

# awa life



November 2012

## mount miune - take a hike!

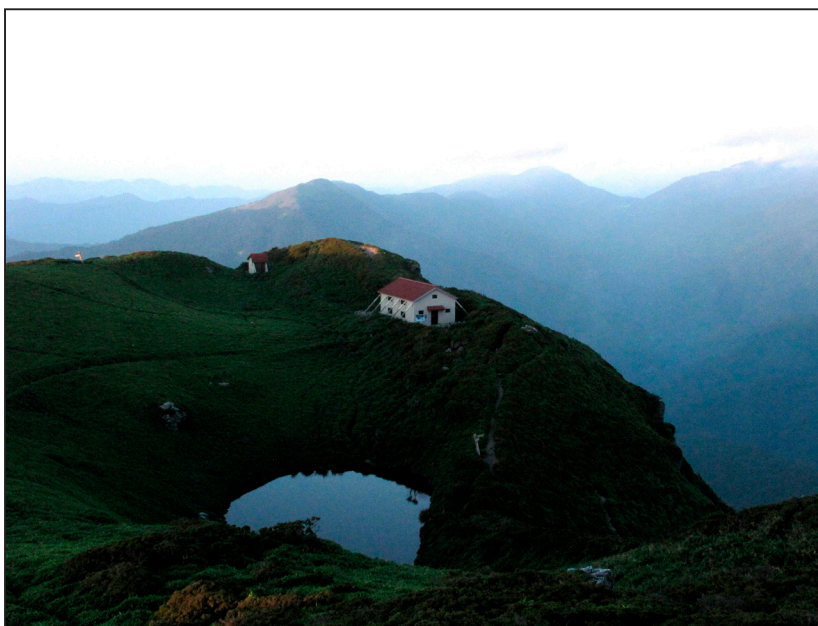


by matt lindsay

I'm sure most of you are familiar with Tokushima's highest mountain, Mount Tsurugi, otherwise known as Ken-zan. If you've ever hiked up it I think you'll agree that its gentle slope makes it a relatively forgiving peak. Its nearby sibling, Mt Miune (also known as Sanrei by our southern neighbours in Kochi) is a different kettle of fish.

### Oh deer. Can you bear it?

Starting out from the Mt Miune trailhead at Nagoro you'll notice there is a sign warning hikers of bears and advising to attach a bell to your pack. To be honest though, your chances of encountering a bear are pretty slim. In fact your chances of encountering any wildlife with a bell ringing continuously are rather remote. You may not endear yourself to other hikers either.



*home for the night - the Mt Miune hut*

(If you're really worried about coming across bears consider arming yourself with pepper spray as an acquaintance of mine does. On a recent camping trip to Hokkaido he and his son encountered five bears but did not need to use the spray at all.)

While you're unlikely to see any bears, the probability of seeing deer is quite high. In fact the 'Bambi' population is burgeoning so much in the mountains that it has become a problem. To prevent damage to the native flora by deer, nets have been erected

**mount miune ... con't on page 3**

## inside awa life this month

page 3: mount miune con't; page 4: santa claus is coming to town;  
page 5: irene's recipe corner; page 6: japanese lesson ;  
page 8: letter from suketo hoikuin; page 8-12: events & memoranda

## awa life

is a monthly publication of the Tokushima Prefectural International Exchange Association (TOPIA)

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Download a PDF file of **awa life** or view the online version by going to TOPIA's web-site!

