

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

Keepin' it real.

## a pilgrim state of mind

Genevieve Talbot

Shikoku what? That name meant absolutely nothing to our friend networks in Canada. The idea came across during our first trip to Japan in 2008 after stumbling across a half page in the Lonely Planet Guidebook about this strange pilgrimage. But, as is the case for many people with just three weeks vacation per year, time goes by too quickly and we were unable to visit the island of Shikoku when traveling across Japan. We knew that we would probably never return because of the high cost, as well as the endless list of other destinations we were planning to visit during our lifetime and limited time available.

One year later, by coincidence, we came across an article in a local Montreal newspaper about the greatest spiritual pilgrimages around the world and we saw a nice description of Shikoku. We were hooked! Since we had always nurtured the dream



*Genevieve and Jean-Francois on their pilgrimage.*

of accomplishing a pilgrimage to take a break from our busy careers, allowing ourselves time to reflect on our lives and what we wanted for the coming years, we had already thought of doing the Santiago de Compostela Catholic pilgrimage that starts in France and ends in Spain. On the other side of the coin (and the planet) was Kobo Daishi's spiritual path to enlightenment that kept calling us. Even though it appeared to us almost impossible due to the distance, significantly higher

cost and the incomprehensible foreign language, there was something really intriguing and mystical that was pulling us toward this adventure of a lifetime. The fact that it was a Buddhist pilgrimage instead of a Catholic one was liberating, interesting and quite off the beaten track for us!

We finally decided to jump into the unknown as there is so little information you can find abroad or even on the internet. From May 25th to June 12th, we walked in Kobo Daishi's footsteps for a total

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September



Keepin' it real.

# Awa Life

## editor's page

What's up Tokers?



It's September (in case you didn't know) and the Awa Odori craze has ended...for now. But we still have a ton of exciting content to rock your socks this month, including an intriguing account of two French-Canadians' pilgrimage around Shikoku, reports of TOPIA's summer school program, the Indonesian Sports Tournament, greetings from my new fellow editor, and so much more. Enjoy!

Best,  
Sarah

### This month in Awa Life

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## awa life

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

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


of 19 days, walking about 175 km of the total 1200 km in the entire pilgrimage. We managed to cross the main gates and pray in 51 temples out of the 88, climbed mountains, walked on main roads, crisscrossed country sides, villages and major cities, smelled the perfume and humidity of bamboo and cedar forests, all while proudly wearing the traditional pilgrim clothing (hat, shirt, stick and bells). In each temple, we prayed for the Tohoku tsunami survivors, had our book stamped, washed our hands and mouth, lit incense, and rang the bell to signify our arrival. We followed the traditional ways as best and humbly as we could with our limited knowledge and understanding of Buddhist and Japanese traditions. Along this uncommon road, we were offered all kinds of *osettai* from fruit and coffee, to arts and crafts and complete meals, not to mention the numerous times we were given money, as much as 40,000 yen! What a lovely, sweet and intriguing surprise it was for us. We felt so grateful to be there and experience the generosity of Japanese people, even though we could only thank them with the most basic "*arigatou gozaimasu*." We hoped our wide smiles conveyed more of the gratitude we could not express.

Due to the limited time we

had, we tried to walk every day between 3-5 hours while taking trains and buses to maximize our exposure to the whole experience. It was important to us to be able to complete the entire circle of the island even if we had to use transportation. It allowed us to see and feel different landscapes, magical paths, meet people from various areas, and discover more villages and cities. The daily distance we covered was usually limited to about 15 km due to the required time necessary to set up video equipment at many locations in order to document our pilgrimage.

