

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

Does anyone notice when this changes?

farming old school style

In which one ALT practices traditional rice harvesting

Harry Stoneley

There are few things more disorientating than a man clasp ing a miniature sickle and a few hundred thousand yens' worth of brand new Canon camera gear.

One of these few things is when said man is jabbing at you alternately with both items as you stand in the middle of the *inaka*, up to your nether regions in rice paddy.

And so it was that our farming experience out in Kamikatsu-cho began. Part of Katsuura county, and officially Tokushima's representative in the 100 Most Beautiful Villages in Japan, there's a lot more to Kamikatsu than initially meets the eye. A shop for example.

Six-hundred meters above sea level and surrounded by mountains, Kamikatsu's relatively new farming centre offers anyone the



Hanging the rice out to dry

256

November



Or this one?

Awa Life

editor's page



Hello readers,

The days are slow to turn cold this year (or is it just me?) but they are certainly getting darker, which brings to mind a few lines of Keats' poetical waxings on Autumn: "Where are the songs of Spring? Ay, where are they? Think not of them, thou hast thy music too, While barred clouds bloom the soft-dying day, And touch the stubble-plains with rosy hue..."

We have another batch of fascinating drivel for you to feast your eyes on, including an ALT's adventure through a rice paddy, an award-winning speech, and an article on gaming which I wrested from the capable hands of my pal Brandon. But let's not forget the second installment of my oh-so-charming comic, along with more recipes from Irene and the usual advice on the Japanese language and child-rearing. Eat your heart out!

Best,
Sarah

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.

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Bundles of rice stalks

chance to experience traditional Japanese farming methods, based on what's in season at the time; from the village's very own tea, to rice, to pretty much anything else you can grow.

Starting at 10 a.m., we were first briefed by some members of the collective on the methods that are still employed on the *tanada*. *Tanada* are rice paddies built into the slopes of mountains, like steps, in order to maximize space in mountainous

areas. Whilst effective in this manner, their narrow nature does not lend them easily to modern farming equipment, particularly harvesting vehicles.

Enter stage right, the sickle. The field we were to be butchering was a short walk down the mountain, and having been presented with cloth gloves ("Please don't lose hands. We have no insurance") we were quickly given a demonstration on the correct methods. It's all in the wrist, apparently. Whilst


Broc & I got down to the business of clearing a field, the majority of the other farming experience folk got involved with taking photos of the *gaijin* farming. Most bizarre.

The actual action of cropping the rice takes a surprisingly short time. Within half an hour, the two of us had cut a swathe from one end of the field to the other, and whilst a sweat was broken, it was by no means arduous. Granted, doing this all day every day in order to eat may become mildly tedious, but as an experience, it's not something that fitness levels should hinder. Just make sure you bring an extra pair of knees.

Keen not to waste anything, excess stalks are collected to be used to bundle the long grains into groups, ready for hanging on the bamboo poles. Hung up and mildly sweaty, it was time to eat.

Drying rice out takes around a month, so unfortunately the meal we ate afterwards was not the fruit of the *gaijin*'s well documented labours. On the short walk back, we were shown a variety of other traditional Japanese farming methods, including the rice press which runs directly from the source of the Katsuura river.

Kamikatsu's farming experiences are run by a collective of full and part-time farmers, on the last Sunday of every month. It costs ¥1500 to participate, which includes lunch grown and prepared on the farm, and a talk about traditional farming methods. Contact me for more details:

harrystoneley@googlemail.com 



Broc threshing rice stalks

the reason why i smile

The winning speech from the High School English Speech Contest

Misato Tanaka

People around me often say, “You are always smiling.” I think smiling a lot is one of my good points. However, there used to be a time when I hardly ever smiled.

I joined a junior high school outside my hometown for some reasons. But actually, I had wanted to go to the local school with my old friends, so I just couldn’t adapt to the school. Although I wasn’t absent from school for many consecutive days, school was nothing but pain for me. I mean I had school-phobia. I couldn’t sleep well at night, I sometimes felt sick in the morning, and during breaks at school, the cheerful voices of my classmates jangled in my head, and I often felt like running away from the classroom. Such dreary days lasted more than half a year and I even thought of changing schools. I don’t know how I was able to endure those hard days, but it was definitely because one of my friends supported me. She had also had school-phobia before, so she understood my conditions and shared my feelings. Thanks to her, I was not alone and I could smile once again.