## show tokushima some love: awaglot

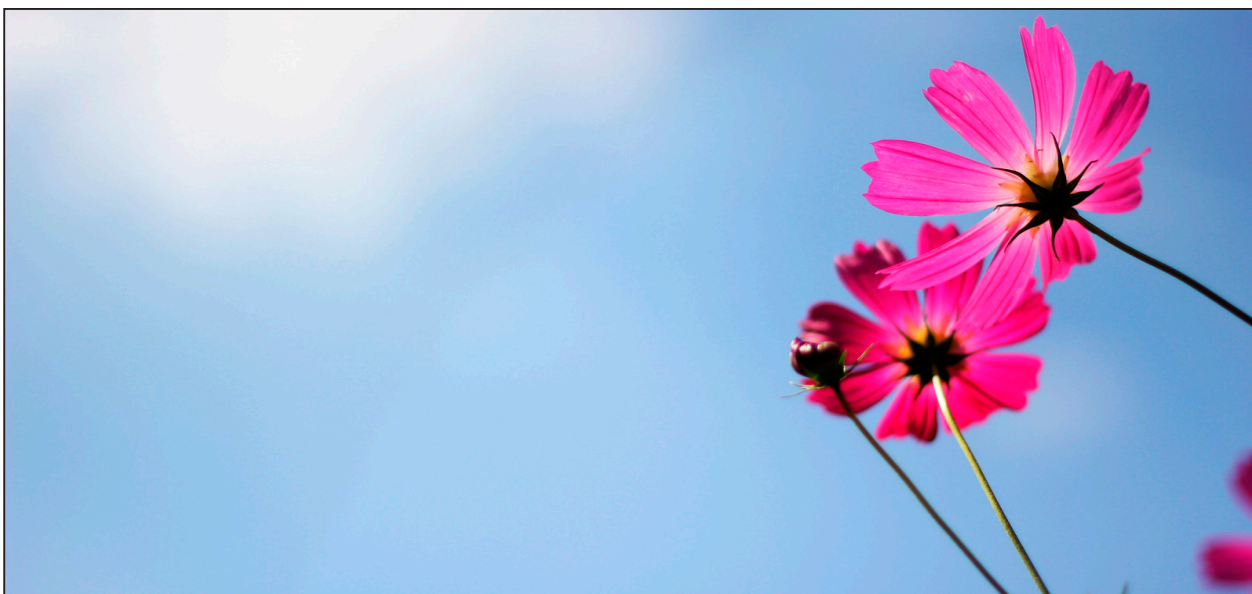
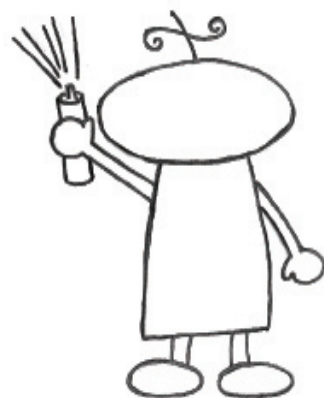
The literary corner of Awa Life, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, non-fiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

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

**The following will not be posted:** Religious, political, or commercial activities, businesses searching for clients or employees, 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@gmail.com!**



女心と秋の空 ; A woman's heart, as fickle as the Autumn sky

The Cosmos Flower (photo by Junko Kimura)

either side and tree trunks have been enclosed with mesh. On the summit ridge leading towards Mt Tenguzuka a 'Texas Gate' cattle grid bridge has even been erected to deter the deer from encroaching.

### **Make Yourself at Home**

Standing 1,893 metres tall, Mt Miune undoubtedly offers a challenging hike. The recommended time to the summit is three hours though if you're in good shape you should be able to do it in less time. Most of the hike is through forest but near the summit the trail becomes rocky and requires some clambering. Much of Miune's forest is deciduous Autumn is the ideal time to do it and experience some breathtaking fall colours.

At the summit of Mt Miune there is a hut where you can sleep free of charge. In fact there are a number of huts (known as yamagoya in Japanese) along this mountain range.

Be aware that the temperature at night here drops substantially so be sure to pack warm clothes and a sleeping bag. Be warned also that there is a resident rodent problem in the Miune hut so make sure your food is secure before you go to sleep or you may wake to find it depleted or gone.

If the hike sounds too arduous for you or you have little ones in tow, you can still enjoy the wonderful



*Up in the clouds - nearing Mt Miune summit*

nature of Mt Miune and its surrounding environment. Near Nagoro you will find the Iyashi-no-Onsenkyo hot spring resort (where it is also possible to camp and hike Mt Miune from). Here you can ride an hour long monorail though the forest and experience the foliage and scenery of the area. You can also try your hand at making soba noodles at the resort if you like.

<http://www.sobanoyado.jp/Default.aspx?id=0>

### **Getting there**

As with Mt Tsurugi, accessing Mt Miune is quite a mission whether you use private or public transport. By car the fastest, though costliest, way is to take the expressway to Ikawa-Ikeda Interchange (井川池田 IC). From here take route 32 towards Kochi then turn left at Oboke (大歩危) towards the Kazurabashi vine bridge and Mt Tsurugi and take route 439 to the small village of Nagoro (名頃).

Follow the sign across the river here to get to the Mt Miune trailhead (三嶺登山口) where there are toilets. You can also camp by the parking area here.