One thing we know for sure is that we will be back one day to complete the remaining 37 temples, and walk more of the distance by allowing ourselves more time and fewer responsibilities, not forgetting to train adequately beforehand! We have seen pilgrims that walked about 25 km every day, so training is pretty much mandatory if you want to enjoy more of this unique experience. Our daily routine started around 9 a.m. and ended around 5 p.m. when we would arrive at a *minshuku*, business hotel or temple offering *chukobu*. Even after packing as lightly as we could, our backpacks still weighed around 25 lbs each. The physical challenge was therefore quite difficult, especially at the beginning, before we got used to the physical stress on our poorly

prepared bodies. We stretched our sore legs at night, gave each other massages and enjoyed *onsen* or hot springs at most locations, often the highlight of the day! Now that we know, there is no doubt we will train more for the next time around, so beware!

On the spiritual side of things, we would qualify this as an incredible journey! Long hours under the rain or sunshine crossing villages or walking along roads allowed us, with the reminder of the bells that rang with each step we took, to breathe, meditate, contemplate nature and take time to reflect on our personal lives. In all the temples along the way, we meditated, prayed for our families, friends and humanity. We expressed our gratitude and sent love and compassion to the universe. It was a wonderful spiritual experience and very gratifying at the same time. We felt overcome by a feeling of serenity each time we stood in these sacred temples. There is no doubt that we would highly recommend the experience to anyone wishing to take some personal time out and hoping to experience a unique spiritual journey on the Kobo Daishi path. It does not matter how you do it, how long you do it, if you walk it all, partially or not at all; it is well worth your time, as it may become the best investment you have ever made for yourself. 



# school is in this summer

Shoko Nomizu

This past summer, TOPIA hosted a 6-day Japanese language program for Tokushima's increasing number of children whose second language is Japanese. 24 students from 9 different countries, ranging from elementary to high school level, increased not only their Japanese ability, but their overall eagerness to learn as they engaged in Japanese and curriculum



*Summer School is in session*



*Takematsu-sensei and pupil*

studies, and communication with multinational groups of different ages.

Teachers from JTM Tokushima Japanese Network, who work with TOPIA in many respects, guided students who had been in Japan as little as five days, to some who have been here over ten years, providing attentive, enthusiastic instruction suited to each student's level. They also regularly teach children Japanese at Nihongo Terakoya, so the atmosphere in the classroom was fun, lively and spirited.

Children of many different backgrounds were assembled, including those from households with both parents of foreign citizenship, some with only their father or mother

of foreign citizenship, some who will only be here a few

years, and some who may live in Japan their whole lives. Though all their situations are different, I hope this summer school gave them a chance to connect by lessening their mutual difficulty with Japanese.

The keen interest, curiosity, and lively smiles of these children will stay with me for a long time.



*Mori-sensei and pupils*



# indonesians, assemble!

Sumire Imagawa

The 2nd annual Indonesian Study Abroad Students of Shikoku Sports Tournament took place last July 16th, and the first annual Indonesian Study Abroad Students of Japan Sports Tournament took place the following day.

These events were held to celebrate Indonesia's upcoming Independence Day on August 17th, as fellow Indonesian exchange students, workers, research students, and those in



*Students practicing Awa Odori*




*Tournament group photo*

international marriages came together to establish favorable relations and deepen friendships with their Japanese counterparts. Educational Attache Dr. Edison Munaf visited from the Indonesian Embassy of Japan, along with Consul General Ibnu Hadi from the Indonesian Consulate in Kansai, to impart a few words on the occasion and encourage Indonesians in Japan to form a bridge of friendship between the two countries and earn Japan's trust. Vice Governor Saitou of Tokushima and

the Vice Director of the Tokushima-Indonesian Friendship Association reciprocated their warm greetings and welcomed them to our prefecture.

In the spirit of sharing the appeal of Tokushima with their fellow countrymen across Japan, Indonesian residents of Tokushima prefecture lent a hand to organize this two-

day tournament, which featured fierce competition and exchange in games of badminton (Indonesia's national sport), table tennis, and futsal. Our volunteers also worked behind the scenes to make meals and *bento* for over 200 people, and said they felt the same sort of heart for hospitality that goes into the *osettai*, or free service, that people of Tokushima are known to offer to pilgrims. We hope that opportunities for exchange of friendship between Indonesia and Japan will flourish from here on. 



