波ライフ

THE LITE

A monthly newsletter for the international residents of Tokushima Prefecture, produced by TOPIA, the Tokushima Prefectural International Exchange Association.

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April



Toppy says: "Get out and see dem cherry trees."

wander-ful taloi:

The Last Daimyo's Cherry Tree

Lance Kita

Tucked in a residential area, off Route 55 just south of Awa Tomida Station, sits the only remaining samurai residence (buke-yashiki 武家屋敷) in Tokushima City.

A large cherry tree stands sentinel in the south garden. The large tiled roof and hedges belie a curious history spanning a century and a half.

As the Meiji government dissolved all feudal domains, daimyo 大名 and samurai were stripped of their social status and privileges. The last clan leader in Awa Province, Hachisuka Mochiaki, abandoned his castle. He gifted a samurai residence to Harada Ippei, a high-ranking official in the newly-formed



This Hachisuka-zakura tree originally stood on the castle grounds before being moved here in the Meiji Period

Myodo prefecture (once Awa Province, now Tokushima Prefecture). The house was relocated to its present location in 1882 at great cost.

Along with the house, he also entrusted his favorite cherry tree, originally growing on the castle grounds. This tree is believed to be a hybrid of a native *Yamato-zakura* ヤマト 桜 and an Okinawan *Kanhi-zakura* 寒緋桜 variety, and bears the name of the daimyo. Blooming almost a month

earlier, the *Hachisuka-zakura* 蜂 須賀桜 also sports a deeper hue of pink than the ubiquitous Someiyoshino 染井吉野 variety.

I recently got a guided tour of the house and garden by one of the descendants of the Harada family. True to its samurai nature, innovative features like a hidden second floor and secret hallways behind the main reception room allowed the occupants to escape or ambush invaders, including a staircase concealed behind a closet door and an exit under the

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Toppy says: "Get out and see dem cherry trees."

Editor 48 horse



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Welp, it's spring time, and for some that means school holidays, while the rest of us...still have work, but at least there's less of it. Fall and winter seem

to bring no end of projects, but when it starts to warm up people seem to take it easy for a while. If I'm wrong, maybe you *should* take it easy!

For instance, take some time to sit back and read Lance's tale of a badass, ancient samurai house and its former master, and after that maybe acquaint yourself with the upcoming changes to Japan's immigration system, which I have borrowed from the ever helpful CLAIR.

Also in the mix are some photos from the musical last month, and our usual recipe, Japanese, and childcare columns. Eat your heart out!

Best, Sarah

awa life

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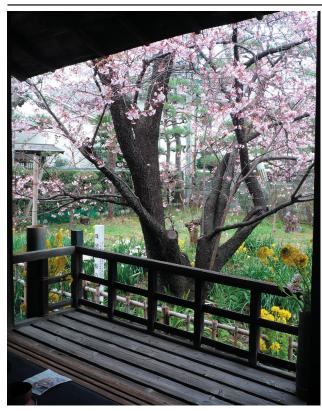
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An electronic version of Awa Life is also available for download from the TOPIA homepage.



Hachisuka-zakura cherry tree seen from the "blossom viewing room" of the house

house through the *tokonoma* 床の間 (the decorative alcove that displays flowers or calligraphy)!

Miraculously, this building was untouched by the American air raids on July 4, 1945 that turned the surrounding neighborhood and city into a burnt wasteland. (Ironically, the family's personal documents were evacuated to a rural house, only to be destroyed by a stray bomb.) Due to its historical value, the house has been designated a National Tangible Cultural Asset.

The *Hachisuka-zakura* is also a real survivor. Over 140 years old, it's more than twice the age of most *Somei-yoshino* trees. With its growth greatly slowed, taking cuttings has been problematic. However, with the magic of biotechnology, young shoots are now being cultured. Today, a local

NPO has donated *Hachisuka-sakura* saplings all over Japan and as far away as Mongolia and the Vatican.

If you can't make the open house, take a stroll along the Suketo River behind the tennis courts of the Tokushima Castle Park in late February or early March. A line of Hachisuka-sakura

trees await your audience, the noble blossoms an early harbinger

of the season of sakura yet to come.