Some of you may say, “Hey, that’s it? It happens quite often to everybody,” but, in those days, it was a grave problem with no solution and it always stuck in my head. According to one newspaper, of all junior high school students in


Tokushima Prefecture last year, the number of students who were absent from school 30 days or more was 664. In terms of ratio, we can say that each class in each school has one long absentee. That’s a lot, isn’t it? The article also said that many of the reasons for their absences had a lot to do with their school life. Taking into account the number of absentees whose absences might not exceed 30 days, or students who keep going to school in great pain, the situation must be more serious. The article didn’t report on high

“I like the proverb, ‘There is no night that doesn’t find a day.’ After the long night was over, I realized that I had changed. I had acquired perseverance, confidence, trust in others, and an appreciation for my everyday life.”

schools, but things could be similar.

School phobia is not just an issue for certain people. As I experienced, it can happen to anybody, to your close friend, or to you yourself. I’m not naïve, so I won’t say that there is a quick solution to the problem. However, I can suggest a few things from my experience. Firstly, let’s try to create an oasis for school-phobics. For such students, their

schools feel like a desert, and their homes are often restless places because their parents worry about them. If there was an opportunity for them to truly relax, maybe they could calmly reflect on the situation. Secondly, let’s smile at them, and talk to them. They might reject you at first. But please don’t go away, stand by them until they open their minds. Lastly, let’s not force them to change. You may want to say, “You have to go to school,” “Pull yourself together,” or “Tell me why you don’t want to go to school.” You may be trying to cheer them up, but you might just end up making them feel cornered. In my situation, I couldn’t express my feelings and reasons clearly, which added to the worry and grief my parents already felt. I will never forget my father’s sighs and my mother’s tears.

I like the proverb, “There is no night that doesn’t find a day.” After the long night was over, I realized that I had changed. I had acquired perseverance, confidence, trust in others, and an appreciation for my everyday life. Now, I live a full life at my high school and at home. Every minute, no, every second of my life is full of joy. This is my message to everyone who is having hardship, be it school phobia or something else. You are not alone. Someone will support you through the hardship, and when you overcome it, you will have a bright future, and the day you can smile and laugh from the bottom of your heart will certainly come. 

irene's recipe corner

Irene Wachuga

Warm and chilly days are interchanging recently. This is a perfect opportunity to enjoy the Autumn breeze while not forgetting to keep our bodies warm. Miso is an important Japanese cooking ingredient. It ranges from whitish to reddish in color, but the most commonly used is the brown kind. This protein-rich soy bean paste is delicious not only in miso soup but in simmered and *nabe ryouri* (hot pot dishes). Try it in a variety of dishes.

Simmered Mackerel in Miso (*saba no misoni*) (4 servings)

Ingredients:

4 (100-200g) mackerel fillets
30g julienned ginger
4 scallions (chopped)

Sauce:

140cc water
80g red miso
1 Tbsp soy sauce
2 Tbsp (each) sugar, mirin
3 Tbsp sake

Preparation:

1. Score the fish skin diagonally. Blanch in hot water to remove the fishy smell.



Simmered mackerel

2. Place the fish, ginger, soy sauce, mirin and sake in a spacious pan or skillet. Cover with a drop-lid and bring to a boil over high heat. Skim and lower the heat to medium low. Simmer gently until the fish is done.
3. Dissolve miso and sugar with a little sauce from the pan and pour over the fish. Simmer for about 5 more minutes.
4. Add the scallions and cook briefly.
5. Arrange on a serving platter and pour the sauce over.

* Use normal (brown) miso if you don't have or like red miso.
* Boil 3-4 cm rounds of daikon-radish separately and add to the pan right before adding the miso paste.
* This goes well with *kinoko gohan*.



Mushroom rice

Mushroom Rice (4 servings)

Ingredients:

A variety of fresh mushrooms (about 200g) cut into bite size pieces
360g or 2 cups rice, washed and drained
600cc water or konbu dashi (basic stock)
1 Tbsp sake
3 Tbsp light soy sauce

Preparation:

1. In a rice cooker add rice. Mix all liquid ingredients in a bowl. Pour over the rice. Add the mushrooms. Switch on and cook until done. Simmer for 8-10 minutes before mixing.
2. Happy eating.



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!

Brandon Barber

Hey Gaming Tokers! Brandon here and today I am going to talk a bit about video games. So, I would say that most of us, before coming to Japan have played a few video games in our day. Of course with the many different gaming genres out there it's difficult to pin down who's playing what, and why what they are playing is so appealing. Today I'll start things off by stating what I'm playing and why I like it.

