

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

Toppo - keepin' it real.

What a job!

The tale of one CIR building a Dutch oven from scratch

Remco Rijkhoff

It all started with a phone call I received about 6 months ago from the leader of the local canoeing club. "Say, I heard you made your own smoker and started smoking fish. Is that true?" "Yep, I started smoking fish all right, spreading our exquisite Dutch cuisine, so to speak" "Oh, great! I actually had a bit of a question for you myself. Do you know anything about Dutch ovens?" This question

made me think... There were basically two kinds of Dutch ovens that immediately came to my mind: 1) a steel type of pot which you bury under hot coals and cook food with and 2) a homely scene of a husband and wife lying in bed (spooning position) during which, at some point, the husband in front decides to treat his loving wife behind him to a loud fart. It's hot, and it's free, hence the expression "Dutch Oven" (since we don't like

"[The mayor] decided to 'lease me out' to the canoe captain as Mima's expert on medieval Dutch stone ovens..."

spending money on things you can get for free). "Which oven are you talking about?" I carefully inquired. "A stone one" he replied. Aha. A third type of oven I knew nothing about. "Why do you want to know?" I asked him. "Well, me and the boys from the canoeing club are thinking about building a stone oven to create something extra for tourists visiting Mima. We could make bread and pizza and such. Would you like to help us with this?" Well, I needed some time to think about it.

First of all, before committing myself to a big project like building a stone oven during working hours, I needed to know whether there was actually such a thing as a typical Dutch stone oven. So I did some research on the net,



Remco and his oven

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October



Toppo - keepin' it real.

Awa Life

editor's page



Hello again Tokers,

Welcome to fall! You may have noticed the design of your favorite newsletter has changed again, and I hope you fancy it. If not...too bad. :P

This month we bring you a super cool batch of articles, one from our adventurous Remco out west who is nearing completion of his huge Dutch oven, an eye-opening feature from Matt on the pagoda at the summit of Mt. Bizan, followed by more of Irene's delectable recipes, and a comic of dubious quality that has evolved from my doodles, which I've decided to inflict on unsuspecting readers like you. Enjoy!

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awa life

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



Oven base before top was constructed

and quickly discovered that we, the Dutch, have constructed stone ovens in the past, in the Middle Ages to be exact. This was great news since now I had a suitable angle to take this plan to my supervisor: I really need to spread Dutch culture! So I talked to my supervisor, my supervisor talked to his supervisor, my supervisor's supervisor talked to the mayor, and that's where the decision would be made. The mayor, whom I am big buddies with, also believed it would be a great idea if I would build a Medieval Dutch oven in Mima, so he decided to "lease me out" to the canoe captain as Mima's expert on Medieval Dutch stone ovens, slash technical designer, slash full-time brick layer. That's how this crazy project started.

Since my knowledge of stone ovens was considerably less than what I led the the mayor to believe ("Sure I know about Medieval Dutch ovens. In Holland everybody does, it's common knowledge.") I had found myself a good excuse to do what I do

best: surf the net. After two months of watching clips on YouTube and reading a ton of articles about stone ovens, I believed I was ready for the job. I had learnt about bricks and chimneys, arches and mortar, thermocouples, supporting walls, stone patterns, oven floors, thermal & mechanical properties, foundations, oven building and brick laying tools, firing techniques, setting up a building site, calculating materials, chipping, grinding, clipping and

binding-you name it. It was time to come up with a design...

I drew my design based on various Medieval (one thousand year old) ovens and building techniques, and it was quickly approved by Mr. Canoe. The next step was to create technical drawings of the front and side of the oven, and after 2 weeks of racking my brain, ruining my eyes and fiddling around with crappy drawing equipment and a bunch of 100 yen erasers, pencils and pens, I had finished them. Next step was to make a blueprint of each and every brick layer, aiming to create a strong and solid structure while maintaining the basic stone pattern I had opted for for the outer wall ("*kruisverband*" = cross pattern) and simplicity in building. After all, we were all laymen.