NOTE: Hachisukasakura usually start blooming in late February, and have a long viewing period of three weeks. The Harada Residence is only open one weekend a year, during the bloom season. Visit the NPO's homepage, www.hachisuka sakura.com for Japanese

"True to its samurai nature, innovative features like a hidden second floor and secret hallways behind the main reception room allowed the occupants to escape or ambush invaders."

information and event info.
Thanks to Mr. Hayashi and the
Hachisuka-zakura and Samurai
House Assocation 蜂須賀桜と武
家屋敷の会 for their cooperation
and information.



Hachisuka-zakura blossoms are a darker pink than the common Somei-yoshino variety, and bloom a month earlier

immigration changes in review

Sarah Nelson

As you may have heard,
the registration
guidelines for foreign
residents in Japan will be undergoing
a major overhaul this July. The
following summary is provided
by the Coucil of Local Authorities
for International Relations, and
covers the most relevant changes
and how they apply to foreigners
both current and newly arriving.

SECTION 1: RESIDENCE RECORD (JUMINHYO)

Starting on July 9, 2012 the Alien Registration System will be abolished and foreign residents will be required to obtain a Residence Record (住 民票, juminhyo), which is part of a registry of current residential addresses maintained by municipal governments. Japanese law requires each citizen to report his or her current address and related matters to the municipal government who compiles the information for tax, insurance and census purposes. The revision of the law to include foreign residents in the Resident Registration System is being promoted as a move towards creating a more fair and convenient system for foreign residents to access government services.

Three Main Points for Foreign Residents and Resident Record:

1. Official certificates (such as copies of Residence Records) for households will now list all

Re-entry permits are a thing of the past, and instead of "aliens" foreigners are now "residents"!

members regardless of nationality (up until now, foreign residents were not listed in official household registry records and were listed individually in the Alien Registration System).

- 2. As Japanese citizens are required to do, after July 9, 2012 foreign residents will also be required to notify the municipal government of address changes. This is done by submitting a "moving-out notification"(転出届, tenshutsutodoke) to the old municipal government and a "moving-in notification"(転入届, tennyutodoke) to the new municipal government. Additionally, when leaving the country permanently, foreign residents will be required to submit a "moving-out notification" (転出届, tenshutsu-todoke) to their municipal government.
- 3. With the abolishment of the Alien Registration System, "visa" changes to your Status of Residence and/or Period of Stay will no longer have to be reported to your municipal government, but only to the Regional Immigration Bureau.

For Foreign Residents Currently Living in Japan:

1. Your municipal government will issue you a "provisional" Residence Record (仮住民票, *kari-juminhyo*) in May 2012. The details will reflect what is currently on your Alien Registration Card.

There is no paperwork required to obtain this provisional Residence Record and you should receive it automatically. If there are any errors in the information, please report to your municipal government.

- 2. Once the new system officially comes into effect (July 9, 2012), your "provisional" Residence Record will automatically become your official Residence Record.
- 3. Until the new system comes into effect (July 9, 2012), any changes to your registered details in your current Alien Registration will be reflected in your provisional Residence Record. Be sure to notify vour municipal government of any changes to your address, Status of Residence, Period of Stay, etc. After the new system starts (July 9, 2012), address-related changes only need to be notified to the municipal government, and "visa" changes to Status of Residence or Period of Stay as well as other changes (such as name, passport number, etc.) only need to be notified to the Regional Immigration Bureau.
- 3. Current residents who leave Japan permanently after July 9, 2012 will be required to submit a moving-out notification (転出届, *tenshutsu-todoke*) to their municipal government before leaving Japan.

For Foreign Residents Arriving in Japan after July 9, 2012:

1. New foreign residents arriving after July 9, 2012 will be required to notify their municipal government of moving in (転入届, *tennyu-todoke*) within 14 days of arriving in Japan and will receive a Residence Record accordingly.

SECTION 2 RESIDENT CARD (ZAIRYU CARD)

Replacing the Alien Registration Card (handled by municipal governments) will be the Resident Card (在留力一 F, zairyu kaado, handled by the central government via Regional Immigration Bureaus [do not confuse with Residence Record, juminhyo, which is handled by municipal governments]). Like the Alien Registration Card, you will be required to carry the Resident Card with you at all times. On the Resident Card the following will be recorded: photograph, name, date of birth, gender, nationality, passport number, Residency Status, Period of Stay, expiration date of Resident Card, etc. This information will also be encoded onto an IC chip embedded in the card.

Some Things to Keep in Mind (as of July 9, 2012):

1. Foreign residents with a valid visa allowing them to reside in Japan for more than three months will either receive a Resident Card when entering the country or receive a stamp in their passport that will allow them to receive a Resident Card at a later date (in principle, it will be mailed by

post after completing a "movingin notification" (*tennyu-todoke*) with their municipal government).