*Tournament in the gym*

# japanese classes 2011

Japanese language classes at TOPIA - Second Term

DAY	TIME	CLASS	CLASS DESCRIPTION	
TUE	10:30 ↓ 12:00	Elementary 2 Ms. Motoki	We will study various verb forms, and sentence patterns using those forms. Text: "Minna no Nihongo 2" from Chapter 26.	From Oct. 4
WED	10:30 ↓ 12:00	General Group Lesson	A salon-style workshop where students can study freely according to their needs. Please buy "Minna no Nihongo" <i>if you wish to use it</i> .	From Oct. 5
THU	10:30 ↓ 12:00	Beginner Ms. Yamada	We will take the first steps towards learning basic expressions. Text: "Minna no Nihongo 1" from Chapter 1.	From Oct. 6
FRI	10:30 ↓ 12:00	Elementary 1 Ms. Aoki	We will study various verb forms, and sentence patterns using those verb forms. Text: "Minna no Nihongo 1" from Chapter 14.	From Oct. 7
SAT	10:30 ↓ 12:00	General Group Lesson	A salon-style workshop where students can study freely according to their needs. Please buy "Minna no Nihongo" <i>if you wish to use it</i> .	From Oct. 1
SUN	10:30 ↓ 12:00	Elementary 3 JTM	We will study reasoning, causative, passive voice, and honorific expressions. Text: "Minna no Nihongo 2" from Chapter 38.	From Oct. 2
		Beginner - Elementary 2 Group Study	A class for those who are only able to participate on weekends. Chapters will be split into 3 groups according to level, plus one flexible group. Text: "Minna no Nihongo 1" from Chapters 1~25, and "Minna no Nihongo 2" from Chapters 26~37.	From Oct. 2

1. Eligibility: All non-Japanese residents of Tokushima.
2. Place: Tokushima Prefectural International Exchange Association (TOPIA)  
6F Clement Plaza, 1-61 Terashima Honcho Nishi, Tokushima City 770-0831  
TEL 088-656-3303 Fax 088-652-0616
3. Materials Fee: 1,500 yen for all 20 classes. However, if there are 10 classes or fewer left in the term, the fee is 750 yen. There are no refunds for leaving a class early, but it is possible to switch to a class that suits your level better without paying extra.
4. Notes:
  - ① The textbook "Minna no Nihongo" 1 or 2 is required (2,500 yen).
  - ② You can register at TOPIA.
  - ③ More than one class can be registered for if required fees are paid.
  - ④ If you wish to change classes after registration, please contact one of the TOPIA staff.

THU (free class)	10:30 ↓ 12:00	Beginner Ms. Kimura	This class helps you prepare for the elementary classes by increasing vocabulary while teaching you to read and write hiragana and katakana. We will also talk about information to help you in your daily life in Japan. Text: "Nihongo Kana Nyumon" (English 800 yen, Chinese 1,100 yen).	Every Week
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\*Depending on the situation, the instructors may differ from the ones given here, and classes may be cancelled due to inclement weather such as typhoons, heavy rain, or snow.



# guten tag, tokushima!

Martin Rathmann

**H**allo und Guten Tag! I am the new German-speaking Coordinator for International Relations at TOPIA, and I am from the Mülheim an der Ruhr in Germany. It is in the west of Germany within the Ruhr Area, originally an industrial area with a strong coal production. Now a days it has changed into a colorful metropolitan area, one of the highest populated regions in Europe. I grew up, went to

school and attended university there. My major was East Asian Studies with a focus on Japan.

Due to my major, I got the chance to study in Japan for one year and thus I spent one year studying Japanese at the Dokkyo University in Saitama, which is famous for its German department. Furthermore I collected the data for my master thesis in Japan last year, whereby I was able to graduate in May this year.