Then, two months and forty-two drawings later, the actual building started, five hours a day, five days a week, for a period of at least five months. The first few layers were quite difficult since bricklaying



Oven front view

“It has cost me blood, sweat and tears to build this hefty baby, and I don't know whether I would ever do it again, but ain't she pretty?”

is a true profession and calls for much skill and experience, neither of which I had been able to acquire from watching clips on YouTube. You just have to do it and, hopefully, in time get better at it. I was most fortunate to get great help and teaching from an actual Japanese oven builder who had retired and assisted me during the

first 2 months of building. He taught me many useful things: how to use brick layer's tools, how to cleave bricks, shape them, polish them, lay them, how to mix different kinds of mortar, how to use it, store it, etc. These months of working together were extremely helpful to me. Now, after five months of turning up at City Hall for a 2-hour shift in the morning looking like a beardy bum (I was too lazy to change into my workman's gear during lunch), coming home everyday sweaty, smelly, covered in brick dust with mortar and bits of stone in my hair, I can proudly say that the oven is practically finished! It has cost me blood, sweat and tears to build this hefty baby, and I don't know whether I would ever do it again, but ain't she pretty?

When I tell my friends and family in Holland about my job as a CIR in Mima and the things I do, they are usually amused and often amazed to hear about the great variety of projects I do and the jobs I have had during the last four years of working as a CIR: translator, interpreter, guest-speaker, teacher, cooking instructor, jazz-singer, editor, graphic designer, event organizer, product developer, guest in a television variety program, fish smoker, boat builder, actor, architectural advisor, gardener, kite builder, baker, scientific researcher, consultant, columnist and photographer, now to be topped off by oven designer, technical drawer and brick layer. CIR, what a job!



finding peace in the pagoda

An exploration of Mt. Bizan's Buddhist relic

Matthew Lindsay

At the summit of Mount Bizan stands an unusual white, bell-shaped structure, the Peace Pagoda (*Heiwa Kinen-to* Pagoda). The pagoda was built to comfort the souls of soldiers that lost their lives in the Second World War. Built in the style of a Burmese Buddhist pagoda, it was erected by the Tokushima-Burma Association in 1958.

Along with paying homage to the souls of fallen soldiers from Tokushima prefecture, the pagoda is the only war memorial on Shikoku that houses the ashes of unidentified soldiers from every (Japanese) World War Two battlefield. These ashes, gathered by the national government and

returned soldiers, are from the *Chidori-ga-fuchi* National Cemetery in Tokyo. Also enshrined within the pagoda is said to be the ashes of Siddhartha Gautama, otherwise known as Buddha. These ashes were sent from the government of Burma, present-day Myanmar.

Whether the ashes of Buddha are really housed in the pagoda is probably open to debate, however it does seem appropriate as the structure of the pagoda has symbolic meaning according to the practice of *vipassana*, a form of meditation based on the teachings of the Buddha. (Coincidentally, *vipassana* has its modern day roots in the impoverished, isolated, military dictatorship state of Myanmar.)

The broad base of the pagoda signifies the stage that most of humanity occupies, namely suffering. The next 3 sections above the base represent the cause of humanity's suffering; ignorance, craving or attachment (think greed or addiction) and aversion (hate and negativity). By now you're probably thinking this all sounds too negative, but there is a way out of suffering known as the eight-fold path. This 'path' requires us to develop skillful understanding, thinking, speech, action, livelihood, effort, mindfulness and concentration. These eight steps are represented by the octagonal terraces above.

The prominent middle section of the pagoda, commonly

“Encircling the bell are three bands representing morality, concentration and wisdom—the three foundations to purifying one's mind.”

referred to as the bell, may also be regarded as an inverted alms bowl. For a monk to overturn his bowl and refuse alms food is very serious as he relies upon the bowl for his sustenance. Similarly the inverted alms bowl may be taken as a symbol of a meditator making the serious decision to refuse to continue with an unrestrained mind and stop creating new suffering by reacting blindly to pleasant and unpleasant experiences.

Encircling the bell are three bands representing morality, concentration and wisdom - the three foundations to purifying one's mind.