- 2. Foreign residents will be required to notify their municipal government of "moving in" (転入届, tennyu-todoke) within 14 days of arriving in Japan.
- 3. Any "visa" changes to your Status of Residence or Period of Stay must be completed at your Regional Immigration Bureau and recorded on your Resident Card (such changes will no longer need to be reported to your municipal government. However, you must notify your municipal government of changes related to your address).

Changes to Re-Entry Permit System (as of July 9, 2012):

If you have a valid passport, a valid Resident Card and leave Japan, in principle, you will no longer require a re-entry permit to reenter Japan with the same Status of Residence as long as you re-enter within one year from departing and your Period of Stay does not expire while you are outside of Japan. Be sure to show your Resident Card when exiting Japan. Your Period of Stay cannot be extended while outside of Japan.

FURTHER RESOURCES

The following links contain more details on the Residence Record and Resident Card, including information for those married to Japanese nationals, those with families, and those who give birth in Japan, etc.

RESIDENCE RECORD-RELATED

- * Notice from the Ministry of Internal Affairs and Communications (MIC): http://www.soumu.go.jp/ main_sosiki/jichi_gyousei/ c-gyousei/zairyu_english.html
- * MIC Pamphlets in Different Languages (with Q&A): English: http://www.soumu. go.jp/main_sosiki/jichi_gyousei/ c-gyousei/pdf/eng_page.pdf

Japanese: http://www.soumu. go.jp/main_sosiki/jichi_gyousei/ c-gyousei/pdf/jpn_page.pdf Pamphlets are also available on the MIC homepage in Simplified Chinese, Traditional Chinese, Korean, Portuguese and Spanish.

RESIDENT CARD CARD-RELATED

- * Notice from the Immigration Bureau of Japan: http:// www.immi-moj.go.jp/ newimmiact 1/en/index.html
- * Immigration Bureau Pamphlets in Different Languages (with Q&A) English: http://www.immimoj.go.jp/newimmiact_1/pdf/ NewResidencyManagementSystem/ %28EN%29.pdf

Japanese: http://www.immi-moj.go.jp/newimmiact_1/pdf/
NewResidencyManagemen
tSystem%28JP%29.pdf
Pamphlets are also available
on the Immigration Bureau of
Japan's homepage in Simplified
Chinese, Traditional Chinese,
Korean, Portuguese and Spanish.

In case you missed Beauty and the Beast last month, here are some photos provided by Hideki Tohara and Anna Peat













ireve-s recipe corner

Spanish omelette!

Irene Wachuga

Potatoes, onions and eggs all in one dish! This omelette is very versatile and has many variations around the world. A slow cooked thick omelette, it's simple yet undeniably delicious.

It tastes super whether hot or cold. It can be a light meal, a side dish, very hardy for picnics, and don't forget to make one for your bento. For a Japanese variation, this is made with spinach (hourensou), but feel free to use a different vegetable for variety.

Ingredients

- 4-5 medium-large sized potatoes
- 6-7 large eggs
- 1 onion
- ½ a bunch of spinach /about 100g
- salt and pepper to taste
- Italian parsley or chives chopped
- Olive oil

Preparation

 Peel potatoes and cut in half lengthwise. Slice thinly into half moons. Wash and drain well.
 Peel and cut the onion

into quarters. Slice thinly.



Spanish omelette

3. Wash the spinach and chop into bite size pieces. Drain. 4. Add oil to a medium-sized skillet over medium heat. When hot, add the onions and fry a little. When they become soft and translucent after about 3-4 minutes, add the potatoes, season with salt and pepper and continue frying, stirring to coat the potatoes in oil and to prevent them from sticking to the bottom of the pan. Lower the heat to low and cover. Cook for another 7-10 minutes until the potatoes are cooked through but still firm. Take care not to break the potatoes too much. Drain onto a colander to cool and get rid of excess oil. 5. Meanwhile in a separate fry pan, stir fry the spinach seasoned lightly and cool separately (here's a good chance to add bacon

for the carnivorous person and add that extra taste). 6. In a large bowl beat the eggs, stir in the cooked vegetables and parsley and adjust the seasoning. 7. Lightly oil a skillet and over medium heat, pour the egg mixture. When the bottom of the omelette sets, turn the heat down to low and cover. Shake the pan a few times to prevent sticking. Cook for about 8-10 minutes or until the sides are done and the middle is a little undone. 8. Using a flat lid or plate, flip over the omelette and the slide the undone side back onto the skillet. [If your skillet is sticky oil lightly before putting the omelette back]. Cook a further 2-3 minutes or until it's set all through. 9. Leave the omelette in the skillet for a couple of minutes then