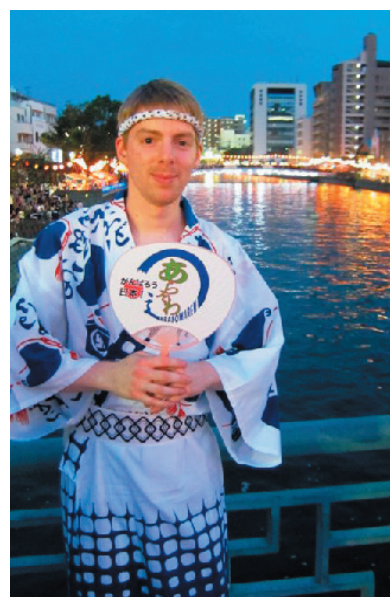
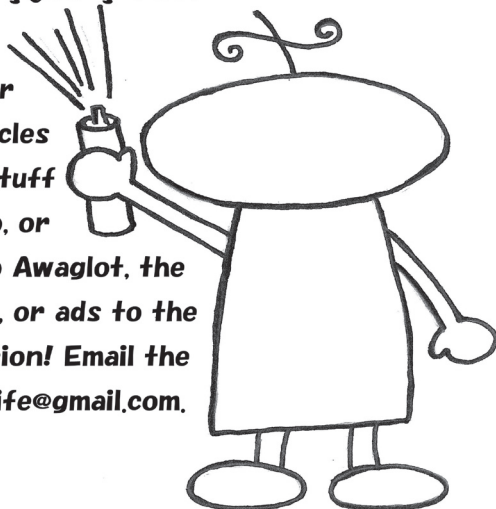


Photo by Robert Telschig

## WRITE FOR AWA LIFE!

SHOW TOKUSHIMA SOME LOVE...

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](mailto:awalife@gmail.com).  
Peace!



## awaglot and classifieds

**T**he 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](mailto: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@gmail.com](mailto:awalife@gmail.com)!

There are two kinds of adjectives: i-adjectives (高い、大きい etc.) and na-adjectives (親切、にぎやか etc.) They can be conjugated in the three following ways:

1. Adjective + です (when the adjective becomes the predicate)

富士山は日本でいちばん高いです。

徳島の夏は阿波踊りでにぎやかです。

2. Adjective + noun (when the adjective modifies the noun)

富士山は日本でいちばん高い山です。

阿波踊りはにぎやかなお祭りです。

3. Adjective + verb (when the adjective modifies the verb)

富士山が雲の上に高く見えます。

阿波踊りの時、徳島はとてにぎやかになります。



Let's see how the form of each adjective changes in examples 1, 2, and 3, as taken from above.

- |                     |                                      |
|---------------------|--------------------------------------|
| 1. Adjective + です   | i-adjective...高い→高い (no change)      |
|                     | na-adjective...にぎやか→にぎやか (no change) |
| 2. Adjective + noun | i-adjective...高い→高い (no change)      |
|                     | na-adjective...にぎやか→にぎやかな (にぎやか+な)   |
| 3. Adjective + verb | i-adjective...高い→高く (高い→高く)          |
|                     | na-adjective...にぎやか→にぎやかに (にぎやか+に)   |

In this way, you can use i-adjectives in their dictionary form to modify nouns. In other words, you can say「富士山は高いです」or「富士山は高い山です」。However, there are irregular i-adjectives such as「多い」which you can use to say「私は兄弟が多いです」but you cannot say「私は多い兄弟がいます」。In this way,「多い」is an exception to the way you use other i-adjectives. The correct way to say the second sentence is「私は多くの兄弟がいます」Try to remember!

Let's practice! Make the adjectives into the correct form, then write them in the parentheses.