Alternatively if you have time but lack money you can take route 438 all the way from Tokushima to Mt Tsurugi then route 439 via the Oku-Iya Kazurabashi vine bridges to Nagoro.

By public transport you'll need to allow yourself two days. Best you make an early start too – to get the 8:15 bus from Ikeda Bus Terminal bound for Nagoro, you'll need to catch an express train to Awa Ikeda, departing from Tokushima at 6:10.

Bus information is available in Japanese:

[http://www.yonkoh.co.jp/renraku/re\\_01.htm](http://www.yonkoh.co.jp/renraku/re_01.htm)



## サンタがおうちにやってくる！！

### ■企画内容

「お子様へのサプライズ！あなたのお家にサンタクロースがやってきます。」

12/24 クリスマスイブの夜、サンタ クロースになったボランティアがとくしまの子どもに“プレゼントと夢”を届ける「チャリティサンタ活動」を行います。  
※チャリティサンタ活動とは…全国各地で行われているサンタクロースを通じた社会貢献活動。サンタを通じて地域の活性化に貢献するとともに子どもたちがぬくもりのある大人へと成長していく、そのきっかけ作りを目的とした活動。



### ■依頼事項

クリスマスイブの夜に子どもたちのもとへ夢とプレゼントを運んでくれる「チャリティサンタ」を募集しています。

事前にご両親からお預かりしたプレゼントを、イブ当日にご自宅へ運び、サプライズをお届けすることが主な役割です。

### ■主催者

①NPO法人 びざん大学

<http://bizandaigaku.net/>

②徳島市市民活力開発センター

<http://www.tokushima-shikatsu.com/>

徳島市で活動するNPO・ボランティア団体の支援を目的とした組織。

本企画は、子どもの健全育成及びまちづくり事業の一環として行うもので、びざん大学との共催で行う。

### ■昨年の活動

2011年に開催した際の新聞記事です。

[http://www.topics.or.jp/localNews/news/2011/12/2011\\_132347863267.html](http://www.topics.or.jp/localNews/news/2011/12/2011_132347863267.html)

### ■問い合わせ

徳島市市民活力開発センター：岸田侑（きしだゆう）

携帯：09052772246

メール：inkubus0908@yahoo.co.jp

## all i want for christmas is YOU!

Interested in bringing joy to local children during Christmas? Tokushima NPO Center and Bizan University are teaming up to bring Christmas to the doorsteps of Tokushima children.

This charity event will see volunteers visiting local houses on Christmas Eve, and handing out presents.

In order to make this event a success,

they are **currently recruiting Charity Santas!!!**

**Details:** Handing out the presents bought for the children by their parents, to the children, as Santa Claus!

**Info:** Mr. Yu Kishida at Tokushima NPO Center

**Tel:** 09052772246

**Email:** inkubus0908@yahoo.co.jp

**Press coverage of last year's event:**

[http://www.topics.or.jp/localNews/news/2011/12/2011\\_132347863267.html](http://www.topics.or.jp/localNews/news/2011/12/2011_132347863267.html)

## wrap 'em snack.

Seeing that the cultural day falls in November, this is our chance to celebrate a snack that is enjoyed by many people worldwide...

### The **SAMOSAS!!**

A savory fried dough filled with spiced potatoes, onions, peas, lentils and ground meat (usually lamb/chicken but any meat is OK for those with no diet restrictions). The size may vary but, the shape is usually triangular. This snack is popular as an appetizer with tea and is often sold on the streets or at fast food kiosks. It might be accompanied by a chutney in some countries. Whether you make it spicy or not is a personal preference.

#### **Ingredients; (makes 16)**

300g...ground beef/pork/chicken  
200g ...potatoes diced [5mm-1cm cubes]  
200g ...onions [1 big or 2 small ones]  
50g....carrot finely diced.  
2 cloves of garlic, finely chopped/minced.  
¼ cup chopped cilantro/parsley  
2 green chilies, finely chopped [optional]  
½ tsp each, coriander, cumin, turmeric, red pepper powder or [1 ½ Tbsp curry powder]



Salt and pepper to taste  
150- 200cc, water.

2 packs of Spring roll wrappers.

Lemon or lime/sudachi.

Oil, for deep frying.