Eat as is or top with ketchup, mayo or whatever sauce you fancy.
BUEN APPETITO!

remove onto a platter. Cut into

8-10 pieces for large portions or

into bite size pieces for snacking.

awaglot and classifieds

The literary corner of Awa Life, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, non-fiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself! Send submissions to awalife@gmail.com.

There is also a classifieds section for you, our readers, to post ads in, but a few rules apply!

The following will not be posted: Religious, political, or commercial activities, businesses searching for clients or employees, and things the Awa Life editors deem inappropriate.

But you can totally submit this stuff: offers to sell or exchange personal goods, concerts, lectures, and other event information, cultural, sporting, and other community group information, etcetera. If you have something you would like to share with the Tokushima community, email the editors at awalife@qmail.com!

japanese lesson

今月の日本語

Yoko Aoki

Let's take a look at words that have many meanings. We will learn the meanings and usages of these handy words to increase your power of expression in Japanese!

This month's Topic: Kiku「きく」

- 1. **聞く・聴く** to listen, to hear ではなとき、部屋で 音楽を 聞いて (聴いて) います。 / 子どもの声を聞きました。
- 2. $\frac{\mathbb{E}}{\mathbb{E}}$ to listen, to hear $\mathbb{E}_{\mathbb{E}}$ \mathbb{E} \mathbb{E}

- 5. $\dot{\overline{M}}$ to be effective $\dot{\overline{M}}$ この薬は 風邪に よく効きます。/テレビの宣伝が効いて、これは よく売れています。
- 6. 利く to work, to be attentive この自転車は ブレーキが 利きません。 / 鈴木さんは よく気が利く人です。

問題: In the parentheses after the following sentences, choose the correct meaning of 'kiku' from options a \sim e below.

- ① この薬は頭痛によくきく。()
 ② それについて ちょっと ききたいことがある。()
 ③ 田中さんは 奥さんの言うことは 何でもきく。()
 ④ 犬は 鼻が よくきく。()
 ⑤ 年をとって、無理がきかない。()
- [a. be possible, b. be effective, c. ask, d. obey, e. work]

Reference: 『日本語ジャーナル』「多義語ミニ辞典」 (Answers: ①b ②c ③d ④e ⑤a)



letter from suketo hoikuen

Child care advice from our friends at Suketo Daycare!

Kazue Inoue

Then you have a second or third child, the older ones will sometimes cling to you and complain that you don't listen to them anymore. This behavior is a regression to the infant state, and is how children act out when they feel anxiety. There are several different types of regression, and this month I will introduce a few ways to deal with the different types.

Type 1. Acting spoiled: If your child clings to you and begs for your attention, try to listen to them and give them plenty of hugs.

Type 2. Using baby talk: if your child insists on talking like a baby, try holding them more and carrying them to reassure them.

Type 3. Bed-wetting: this is common in sensitive children, so try to understand their desire to have all of your love.

Type 4. Being rough/violent toward their new sibling:

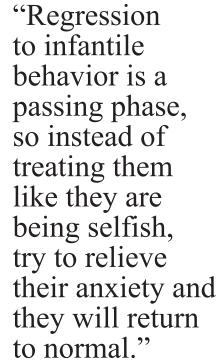
gently reprimand them and have them help you take care of their sibling, and be sure to thank them for their help.

Type 5. Getting irritated and emotionally unstable: Give your child lots of firm hugs, and try reading picture books to them to calm them and reassure them that they have your attention.

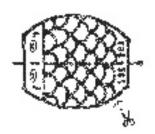
Regression to infantile behavior is a passing phase, so instead of treating them like they are being selfish, try to relieve their anxiety and they will return to normal.

This month's craft: Teeter Totter Koi Fish

- 1. Draw a Koi fish as shown below and color it.
- 2. Cut it out and fold it along the center line, then stand it up on a table or desk and let your child play by pushing down on the tail or head like a seesaw.









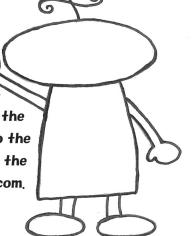
WALLE FOR KNA LITE!