Above 'the bell' are 7 bands representing the 7 stages of meditation practice that culminate in purification of the mind – mindfulness, investigation, energy, joy, tranquility, concentration and finally, equanimity. This achievement of purification, commonly known as *nibbana* (or nirvana) is a two-stage process, represented by the two gold bands separated by a ring of orbs near the apex of the pagoda, known as the lotus section. The lower band represents the meditator's initial experience of *nibbana*, when new suffering can still be created. The ring of orbs signifies an important



Pagoda on Mt. Bizan

transition as the upper band marks when the meditator has eradicated all suffering. Like the lotus plant that has its roots in fetid water but sits above it, the meditator is still connected to this world but is no longer attached to it and suffers no longer.

Moving on up, next is the curved cylindrical section known as the banana bud. Like a stem of a banana tree that can flower only once, this section is symbolic of the highest stage of enlightenment where no further suffering is possible. As though protecting those that have become enlightened, above the banana bud is the ornamental umbrella. Crowning the pagoda is the diamond bud, signifying the total eradication of all suffering

and the achievement of full enlightenment, the ultimate goal of purification of the mind.

The path to enlightenment is a long and challenging one but the route to the Bizan Pagoda is somewhat easier, particularly if you opt to take the ropeway cable car to the top from the Awa-Odori Kaikan at the foot of Bizan. Alternatively, if you want some exercise and a bit of forest shade, there are plenty of paths leading to the summit. If you would actually like to see inside the pagoda, you will need to go on a Sunday or public holiday as these are the only times that it is open. Admission is 200 yen for adults and 100 yen for children. Peace.



irene's recipe corner

Autumn cooking

Irene Wachuga

In autumn, the nights are cooler and the mornings become chilly. It's a season so short that, before you know it, it's winter. Chestnuts and mushrooms are at their best, so take the time to enjoy these autumn delicacies.

Chestnut Rice (*Kuri Gohan*) (4 servings)

This is a popular Japanese dish. You can mix regular Japanese rice with mochi (glutinous) rice for a true Japanese flavor in a 1:10 ratio, the larger being regular rice.

Ingredients:

2 cups rice
3 cups water
1 tsp soy sauce
1 tbsp (each) sake, mirin
15 chestnuts[medium size] or
20 small ones or thereabouts.

Preparation:

1. Soak chestnuts in hot water for 30-40 minutes. Peel. Soak in water for another 10-20 minutes. Cut into 6-8 pieces.
2. Wash rice well and drain in a sieve (colander). Let stand for 30 minutes.
3. Drain the chestnuts.
4. Put rice and the liquids into a rice cooker and mix lightly. Place the chestnuts on top and switch on.
5. When rice is cooked, let steam for 10 minutes then stir lightly. Close the lid and steam another 5 minutes.
6. Serve.

Mushroom Soup (4 servings)

This soup has no rules. Mix up all your favorite mushrooms.

Ingredients:

1/2 bunch of *enoki*
(winter) mushrooms
4 *shiitake* mushrooms



Chestnut rice

1/2 bunch of *shimeji* mushrooms
3 1/2 cups of *dashi* (vegetable or chicken stock)
1 tbsp (each) soy sauce, sake, cooking oil
1/2 tsp salt
60g *harusame* (cellophane noodles)
Mitsuba, *mizuna* or parsley sprigs (optional)

Preparation:

1. Cut stems from *shiitake* mushrooms and slice thinly.
2. Cut the bottom of *enoki* mushrooms and cut into four.
3. Cut bottom of *shimeji* mushrooms and separate.



Mushroom soup

4. Soak *harusame* in tepid water for 5-7 minutes and drain. Cut into 5 centimeters in length.
5. Wash mushrooms lightly in running water and drain.
6. Heat oil in a frying pan and sauté the mushrooms. Add the stock and let it come to a boil.
7. Add the noodles and season. When it comes back to a boil, switch off heat.
8. Serve.

*Add miso paste if bland, or the taste is not to your liking.

*Add a veggie side dish for a complete meal.



staff aisatsu

Yuri Ikegami

Hi, my name is Yuri Ikegami, and I am new here from this September. I am very happy to be working as an advisor because I like looking after people. I will do my best so that your life in Tokushima will be awesome. So, if you have any questions or troubles, please feel free to ask me at any time. I like traveling and eating local foods. I also like watching movies and enjoy paintings. I'd like to be good friends with you all. I am looking forward to meeting you at TOPIA! Thank you!