Currently (and maybe sadly) I own all of the major consoles, both big and small, but right now most of my time is spent on my Play Station 3. Why PS3? Well, right now I'm playing a lot of co-op games with other people here in Tokushima who only have their PS3. The biggest titles right now that I'm playing are Street Fighter, Borderlands, and Monster Hunter Portable 3rd (the Playstation Portable remake). Street Fighter has had a long-lasting appeal to me since Street Fighter II. The fact that it's competitive, technical,

“Street Fighter has had a long-lasting appeal to me since SFII. The fact that it's competitive, technical, and fast makes it a great game to pick up and play with friends.”

and fast makes it a great game to pick up and play with friends. Got a few minutes before work, or want to play something quickly before bedtime? Street Fighter or fighting games in general happen to fill that void quite nicely. The average match time (2 to 3 rounds) is about a minute and a half to two minutes. This quick match time allows you to pick it up, play a few people, and then put it down for whatever reason. Note however, if you want to become good enough you need to put the time and effort into learning a lot about the game. Watching match videos and reading articles on different characters and such are a great way to get the general idea, but in the end it's the actual practice against opponents and in the various training modes that'll help raise your skill level.

Next, let's talk about Borderlands. I picked this game up with the intention of playing with a few friends, but for whatever reason we got delayed...for a long while on starting it. But we eventually got around to it and it's a lot of fun. It fulfills a need for an RPG (role playing game) *and* an FPS (first person shooter). To get the most out of this game, finding one to three other people to play with is key. It changes the item drops and the difficulty of the mobs you fight throughout the game. Occasionally it can be a lengthy run from place to place, so I'd recommend playing with people you can talk with to pass

“I can't say enough good things about [Monster Hunter]...As a huge fan of monsters and battling them, this was an immediate draw for me.”


the time. The setting isn't super original, but the story, narration, and various characters (in and out of the Downloadable Content) make the game fun. I'd recommend it if you want to shoot a lot of stuff, or if you want to basically play FPS World of Warcraft in a science fiction setting.

Lastly I'll talk about Monster Hunter. I can't say enough good things about this game, so I guess I'll go with the big things. It's fun, both solo and multiplayer. If you're new to the Monster Hunter universe, it's pretty simple. You are a monster hunter in a village and you take out hunting/gathering contracts for the village chief/mayor/whoever is in charge so the village can be saved from, or recover from a monster attack. When starting the game you choose your gender, and design the look of your character (but I'm not sure why, you are completely covered in armor after a few quests). After that you run through a few beginner quests to introduce you to the mechanics and it allows you to use a variety of weapons. After you become more acquainted

with the game universe you start to hunt bigger monsters. As a fan of huge monsters and battling them, this was an immediate draw for me. Again, all of this is much more fun in a group, but as you kill monsters you carve out random body parts from the monsters to make yourself better weapons and equipment so you can fight