#### **Preparation;**

1. Brown the meat in a sauce pan, then add the onions. When they begin to soften, add all the other ingredients and simmer until the vegetables are cooked through. Take off heat and cool.
2. Meanwhile, take two sheets of the wraps and cut them in half. Roll to make a cone and stuff the filling inside. Seal the edges tightly by moistening the edges with water. Do all of them and set aside.
3. Deep fry in oil until golden brown. [Oil should not be sizzling hot just about moderate]. Drain on paper towels and serve while hot

with lemon or lime wedges or a chutney of your liking.

- *Whether you make meat or vegetable samosas, it's up to you the cook to be your own chef (BYOC). Fill them with whatever you fancy as long as the filling is not too wet that it might soak through the patties when frying.*

- *You can also make your own dough for the pastry but the wraps make your work that much easier and don't compromise the taste that much.*

- *Samosas don't do well if they get too cold so enjoy them while they are still hot.*

## Happy Eating!



## restrictions on subjects in complex sentences

Last month, we learned omission of subjects. In that connection, this month's Japanese lesson deals with the restrictions on subjects in complex sentences. By learning them, you can tell who does or did.

- a) (S1) もっと勉強<sup>べんきょう</sup>するために、(S2) 辞書<sup>じしょ</sup>を買<sup>か</sup>った。 →Same Subjects (SS)  
X bought X a book, so that X will study.
- b) (S1) もっと勉強<sup>べんきょう</sup>するように、(S2) 辞書<sup>じしょ</sup>を買<sup>か</sup>った。 →Different Subjects (DS)  
X bought Y a book, so that Y will study.

In a), S1 and S2 are same (SS), while in b), S1 and S2 are different (DS). Restrictions occur depending on various conditions including types of conjunctions, the different use of wa and ga, verbs etc. Words in ( ) do not appear in actual conversation or sentences.

### 1. Types of conjunctions

Same Subject (SS) type: ながら、て、し、つつ、ために、まま

Difference Subject (DS) type: と、たら、が、ので、ように (objectives)

Who did the action in the following sentences? Please fill in the blanks.

- 1a) 母<sup>はは</sup>はテレビをみて、( ) 泣<sup>な</sup>いていた。 Mother was watching TV and crying.
- 1b) ( ) テレビを<sup>み</sup>ながら、母<sup>はは</sup>は泣<sup>な</sup>いていた。 While watching TV, mother was crying.
- 1c) ( ) 見<sup>み</sup>ると、母<sup>はは</sup>は泣<sup>な</sup>いていた。 When I watched her, mother was crying.
- 1d) 母<sup>はは</sup>が帰<sup>かえ</sup>って来たので、( ) 電話<sup>でんわ</sup>を<sup>か</sup>けた。 As mother came back, I hung up the phone.
- 1e) (S1) そんな所<sup>ところ</sup>に車<sup>くるま</sup>をとめたら、(S2) 困<sup>こま</sup>るんです。 If you (or he, etc.) park the car there, I will be in trouble.

Answers: 1a) 母<sup>はは</sup> 1b) 母<sup>はは</sup> 1c) わたし 1d) someone other than mother, for example わたし  
1e) (S1) someone other than me, for example あなた, 彼<sup>かれ</sup> (S2) わたし

### 2. The different use of wa and ga

Wa is a topic marker and the wa-marked subject can be connected to verbs both in main and subordinate clauses.

SS type pattern: X は、X へ、.....

- 2a) 太郎<sup>たろう</sup>は、( ) 日本<sup>にほん</sup>に帰<sup>かえ</sup>ってから、いっしょうけんめい 働<sup>はたら</sup>いた。  
After Taro returned to Japan, he worked hard.

DS type pattern: X が、Y.....

- 2b) 太郎<sup>たろう</sup>が日本<sup>にほん</sup>に帰<sup>かえ</sup>ってから、Y はいっしょうけんめい 働<sup>はたら</sup>いた。  
After Taro returned to Japan, Y worked hard.

In the subordinate clause, only the ga-marked subject can appear. Therefore the ga-marked subject in the subordinate clause denotes the DS reading and the main clause subject usually refers to the topic.

## 3. Types of verbs (their meaning)

The meaning of some verbs in the main clause can signal whether the subject of the subordinate clause is the same (SS type) or different (DS type).