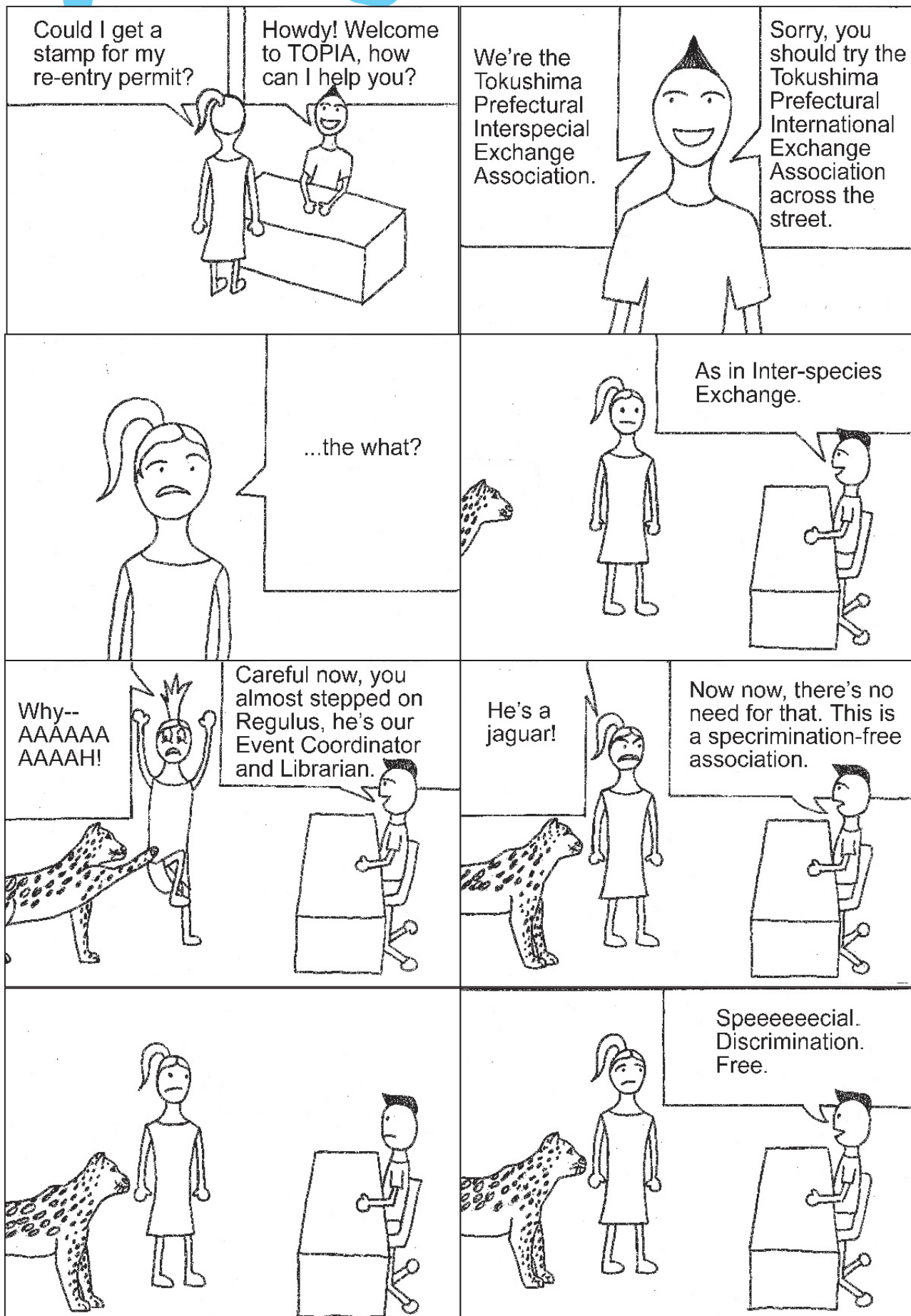
Welcome to the neighborhood!