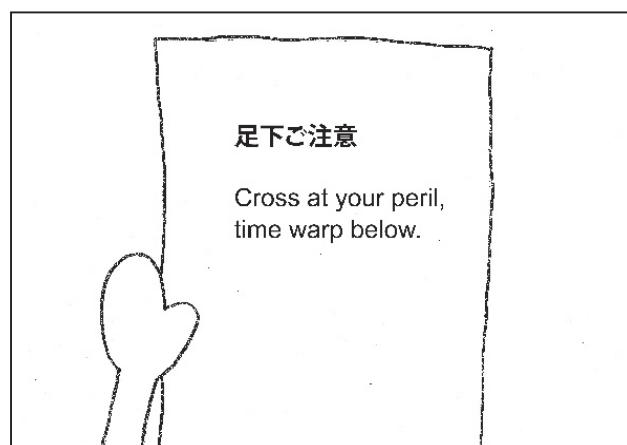
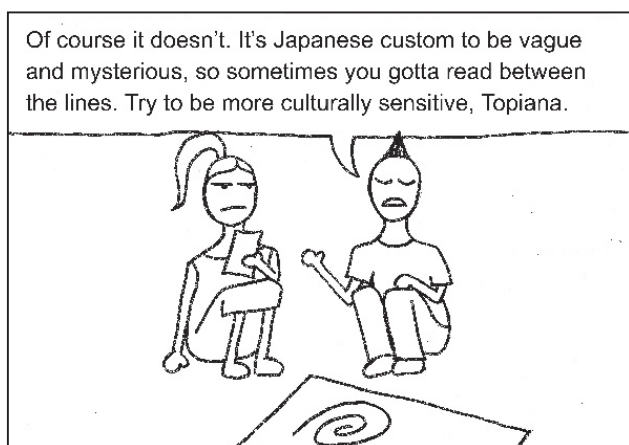
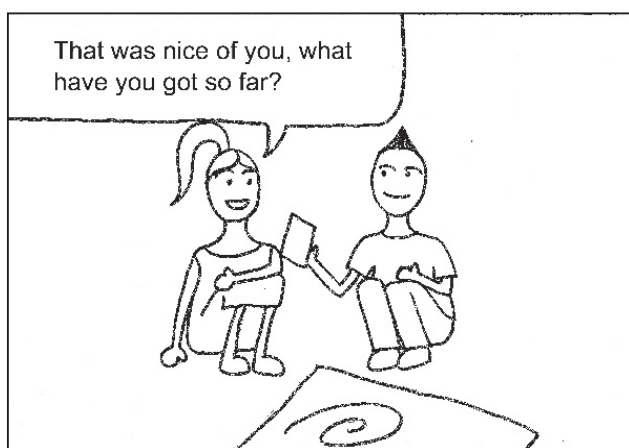
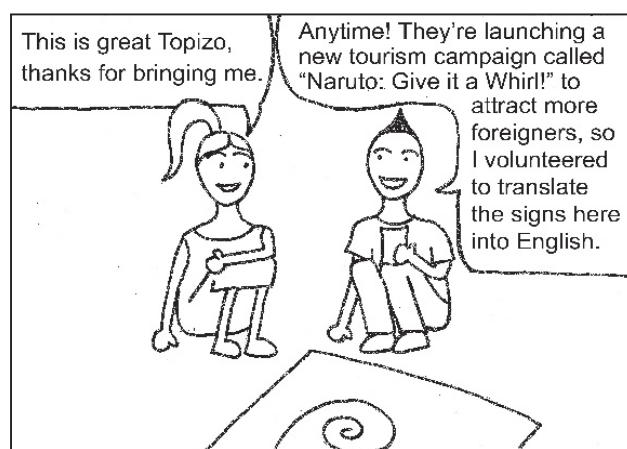
bigger and stronger monsters.

I strongly recommend any Monster Hunter title for the above reason of fighting giant monsters, but some of the games are released only in Japan, so it would be a great way to study up some Japanese as well! I know that it's a fun thing to do to keep up on my Japanese, and it'll give

you something to talk about, or even something for you English teachers to do with your high school/junior high school students after classes! But sssshhhh, other teachers might not be too keen on that idea. Anyway, happy gaming everyone and I hope this hasn't been too horrible of a read! 

topizo at large

A comic by Sarah Nelson



This month let's practice listing off actions using the 「～たり、～たり」 sentence pattern!

A: 休みの日に何をしますか。

B: ①買い物に行きます。②映画を見ます。③友だちに会います。④テニスをします。
⑤図書館へ行きます。

B-san has a lot to do on his day off! But it's a bit of a mouthful to say it all, so let's narrow it down to two activities.

A: 休みの日は何をしますか。

B: 友だちと買い物に行ったり、映画を見たりします。



Here's how to make the 「～たり、～たり」 sentence pattern:

Write a few verbs in the past tense た form, then add り at the end of each, concluding the sentence with します。

動詞・た形+り、動詞・た形+り します

Exercise 1: Try making sentences using activities 2 and 5, then 3 and 4 from above. Look at this next conversation.

A: きょうは何をしましたか。

B: 食事をしたり、お風呂に入ったりしました。

There's something not right about it. Why is that? Eating a meal and taking a bath on their own are ordinary activities and are not usually used with 「～たり、～たり」 because it is used to list actions that are special or out of the ordinary. This part is important. So how about we rephrase it like this?

A: きょうは何をしましたか。

B: 友だちと食事をしたり、温泉に行ってお風呂に入ったりしました。

Eating with a friend and going to an onsen are rather special activities, so the above sentence sounds more natural. Let's practice!