Example 沖縄の海は ( 青い ) です。(青い)

- ① 現在、アフリカでは雨が降らないため、食糧不足になっている国が ( ) です。(多い)
- ② 電気をあまり使わないようにするため、今年の夏はエアコンの温度を ( ) する家庭が増えています。(高い)
- ③ 徳島は ( ) 山や川がたくさんあります。(きれい)
- ④ 徳島のすだちやわかめは県外でも ( ) です。(有名)
- ⑤ 彼女は阿波踊りを ( ) 踊ります。(上手)
- ⑥ きゅうりやトマトなどの ( ) の夏野菜は体内の温度を下げると言われています。(多い)
- ⑦ 9月になるとだんだん ( ) になります。(涼しい)

Answers : ①多い ②高く ③きれいな ④有名 ⑤上手に ⑥多く ⑦涼しく

Reference : 初級・日本語文法ハンドブック (スリーエーネットワーク)

外国人が日本語教師によくする100の質問 (バベルプレス)





# letter from suketo hoikuen

Kazue Inoue

This year, everyone is making an effort to conserve electricity to show support for the victims of the Tohoku earthquake. We have not been using our air conditioner as much, so this summer feels hotter than ever before. The children at Suketo Daycare also seem to be suffering more than usual from hand, foot, and mouth disease, and skin rashes that have been going around.

Thankfully in September the heat will gradually start to go down and life will get a little bit easier. In preparation for winter, be sure to get plenty of exercise to increase your physical strength, and above all don't forget to eat properly! Fall is abundant with seasonal foods, so eat plenty of fruits and vegetables to take care of your body and

stay healthy.

## Seasonal Foods:

\*Salmon-Fall is spawning season for salmon, and these fish are ripe with protein and essential fats and nutrients.

\**Satsumaimo*-Sweet potatoes have lots of vitamin C, which strengthens your immune system, and they don't lose as many nutrients as other foods when you cook them.

\*Mushrooms-Mushrooms have lots of flavor, especially at this time of year, and they also have vitamin B1 which increases your appetite, and vitamin B2 which accelerates physical growth.

## This month's craft: Mr. Rolly Polly

\*Take the cardboard center of a toilet paper roll and draw eyes on it.

\*Draw a tongue on red paper, cut it out, and tape it

underneath the eyes of your Mr. Rolly Polly.

\*Make a small hill out of cardboard by folding it into a triangle as shown, and entertain your child by rolling Mr. Rolly Polly down the hill!



## Japanese Lessons at Suketo Hoikuen

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

**Cost:** Free, and child care is also available!

**Info:** Call TOPIA at  
TEL 088-656-3303



To post an event of your own, send the details via email to the editors at [awalife@gmail.com](mailto:awalife@gmail.com).

## Orienteering around Downtown Tokushima

### ひょうたん島オリエンテーリング

The Tokushima Uchimachi Neighbourhood Association and Uchimachi Elementary School present a day of orienteering around the downtown Tokushima City area. The course will take participants around eight historical spots including Tokushima Castle Museum, providing an opportunity to learn about Tokushima's history. Why not join the Elementary school students and local residents? Come alone or bring your family! English instructions will be provided.

**When:** October 7 (Fri), 9:00 - 11:30 a.m.

**Where:** Start and finish at Uchimachi Elementary School  
North of JR Tokushima Station, behind the  
Tokushima Municipal Gymnasium

**Info:** Ms. Yamada at HIROBA International

**Email:** [welcometokushima@yahoo.co.jp](mailto:welcometokushima@yahoo.co.jp)

**Fax:** 088-652-4846

**Cost:** Free!

内町小学校の生徒が、オリエンテーリングをします。一緒に行きませんか。徳島駅の周り、水際公園、徳島城公園などを歩いて参ります。徳島博物館を含みます。5~8カ所のチェックポイントで、近くに住んでいる人が歴史について話をしてくれます。英語の説明もあります。大人だけ、家族と一緒に、どちらでもかまいません。