Yuri, English-speaking Advisor

topizo at large

A comic by Sarah Nelson



Time for some FORCEFUL causative-passive sentence patterns! This month we will learn how to conjugate verbs to say that one was forced to [verb], with the form: さ（せら）れました. Let's compare the following sentences and see how they are different.

- A. 昨日、わたしは上司とお酒をたくさん飲みました。* 上司 = boss/superior
 B. 昨日、わたしは上司にお酒をたくさん飲ませてもらいました。
 C. 昨日、わたしは上司にお酒をたくさん飲まされました。



Sentence A only says "yesterday I did this" without explaining how "I" felt about it. In sentence B, the conjugation implies that the speaker is grateful, and could mean something like: "Yesterday, my boss treated me to a few drinks and I was glad," whereas the conjugation of sentence C implies that: "Yesterday, even though I didn't much feel like drinking, my boss kept telling me to drink and it was a pain." In these sentences only the end of the verb changes, but these changes clearly express the feelings of the speaker.

Next, in the same way as sentence C, let's try to express how we were forced to do something by someone using the causative-passive form of a verb.

[scene]

上司がわたしにお酒を飲めと言った。それで、わたしはあまり欲しくなかったが、お酒を飲んだ。

(↑ My superior told me to drink. So, even though I didn't really want to, I drank.)

[sentence-pattern changes]

上司は わたしに お酒を 飲ませました。(causative sentence with "superior" as the subject)

わたしは 上司に お酒を 飲まされました。(causative-passive sentence with "me" as the subject)

Making causative-passive form:

Group 1	飲む	飲ませる	+ される	→ 飲まされる
		飲ませろ	+ られる	→ 飲ませられる
Group 2	話す	話させる	+ られる	→ 話させられる
		食べさせる	+ られる	→ 食べさせられる
Group 3	する	させろ	+ られる	→ させられる
		来させる	+ られる	→ 来させられる

* The form - される is more common than - せられる in the causative-passive form of Group 1 verbs (u-verbs). However, in cases like 話す and 出す, where the dictionary form ends in - す, the - せられる form is used.

[Exercises] Make the following verbs in parentheses into either the 「～（さ）せてもらいました。」 form or the 「～さ（せら）れました」 form.

(1) 先週、出張で初めて上司に京都に（行く → ）。京都はとてもいいところでした。

* 出張 = business trip

(2) 子どものとき、外で友達とサッカーをしたかったのに、いつも母に（勉強をする → ）。

(3) 先週の日曜日、部長の家で奥さんの手料理を（食べる → ）。とてもおいしかった

です。* 部長 = boss * 手料理 = home cooking

(4) 夕べ友達とカラオケに行きました。早く帰りたいかったのに、夜の 12 時まで友達の歌を（聞く → ）。

Reference: 「どんなときどう使う日本語表現文型 200」「実践にほんご指導見直し本」

「中上級を教える人のための日本語文法ハンドブック」



Answers: (1) 行かせてもらいました (2) 勉強させられました (3) 食べさせてもらいました (4) 聞かされました

letter from suketo hoikuen

Kazue Inoue

Did you know that inside the human brain's frontal lobe is an area called the prefrontal cortex? This area is the source of our sense of will, concentration, feelings of patience and self-control, impetus to create works of art, and it helps us to sense the feelings of others. Here are some pointers to help develop your child's prefrontal cortex.

1. Raise with praise!

Praising your children gives them feelings of happiness and accomplishment, so do it enthusiastically, but in moderation.

Acknowledge their development, and maintain expectations for them based on the reality of their situation. Encourage them to challenge themselves, regardless of their success.

2. Engage them in things they enjoy:

Encourage your children in activities that excite their curiosity, increase their focus, and give them a sense of fulfillment.

*Incidentally, there is a Japanese proverb that goes "Praise nine times, scold once." Considering the above, this is a very appropriate saying!

This month's craft:

Paper Cup Dog

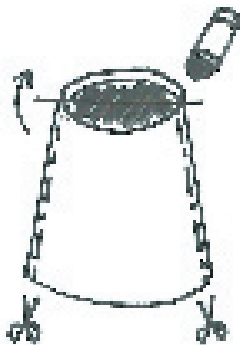
1. Take a paper cup and color the bottom or underside red, then cut on both sides from the rim to the base.