Exercise 2

Example: 休みの日は何をしますか。(家族と買い物をします・子どもと遊びます)

→ 家族と買い物したり、子どもと遊んだりします。

1. 東京で何をしますか。(歌舞伎を見ます・美術館へ行きます)
2. 冬休みは何をしたいですか。(スキーへ行きます・アルバイトをします)
3. 先週の土曜、何をしましたか。(音楽を聴きました・本を読みました)



Answers:



Exercise 1:

② and ⑤ 映画を見たり、図書館へ行ったりします。③ and ④ 友だちに会ったり、テニスをしたりします。

Exercise 2:

1. 歌舞伎を見たり、美術館へ行ったりします。2. スキーへ行ったり、アルバイトをしたりしたいです。
3. 音楽を聴いたり、本を読んだりしました。

References: こんにちはとくしま (JTM とくしま日本語ネットワーク)

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

Child care advice
from our friends at
Suketo Daycare!

Kazue Inoue

Fall is a great time for eating in Japan, with seasonal foods in abundance, and this is when Japanese rice is at its best! After half a year of steady growth it is at last ripe for the harvest, and it is essential that one take time to savor these seasonal delights.

Children can be extremely picky about their food, voicing their displeasure over the smell, the taste, the appearance, or the texture of it, but you can deal with these eccentricities by knowing what they dislike. For example, if they dislike green vegetables, try adding a flavor to it that they like such as salad dressing, or cut it into small pieces and mix it into other dishes that they will eat. Also, exposing your children to the cultivation of food in addition to buying and cooking it might make them more enthusiastic about eating the foods they don't favor. It may even be the beginning of a beautiful friendship!

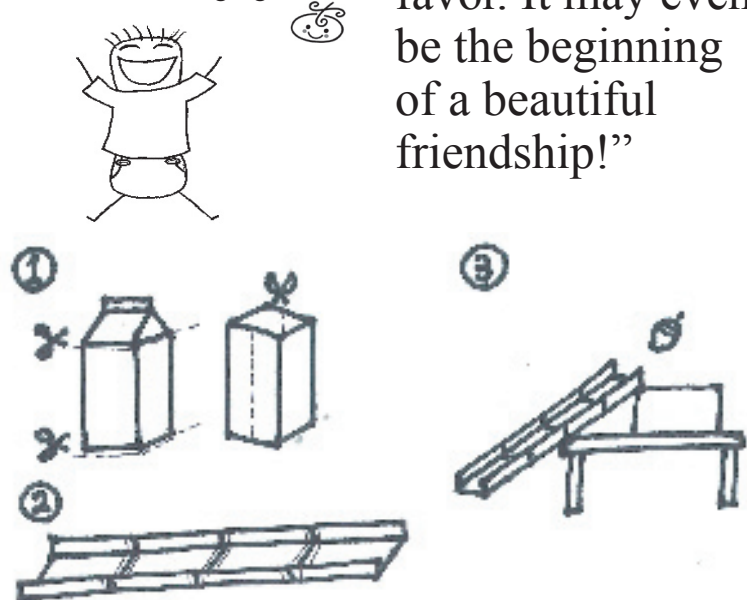
But perhaps most important of all is eating as a family. You *and* your children may find that dinner just tastes better when everyone in the family sits down to commune with good food and a positive atmosphere. So reap the rewards of fall, and enjoy it to the fullest!

This month's craft: Acorn Slide

1. Cut the tops and bottoms off of two milk cartons, then cut them into halves as shown below.

2. Tape the four halves together to form a kind of slide as shown below.

3. Stack some cardboard boxes on a table or desk to create an edge for the slide to lean on. Secure the slide with tape on the underside, or something heavy. To play: Find an acorn from outside and roll it down the slide! For even more fun, try taping some disposable chopsticks to the inside and make it a zigzag slide!

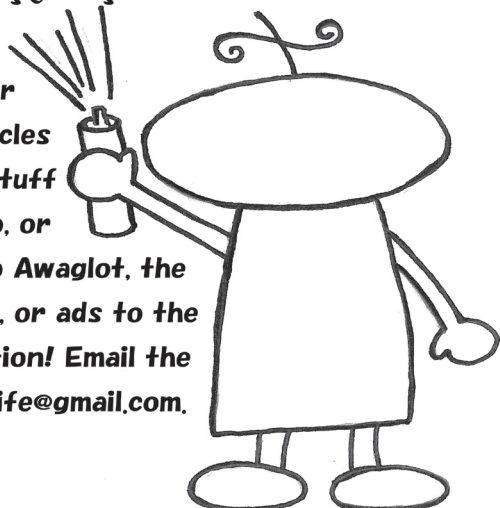


“...exposing your children to the cultivation of food in addition to buying and cooking it might make them more enthusiastic about eating the foods they don't favor. It may even be the beginning of a beautiful friendship!”