**日時:** 10月7日(金) 午前 9:00~11:30

**場所:** 内町小学校に集まってください。JR徳島駅の北、市立体育館の後ろです。

**問合せ:** 国際交流懇話会 HIROBA の山田さん

**Email:** [welcometokushima@yahoo.co.jp](mailto:welcometokushima@yahoo.co.jp)

**Fax:** 088-652-4846

**金額:** 無料!

## Sky Festa Matsushige 2011

### スカイフェスタ松茂 2011

Sky Festa Matsushige is an annual concert festival complete with food stands, displays, and various events, making it a great time for children and adults alike!

**When:** September 24, 25 (Sat, Sun)

Sat: 2:30 - 8:30

Sun: 9:30 - 4:00

**Where:** Itano-gun, Matsushige-cho, Tsukimigaoka  
Seaside Park, etc.

**Info:** Sky Festa Matsushige Committee

**TEL:** 088-699-3574

**Web:** [http://www.tsci.or.jp/matsusige/sky\\_festa/2011/index.html](http://www.tsci.or.jp/matsusige/sky_festa/2011/index.html)

**Cost:** Free!

ステージでのコンサートや各種遊具施設、模擬店の出展など子供から大人まで楽しめる企画を盛りだくさん予定しています。

**日時:** 9月24,25(土、日)

24日 14:30~20:30

25日 9:30~16:00

**場所:** 板野郡松茂町 月見ヶ丘海浜公園ほか

**問合せ:** スカイフェスタ松茂実行委員会

**TEL:** 088-699-3574

**ネット:** [http://www.tsci.or.jp/matsusige/sky\\_festa/2011/index.html](http://www.tsci.or.jp/matsusige/sky_festa/2011/index.html)

**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

# German Food Messe

## ドイツフードメッセ

The German House is celebrating German culture with a food-themed event! There will be 5 different booths with food and drinks for sale including wine, beer, sausage, miscellaneous goods, and the main feature, German snacks! The new corner of miscellaneous goods this year includes paraphernalia for Anpel Man, a popular cartoon in Berlin, Germany that was inspired by a marking on traffic signs. Anpel Man's cute, modern merchandise will be presented at this event. We look forward to seeing you!

**When:** September 18, 19 (Sun, Mon) 10:00 - 4:00

**Where:** Naruto German House 1st FL, Oasacho  
Hinoki, Aza Higashi Yamada 55-2

**Info:** German House

**TEL:** 088-689-0099

**Cost:** Free!

ドイツの食をテーマにドイツの文化を発信します。ドイツのお菓子を中心に、「お菓子」、「ワイン」、「ビール」、「ソーセージ」、「雑貨」の5つのブースで試食・試飲・販売を行います。今年は、新たに雑貨コーナーを設け、ドイツ、ベルリンの人気雑貨『アンペルマン』が新登場。アンペルマンは旧東ドイツの信号機のマークから誕生した人気キャラクターです。アンペルマンのモダンでかわいい雑貨が登場します。お楽しみに！

**日時:** 9月18,19日(日、月)10:00~16:00

**場所:** 鳴門市大麻町松字東山田 55-2  
鳴門ドイツ館 1階

**問合せ:** ドイツ館

**TEL:** 088-689-0099

**入場料:** 無料！

# White Horse Theatre in Tokushima 2011

## ホワイトホースシアター徳島公演 2011

"White Horse Theatre" is an English theatre troupe that will be visiting Tokushima! This troupe performs plays aimed at people learning English as a foreign language, and they are currently enjoying widespread success on their tour around Europe, performing primarily at schools. They will perform two times in one day in Tokushima. The first play will be "The Weasel in the Sack", an amusing English fairy tale, and the second will be "Oliver Twist", a tale of the life struggles of an orphan named Oliver. English beginners are welcome! Tickets can be purchased on their internet homepage.