3a) (おっと 夫が) 無駄遣いするのを (おっと 夫が) 慎む。

3b) (つま 妻が) 料理するのを (おっと 夫が) 手伝う。

In 3a), the verb of the main clause indicates SS because the two actions can only be conducted by the one person, so it means "My husband refrains from (his) wasting money. On the other hand, in 3b), the verb of the main clause indicates DS because the two actions cannot be conducted by the one person, so it means "The husband helps his wife cook". Those verbs that have SS/DS signals are shown in the following table.

SS type verbs: (い わけ) 言い訳する make excuse (き) 決める decide (おこた) 怠る neglect (あやま) 謝る apologize  
(つつし) 慎む refrain from (こうかい) 後悔する regret etc.

DS type verbs: (てつだ) 手伝う help (かんしゃ) 感謝する appreciate (どうい) 同意する agree (めいれい) 命令する order  
(おうえん) 応援する encourage (りょうり) 理解する understand (きよか) 許可する permit etc.

参考図書：How can we know who did what to whom in Japanese?

\* There are some exceptions in the above mentioned rules.

**地域日本語指導ボランティア養成講座受講生募集**  
**外国人の方に日本語を教えるノウハウを勉強しませんか？**  
**now recruiting volunteer japanese language teachers!**

**前期日程：**(土曜日4回 9：30～12：30, 13：15～16：15)

**[1]** 11月17日(土) **[2]** 11月24日(土) **[3]** 12月1日(土) **[4]** 12月8日(土)

\*後期は2013年の2月頃を予定しています

**場所：**阿南市富岡公民館 1階 図書室

**教科書 (要購入)：**前期「みんなの日本語Ⅰ (改訂版)」

後期：「みんなの日本語Ⅱ (1月発行予定の改訂版)」

(各スリーエーネットワーク発行・2500円)

**定員：**20名程度 **参加費：**無料 **締切：**11月10日(土) **講師：**青木洋子先生

**問合せ・申込：**阿南市国際交流協会 (担当) 小野

**TEL：**0884-44-6652 **MAIL：**himawari\_2012\_aia@yahoo.co.jp

〒774-0045 阿南市向原町天羽畠 103-1 西野建設(株)内

11月10日までに電話かメールにてお申し込みください。

\*詳細は TOPIA ホームページをご覧ください。(なおこの事業は県・TOPIA の事業です)

\*また徳島県立総合大学校「まなびーあ徳島」の生活環境学部の講座でもあります。

(24単位取得可)

## Every November in Japan, boys of 3 and 5, and girls of 3 and 7 years old, are taken in temples and shrines in an annual festival, in the hope of the children's healthy growth

A tradition named "shichi-go-san" (7-5-3), after the 3 participating age ranges, the festival provides a fantastic opportunity for families to appreciate the happiness born of a child's healthy development.

This month, I'd like to discuss a factor crucial to such healthy growth – sleep. A variety of hormones are secreted whilst a child is asleep, particularly in the younger years. These include growth hormones, ACTH (Adrenocorticotrophic hormone; a stimulant of concentration, academic ability, and desire), Melatonin (responsible for controlled development and balance of emotions),

and Cortisol (Corticosteroid; raises body temperature and energy levels).

What's interesting to note is that timing is truly of the essence - secretion rates of these hormones are said to drop below 60% post 10pm. In addition, production of white blood cells (defending us from bacteria and viruses) and hormones which aid our fight against stress is thought to increase in the early hours of the morning, making waking up early incredibly beneficial.

## Early nights and early mornings play an important role in ensuring an infant's healthy development



## Autumn Photo Frame

### Preparation:

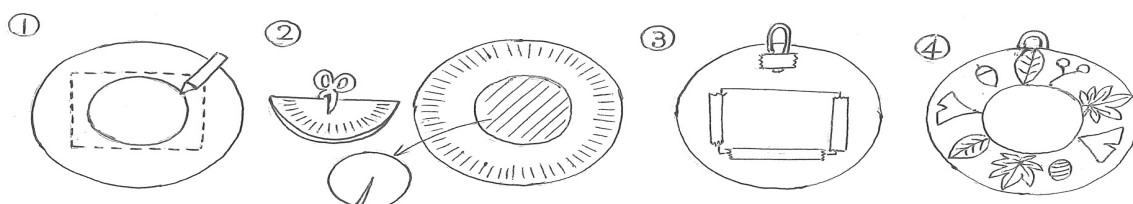
- Paper Plate
- Pencil/Pen
- Scissors
- Sheets of Paper
- Piece of string (short)
- Tape
- Natural autumn decorations (fallen leaves etc.)