2. Fold the cup inside out, as shown below, and make incisions on both corners of one end to make the dog's ears, then fold them down and color them if you wish.

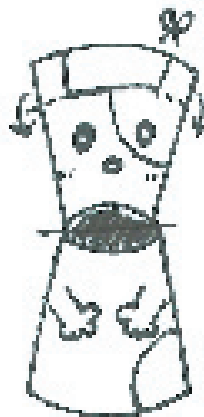
To use: move the dog's mouth like a puppet's by pinching the folded base of the cup. Putting a couple of circles of tape inside will make it easier to hold.



①



②



“[The prefrontal cortex] is the source of our sense of will, concentration, feelings of patience and self-control, impetus to create works of art, and it helps us sense the feelings of others.”

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@gmail.com!

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

Machi Asobi Vol.7

マチ☆アソビ vol.7

Since its beginning in the fall of 2009, this anime event has been attracting fans from all over Japan to attend the festivities in and around Tokushima. For its seventh run, Machi Asobi's theme will be "The Moving Pictures Festival" and will show feature-length anime films. A stage will be set up at the summit of Mt. Bizan where the anime magazine Newtype will host its annual award ceremony, and anime films will be broadcast via satellite to venues in and around Tokushima City. Various directors, actors, and producers of shows will be guests at this event, making it the largest-scale program yet!

When: September 23 (Fri) - October 10 (Mon)
Where: Center of Tokushima city
Info: Anime Festival Committee
TEL: 088-621-2356
Cost: Free!

2009 年秋の第 1 回開催以来、徳島市の中心市街地周遊型アニメイベントとして全国から多くのアニメファンを呼び込んでいる「マチ☆アソビ」。第 7 回となる今回は、アニメ映画祭「The Moving Pictures Festival」が同時開催。

眉山山頂に特設ステージを設け、アニメ雑誌「Newtype」の年間アワードの発表を行う他、徳島市内外にサテライト会場を設け、多くのアニメ作品を上映します。

その他話題のアニメ監督、出演者、制作プロデューサーなどを一堂に集め、過去最大規模のプログラムでお迎えます。

日時: 9 月 23 日 (金) ~ 10 月 10 日 (月)
場所: 徳島市内中心部他
問合せ: アニメまつり実行委員会
TEL: 088-621-2356
金額: 無料!

Yuki Lobster Festival

由岐伊勢エビ祭り

The Yuki Lobster Festival is an annual event that celebrates lobster season, where you can buy fresh lobster and other large fish from the vendors and see the portable lobster shrine. There will also be games for your kids, and the first 500 people to attend can sample free lobster soup!

When: October 23 (Sun), 9:00 - 2:00
Where: Minami town, Yuki Town Office grounds
(just outside Yuki station)
Info: Yuki Lobster Festival Committee
TEL: 088-478-0919
Cost: Free!

新鮮な伊勢エビなどの即売、大漁市、伊勢エビみこし、伊勢エビ長寿汁の振る舞い先着 500 人、伊勢エビが当たるゲーム大会等、イベント盛りだくさんが開催されます。

日時: 10 月 23 日 (日) 9:00 ~ 14:00
場所: 美波町由岐支所前グラウンド
(由岐駅下車すぐ)
問合せ: 由岐伊勢エビまつり実行委員会
TEL: 088-478-0919
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

18th Annual German Festival in Naruto

第18回ドイツ・フェスト in なると

The German Festival is an annual exchange event put on by the German House to celebrate German culture and will feature a mini-concert of Beethoven's Ninth Symphony, food vendors, exhibitions, a glass art workshop, and dance performances.