**When:** October 10 (Mon)

"The Weasel in the Sack" 11:00 - 12:00

"Oliver Twist" 3:00 - 4:30

**Where:** Tokushima Bunka no Mori 21st Century  
Event Hall

**Info:** Masami Nagai

**TEL:** 088-656-8798

**Web:** <http://mt-alley.com/white/>

**Cost:** "The Weasel in the Sack"

students: 1,500 yen (1,700 yen day of)

general: 1,800 yen (2,000 yen day of)

"Oliver Twist"

students: 2,000 yen (2,200 yen day of)

general: 2,300 yen (2,500 yen day of)

イギリスのプロ劇団 "White Horse Theatre" を徳島に迎えることになりました。この劇団は、「英語を外国語として学ぶ人たちに見せる劇団」であり、現在ヨーロッパ最大規模の巡業方式英語劇団として大きな成果を上げております。公演は一日に二回することになり、一回目は「ふくろの中のイタチ」というイギリスのとても愉快なおとぎ話です。二回目は「オリバー・テウスト」という劇で、孤児オリバーが数奇な運命をたどる物語です。英語初心者大歓迎です！チケットはインターネットホームページからも購入できます。

**日時:** 10月10日(月)

「ふくろの中のイタチ」11:00~12:00

「オリバー・テウスト」15:00~16:30

**場所:** 徳島県立文化の森 21世紀館 イベントホール

**問合せ:** 永井 まさみ

**TEL:** 088-656-8798

**ネット:** <http://mt-alley.com/white/>

**入場料:** 「ふくろの中のイタチ」

学生: 1,500 円 (当日 1,700 円)

一般: 1,800 円 (当日 2,000 円)

「オリバー・テウスト」

学生: 2,000 円 (当日 2,200 円)

一般: 2,300 円 (当日 2,500 円)



## 日本語教授法を勉強して外国人に日本語を教えてみませんか？ 2011 年度 地域日本語指導ボランティア養成講座

小松島市会場

◆日時：前期 10月16日、30日、11月13日、27日、12月4日、11日、18日、25日

後期 1月8日、15日、22日、29日、2月5日、12日、19日、26日

午後1時30分～午後4時30分

◆場所：ぶつだんのもりいきいき館5階ホール

(徳島市大松町上の口20-1 55号バイパス沿い)

◆講師：前期 元木佳江先生 後期 青木洋子先生 (TOPIA 日本語教室講師)

◆内容：「みんなの日本語 初級」の教え方

◆参加費：無料 (ただし日本語テキスト購入していただきます)

◆問い合わせ：小松島市国際交流協会 村上 080-6399-7593

三好市会場

◆秋より開催予定！！

詳細は 当協会ホームページに10月頃アップ予定。ぜひご覧下さい！

## Japanese Cooking Class

Let's enjoy cooking okonomiyaki and make friends and talk with people from other countries! Okonomiyaki is like Japanese pizza or pancakes, and is cooked on a hot plate or in a frying pan. Ingredients include sliced cabbage, eggs, meat or seafood, and are mixed in a flour batter, cooked, and eaten with sauce on top. It's easy and fun to make. To participate, please email Ms. Yamada at HIROBA International, and include your name, nationality, and contact information (email or phone number). Don't forget to bring an apron!

**When:** October 2 (Sun), 10:30 am - 1:00 pm

**Where:** Uchimachi Community Center near City Hall

**Cost:** 500 yen

**Info:** Ms. Yamada at HIROBA International

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

**Fax:** 088-652-4846

## New Chinese and English-Speaking Staff

TOPIA now has two additional staff members with one Chinese-speaker, Yui Fujiwara, and an English-speaker, Yuri Ikegami. They will be available to residents of Tokushima as well as visitors to give tourist information and help answer day-to-day life questions. Please feel free to call or stop by anytime!

**Tel:** 088-656-3303

## 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 a.m. - 16:30 p.m.

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

## 正しい知識で差別解消