Yes, yes y' all!
Put pen to paper
and submit articles
about the cool stuff
you get up to, or

submit pieces to Awaglot, the literary corner, or ads to the classifieds section! Email the editors at awalife@gmail.com.

SHOW TOHUSHIMA SOME LOVE...

Peace!





April 1 -May 1

To post an event of your own, send the details via email to the editors at awalife@gmail.com.

Kitajima Tulip Fair

北島チューリップフェア

Kitajima's famous tulips are blooming in the tens of thousands at the Tulip Park, which will be celebrating the season this April. Come explore the 1800 square meter park and enjoy seeing over 45,000 tulips of 60 different kinds. Other events will be going on in the mean time, so don't miss out!

When: April 8 (Sun) - End of April 9:00 - 17:00

Where: Kitajima Tulip Park

Info: Kitajima Parks and Recreation Bureau

TEL: 088-698-9806

Cost: Free!

北島特産のチューリップを多数植え付け、開花期は公園として開放しています。期間中はミニイベントも行われます。この公園は 1800 平方メートルの圃場に約 60 種類 4万5千本のチューリップが咲き並びます。

日時: 4月8日(日)~4月下旬 9:00~17:00

場所: 北島チューリップ公園 問合せ:北島町生活産業課 TEL: 088-698-9806

入場料:無料!

Hana Haru Festa 2012

はな・はる・フェスタ2012

This event is the next best thing to the summer Awa Odori festival, and will feature 33 dance troupes performing on brilliant stages. There will also be live events and dance battles going on in Aibahama park, as well as plenty of gourmet food vendors around, and culture booths introducing traditional crafts such as indigo dye. Don't miss this spring's biggest event!

When: March 17 (Sat) - April 8 (Sun)

Where: Awagin Hall, Aibahama Park, and Shinmachi

River Boardwalk in Tokushima city

Info: Hana Haru Festa Committee

TEL: 088-655-7331

URL: http://ameblo.jp/hanaharu-f/

Cost: Free!

夏の阿波おどりに次ぐビッグイベントです! 有名連 33 連が春ならではの華やかなステージを繰り広げます。また、藍場浜公園一帯では、ライブイベントやダンスバトル等様々な催しが開催されます。当日は『徳島ラーメン博覧会』をはじめ、県内各地のグルメや土産も盛り沢山! 藍染め体験など伝統工芸の体験ブースも出店いたします。

日時: 4月20日(金)~4月22日(日) 場所: 徳島市あわぎんホール、藍場浜公演、

新町川ボードウォーク、ほか

問合せ:はな・はる・フェスタ実行委員会事務局

TEL: 088-655-7331

URL: http://ameblo.jp/hanaharu-f/

入場料:無料!

Japanese Lessons at Suketo Hoikuen (free)

助任保育園の日本語教室(無料)

When: Every Thursday, 11:00 - 12:00

Cost: Free, and child care is also available!

Info: Call TOPIA at

TEL 088-656-3303

日時: 毎週木曜日、11:00~12:00

金額: 託児付き(無料) **問合せ:**トピアまで

TEL 088-656-3303

Tokushima LED Art Festival 2013 HOP

徳島LEDアートフェスティバル 2013 HOP

HOP is a precursor to the triannual Tokushima LED Art Festival taking place next year, and will feature several attractions along Hyotanjima, the river boardwalk in the center of Tokushima city. There will be LED art displays such as the Hyotanjima Light Up Project, and also a restaurant on the water and music festival. Don't miss out on this chance to have fun on the boardwalk!

When: April 20 (Fri) - April 22 (Sun)Where: Tokushima city Hyotanjima areaInfo: Tokushima LED Art Festival Committee

TEL: 088-621-5225

URL: http://tok-led-artfest.net/

Cost: Free!

トリエンナーレ(3年に一度)形式で開催が決まった徳島 LED アートフェスティバル。次回開催の 2013年に向けて、2012年春は HOP と題し、イベントが開催されます。徳島市の中心部にある「ひょうたん島」を舞台に、LED アート作品の展示や、ひょうたん島ライトアッププロジェクトが夜の街を彩ります。また、「水上レストラン」や「ひょうたん島音楽祭」などのイベントも満載で、「水都・とくしま」を体感できる内容となっております!