When: October 30 (Sun) 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: Adults 400 yen, students (elementary to junior high) 100 yen

毎年恒例、地域の方と盛り上げる、日独交流イベント。

地元の方や子どもたちによる「第九」のミニコンサートや、物産展、展示会などが1日中行われます。地域交流イベント、ガラス工芸体験や獅子舞の披露も行われます。

日時: 10月30日(日)10:00~16:00

場所: 鳴門市大麻町桧字東山田 55-2
鳴門ドイツ館 1階

問合せ: ドイツ館

TEL: 088-689-0099

入場料: 大人 400 円 小中学生 100 円

Hiwasa Hachiman Shrine Fall Festival

日和佐八幡秋祭り

The biggest autumn festival within the prefecture is the fall procession of 8 *chosa* (taiko floats) in Hiwasa. On the 8th there will be a smaller festival, where a portable shrine will be carried around the town, and at 12:00 the eight *chosas* will be carried around the town, followed by a dedication performance and fireworks at 6:30. On the 9th will be the real ceremony, beginning at 10:50 with the eight *chosas* being carried into the sea. This is a fascinating and traditional festival where you can watch participants plunge into the waters of Ohama Beach carrying the large *chosa* floats, so don't miss it!

When: October 8, 9 (Sat, Sun)

Where: Minami Town, Hiwasa, Hachiman shrine area

Info: Hachiman shrine

TEL: 088-477-2472

Cost: Free!

県内随一！八台のチョーサ（太鼓屋台）が繰り出す秋祭り。8日宵宮は9時から神輿町内巡幸、12時～八台のチョーサが一斉町廻り、18時30分から奉納演芸と花火、9日の本祭りは10時50分から八台のチョーサが順々に浜出。中には大浜海岸へ威勢よく飛び込んでいくチョーサもあり、迫力ある伝統的なお祭りです。

日時: 10月8,9日(土、日)

場所: 美波町日和佐、八幡神社境内

問合せ: 日和佐八幡神社

TEL: 088-477-2472

入場料: 無料！

Swinging London 50's-60's

スウィング・ロンドン 50's-60's

The Swinging London exhibition allows you to revisit the lifestyle and culture of the youth of 50s and 60s London by showcasing popular fashions and music from the era that brought you The Beatles, the mod look, miniskirts, and Twiggy, all in an industrial design.

When: September 17 (Sat) - November 6 (Sun)

Where: Tokushima Modern Art Museum

Info: Tokushima Modern Art Museum

TEL: 088-688-1088

Cost: Adults 600 yen, high school and college students 450 yen, elementary and junior high students 300 yen

本展は1950 - 60年代にロンドンで日常生活に取り入れられた各国のインダストリアル・デザインとともに、ファッションや音楽をベースとした、ビートルズやモッズ・ルック、ミニスカートのツイッギーが登場した若者文化を取り上げ、当時のライフスタイル全般を見つめ直します。

日時: 9月17日(土)~11月6日(日)

場所: 徳島県立近代美術館

問合せ: 徳島県立近代美術館

TEL: 088-668-1088

入場料: 一般 600 円 高・大生 450 円 小・中生 300 円

日本語指導ボランティア養成講座受講生募集 (詳細：TOPIA HP をご覧ください)

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小松島市国際交流協会（問合せ：村上 080-6399-7593）

前期：10/16. 30. 11/13. 27. 12/4. 11. 18. 25

後期：1/8. 15. 22. 29. 2/5. 12. 19. 26

時間：13:30 ～ 16:30

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）

参加費：無料！

三好市国際交流協会（問合せ：松端（マツノハナ）TEL & FAX 0883-72-5278）

前期：10/30. 11/6. 20. 12/4. 11. 18

後期：1/15. 22. 29. 2/5. 19. 26

時間：9:00 ～ 13:00

場所：三好市保健センター & 三好市池田総合体育館会議室

参加費：無料！

Tokushima Vortis Game Schedule

Date	Time	Teams	Venue
Oct. 2 (Sun)	4:00	Vortis vs. F.C. Tokyo	Naruto Otsuka Sportspark, Pocari Sweat Stadium
Oct. 16 (Sun)	1:00	Vortis vs. Kyoto Sanga F.C.	Kyoto Nishikyogoku Stadium
Oct. 23 (Sun)	5:00	Vortis vs. Yokohama F.C.	Naruto Otsuka Sportspark, Pocari Sweat Stadium
Oct. 30 (Sun)	4:00	Vortis vs. Jef United Chiba	Chiba Fukuda Denshi Arena

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トピアの相談窓口

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Monday to Friday, 10:00 a.m. - 16:30 p.m.

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