### Instructions:

1. Draw a circle slightly smaller than a large size photograph on the paper plate.
2. Fold the paper plate gently in half in order to cut out the circle out.
3. Turning the plate over, create a pocket on the back by fastening 3 sides of a sheet of paper (slightly larger than a photograph) with tape, and create a wall fastening using a short piece of string looped and taped to the backside.
4. Decorate the front of the plate with fallen autumn leaves and other natural decorations.

### How to Use:

Slide a photograph of your choice into the back pocket, and hang it on your wall!





## tokushima toastmasters club

### 徳島トーストマスターズクラブ例会への参加ご案内

Want to improve your English public speaking & presentation skills? Check out Tokushima Toastmasters!

**Who:** Anybody 18 years & over

**When:** Every 3rd Sunday 13:30~16:00

**Where:** TOPIA meeting room, Clement Plaza 6F

**Info:** Takako Yamada (Vice President Membership)

**TEL (English):** 090-2787-3597

**Cost:** Free!

\* The place and date are subject to change

Please check out the latest information at <http://tokushima-tmc.org>, or the Tokushima Newspaper.

人前で話せるようになりたい、表現力やプレゼン力を身につけたいあなたを歓迎します。

**入会資格:** 18歳以上

**日時:** 毎月第三日曜日 13:30-16:00

**場所:** 徳島駅クレメントプラザ6F

トピア (TOPIA) 会議室

**連絡先:** 山田多佳子 (会員担当副会長)

**電話番号:** 090-2787-3597

**ご注意:** 会場、日時が変更することがあります。ホームページまたは徳島新聞情報とくしまを確認してください

**We warmly welcome participation from Tokushima's foreign residents!**

**徳島在住の外国人歓迎!**

## 27th National Culture Festival Tokushima 2012; International Dance Festival

An opportunity to experience dances from Tokushima and around the world!

**1. Be enchanted at the Arts Stage:** Watch local dance groups performing traditional regional dances. There will be dancers from Germany's Lower Saxony Region, as well as visiting troupes from Korea and China. Of course, you can also watch Tokushima's famous AwaOdori!

**2. Be involved on Cultural Exchange Street:** Watch a performance by visiting German artists, and visit cultural exchange and cuisine stalls!

11.23 (Fri/natl. holiday): 11:00 - 17:00

ASTY Tokushima/ advanced tickets ¥1000 / same day ¥500 up (all assigned seating).

## 第27回国民文化祭・とくしま2012

世界の踊りフェスティバル 徳島とゆかりのある地域の踊りをこの機会に是非お楽しみ下さい!

### 1. 魅せる! 芸能ステージ

アマーランダー民族舞踊団体 (ドイツ)

張家界魅力湘西芸術団 (中国)

金鼎先韓国舞踊団 (韓国)

阿波おどり/徳島県阿波踊り協会、

阿波 おどり振興協会 (日本)

### 2. 体感! 友好交流ストリート

デ・フォフティグ・ペンス (ドイツ) ライブ

国際交流ブース、食文化発信ブース他

11月23日 (金・祝) 11:00-17:00

アスティとくしま・全席指定1000円「当日500円増」

英語

This project is a model project receiving an official grant from the Social Welfare and War Victims' Relief Bureau of the Ministry of Health, Labour and Welfare.



Toll-Free Call

0120-279-338

よりよいホ・トライン  
Helpline for Foreigners

We will provide help for any problem that you may encounter.  
Our staff will work with you to find a solution.

Toll-Free



Call the toll-free number and after the Japanese guidance, press 2.

\*The toll-free number is accessible from anywhere within Japan

\*Your privacy will be protected

Our specialists are waiting to answer your calls.

Please don't take the entire burden on yourself, and call us for help.

We have a special line for suicide prevention, domestic violence, sexual violence and sexual minorities.

一般社団法人 社会的包摂サポートセンター

<http://279338.jp/>

## helpline for foreigners

よりそいホットライン

**Here to answer any troubles that you may have.**

Life, Work, Housing, Suicidal Thought, Mind and Heart, Family, Money, Illness, Handicaps, Crime, Sex, Domestic Violence/Sexual Violence, Children, Law and Legal Procedures, Administration and Various Official Procedures, Education, Human Relations, Foreign Nationality, Disaster Stricken Area/Nuclear Reactors, Others.