日時: 4月20日(金)~4月22日(日)

場所: 徳島市ひょうたん島周辺

問合せ:徳島 LED アートフェスティバル

実行委員会事務局

TEL: 088-621-5225

URL: http://tok-led-artfest.net/

入場料:無料!

Tokushima Marché

とくしまマルシェ

At this event, local, Tokushima-grown produce and goods can be found for sale under parasol-covered stands along the Shinmachi River Boardwalk, the last Sunday of every month. "Marché" is French for marketplace, and true to its name this market has a stylish atmosphere that is fun just to be around.

When: Last Sunday of every month, 9:00 - 15:00 **Where:** Tokushima Shinmachi River Boardwalk

Info: Tokushima Marché Office

TEL: 080-4030-7140

URL: http://tokushima-marche.jp/

Cost: Free!

徳島産のこだわりの農産物や加工品をパラソルショップで販売する「とくしまマルシェ」が、徳島市の新町川ボードウオークで毎月最終日曜日に開催されます。マルシェとは、フランス語で「市場」を意味する言葉で、本場フランスのようなおしゃれで楽しい空間で「行くだけで、元気になれる」場所を演出します。

日時: 毎月最終日曜日 9:00 ~ 15:00 場所: 徳島市新町川ボードウォーク 問合せ:とくしまマルシェ事務局

TEL: 080-4030-7140

URL: http://tokushima-marche.jp/

入場料:無料!

TOPIA Bazaar

TOPIA バザー

TOPIA is giving away items such as used calligraphy sets, Japanese textbooks, etc., for free! It ends when we run out of items, so feel free to drop by.

When: April 14 (Sat) - April 20 (Fri) Where: TOPIA, Tokushima station 6F

Info: TOPIA

TEL: 088-656-3303

Cost: Free!

TOPIAで使わなくなった習字セットや日本語テキストなどを無料でおゆずりします。品物がなくなり次第終了します。ぜひお越しください。

日時: 4月14日(土)~4月20日(金) 場所: 徳島県国際交流協会、徳島駅6F

問合せ:徳島県国際交流協会 **TEL**: 088-656-3303

入場料:無料!

2012 Tokushima Japanese Speech Contest

PURPOSE: True internationalisation cannot be achieved without first coming in touch with other cultures and ways of life, fostering a sense of international awareness and gaining mutual understanding with people of the world to create a society in which we can all work and live together in harmony. This speech contest seeks to give a voice to the international residents of Tokushima Prefecture and engage them in a dialogue to further discourse on international understanding and cooperation.

DATE & PLACE: July 16th, 2012 (Monday, a public holiday), 13:30 - 16:30

Awagin Hall (Tokushima Prefecture Kyodo Bunka Kaikan)

Main Conference Room (4F)

CONTESTANTS: A total of 10-12 contestants will be chosen from the applications. Only foreign residents of Tokushima Prefecture whose native language is not Japanese and who have not previously participated in this speech contest are eligible to apply. Also, to provide the event with as much international character as possible, only one person from any one country is permitted to take part (a maximum of two people are permitted to take part if there are many applicants from one country).

THEME: The topic is left to your discretion, but it should relate to the event's purpose of international understanding and international cooperation.

LENGTH: Speeches should be no more than 7 minutes in length.

WHERE TO APPLY: Tokushima Prefectural International Exchange Association. (TOPIA)

770-0831 Tokushima-shi, Terashima-honcho, Nishi 1-61, Clement Plaza 6F

TEL: 088-656-3303 FAX: 088-652-0616

DEADLINE: May 25, 2012 (Friday) Applications must be turned in by 5:00 pm.

New Address for Tokushima City Library

Address: Tokushima city, Motomachi 1-24, Amico Building (Kid's Room is on the 5th floor,

General Room is on the 6th floor).

Open: 9:00 - 21:00 (closed the first Tuesday of every month, except April 3, and the library will be closed

April 10) Closed the first 10 days of the year for maintenance.

Info: 654-4421

* Whenever possible, the staff ask that you use public transportation to go to the library.

Counselling Service at TOPIA

トピアの相談窓口

TOPIA offers a counselling and advisory service to all foreign residents to help with issues involving accidents, working conditions, housing, visas, international marriage, and more. Counselling is available in English and Japanese. Please note that although every effort will be made, we may not be able to deal with all cases.

Every day, 10:00 - 18:00

Tel: 088-656-3320 (allows three-way conversations with an interpreter) or 088-656-3303

受け止めていますか人権の重み