**0120-279-338**

### Hours of Service (English)

Monday	10:00 to 22:00
Tuesday	10:00 to 22:00
Wednesday	10:00 to 16:00
Thursday	16:00 to 22:00
Friday	10:00 to 16:00
Sunday	10:00 to 22:00

## queries concerning the new foreign resident system...?

外国人住民の住民基本台帳制度に対しての問い合わせがあれば。。。。

July 9th, 2012 saw the introduction of a new foreign registration system in Japan. The government has provided information on various aspects of this in a number of languages, so if you have any concerns, don't hesitate to take a gander at the websites or make a telephone enquiry.

### Ministry of Internal Affairs and Communications Call Center

**TEL:** 0570-066-630 (Navi Dial); 03-6301-1337 (IP Phone/PHS Calls)

**Opening Hours:** Monday - Friday (excluding public holidays) 8:30 - 17:30

02.04.2012 - 29.03.2013

**Available Languages:** Japanese; English; Chinese; Korean; Spanish; Portuguese

### Procedures applicable to foreigners who recently entered Japan:

[http://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/pdf/english03.pdf](http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/english03.pdf) (English)

[http://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/pdf/espanol18.pdf](http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/espanol18.pdf) (Spanish)

[http://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/pdf/portugues23.pdf](http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/portugues23.pdf) (Portuguese)

### Procedures applicable to foreigners changing residences within Japan:

[http://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/pdf/english04.pdf](http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/english04.pdf) (English)

[http://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/pdf/espanol19.pdf](http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/espanol19.pdf) (Spanish)

[http://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/pdf/portugues24.pdf](http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/portugues24.pdf) (Portuguese)

### General Information:

[http://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/zairyu\\_english.html](http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu_english.html) (English)

[http://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/zairyu\\_espanol.html](http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu_espanol.html) (Spanish)

[http://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/zairyu\\_portugues.html](http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu_portugues.html) (Portuguese)



## monster festival

Monster shrines, bands, processions, competitions for the best homemade monster and unique local products are some of the attractions at this festival.

**When:** November 25th (Sun) 10:00 - 16:00

**Where:** Miyoshi City, Yamashiro-cho, Kamimiyo, Fujinosato Park

**Cost:** Free!

**Info:** Fujikawadani no Kai

**Tel:** 0883-84-1155

## 妖怪まつり

ようかいまつり

妖怪みこし、妖怪バンド、妖怪行列、手作り妖怪コンテストなどの催しや、地元の特産品の販売などもあります。

**日時:** 2012/11/25 (日) 10:00 - 16:00

**開催地:** 三好市山城町上名 藤の里公園

**料金:** 無料

**問合せ:** 藤川谷の会 (山城茶業組合内)

0883-84-1155

## misato plum wine festival

The first area, nationally, to be designated as a [plum wine zone]; the misato plum wine festival continues this year. 15 types of plum wine and food can be sampled across 7 venues. Why not enjoy the flavours of autumn in the beautiful surroundings of Misato?

**When:** November 24th & 25th (Sat/Sun) 10:00 - 15:30

**Where:** Yoshinogawa, Misato Hotaru-Kan

**Cost:** Advanced; ¥1000, Same-day: ¥1200

**Info:** Misato Plum Wine Festival Committee

**Tel:** 0883-43-2216

※ Be sure to make use of public transport and the complimentary shuttle bus.

※ Please bring your own glass!

## 美郷梅酒まつり

みさとうめしゅまつり

全国初の「梅酒特区」徳島県吉野川市美郷地区で、今年も梅酒まつりを開催します。開催期間中は、7ヶ所の会場で合計15種類の梅酒や食事が味わえます。秋の味覚を楽しみながら、のんびりゆったりしませんか? 豊かな自然あふれる美郷へどうぞお越しください。

**日時:** 2012/11/24 & 25 (土・日) 10:00 - 15:30

**開催地:** 吉野川市美郷 美郷ほたる館

**料金:** 前売り券 1000 円、当日券 1200 円

**問合せ:** 美郷梅酒まつり実行委員会

0883-43-2216

※ アルコールを飲むイベントなので、お越しの際は公共交通機関・無料シャトルバスをご利用ください。

※ マイグラスご持参にご協力下さい。

## 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.

Monday to Friday, 10:00 - 16:30

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

## 受け止めていますか人権の重み