WRITE FOR AWA LIFE!

SHOW TOYUSHIMA 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.
Peace!



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

Children's Music Hour

子どもの音楽館

This program is a classical music concert that children of all ages can enjoy with their parents, including performances of beloved nursery rhymes, hand-clapping games, lullabies, and opera arias. There will also be a few talks on the subject of children's music, making this event a perfect outing for moms and their children. Don't hesitate to bring your infants, and dads are welcome too! Let's have a musical afternoon together!

0歳から楽しめるクラシックコンサートとして、親子で楽しめるプログラムをご用意します。愛され続ける童謡、手遊び歌や世界の子守唄、オペラアリアなど。音楽だけでなく、おはなしも入れ、楽しく充実した内容となっています。ママが子どもと一緒に、気兼ねなく楽しめるイベントですので、赤ちゃんも大歓迎です！もちろんパパも大歓迎！みんなで音楽を楽しみましょう。

When: November 27 (Sun), 14:00

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

Info: German House

TEL: 088-689-0099

Cost: 500 yen (free for children under 3)

日時: 11月27日(日)14:00

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: 500円(3歳未満無料)

Hometown Carnival and Awa Racoon Festival

ふるさとカーニバル阿波の狸まつり

This is a festival for locals to show off their talents! There will be two stages set up in Aibahama Park for a talent show, concerts, and other folk performances. There will also be vendors where locals will be selling their hometown specialties, making this a wonderfully quaint carnival you won't want to miss!

When: November 4 (Fri) - 6 (Sun)

Where: Tokushima city, Aibahama Park

Info: Shikoku Broadcasting and Business Development

TEL: 088-655-7667

Cost: Free!

会場内に設けられた2つのステージでは、タレントショーやコンサート、郷土芸能の発表などが繰り広げられます。他には、各市町村が自慢の特産品を販売するなどふるさと徳島の自然がいっぱい、人情ほのぼのをテーマに繰り広げるカーニバルです。

日時: 11月4日(金)～6日(日)

場所: 徳島市 藍場浜公園

問合せ: 四国放送営業開発部

TEL: 088-655-7667

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 Festival 2011

とくしま祭り 2011

The Tokushima Festival is a prefecture-wide event featuring 10 festivals of different themes, such as gourmet food or hot springs, and they are all participating in a mass stamp rally. At each festival there will be various attractions and events for you to enjoy, and you will receive a stamp for each one you attend. Collect three or more stamps and you can enter a lottery to win some pretty awesome prizes. In addition, there will be smaller stamp rallies and campaigns going on at each festival, so don't miss out!

When: October 1 (Sun) - January 9, 2012 (Mon)

Where: All over Tokushima prefecture!

Info: Tokushima Tourism Association

TEL: 088-624-5140

徳島県全域を舞台に、「グルメ」や「温泉」など、いろんなテーマでつくる10の“まつり”をスタンプラリーで巡る「とくしま祭り」です。各まつりには、観光施設やイベントなどが登録されていて、その中から好きな一つを選んで参加すれば、スタンプが1個もらえます。スタンプを3つ以上集めると、集めたスタンプ数に応じて豪華賞品が当たる抽選に応募することができます。また、各まつり毎にも、スタンプラリーやキャンペーンなどを実施していますので、こちらもぜひお楽しみ下さい。

日時: 10月1日(日)～2012年1月9日(月)

場所: 徳島県全域

問合せ: 徳島県観光協会

TEL: 088-624-5140

Misato Plum Wine Festival

美郷梅酒まつり

The plum wine brewers of Misato, Yoshinogawa were officially recognized as Japan's first special district for plum wine in July of 2008, and they grow their plums organically right in Misato. At this festival you can taste and compare all kinds of fresh plum wines at the on-site liquor factory and restaurant.

When: November 26 (Sat) - 27 (Sun) 10:00 - 15:00

Where: Yoshinogawa city, Misato Hotaru Kan

Info: Misato Plum Wine Festival Committee

TEL: 088-343-2216

Cost: 1000 yen in advance, 1200 yen at the door

吉野川市美郷地区は平成20年7月に全国初の「梅酒特区」に認定され、生産者の顔が見える「安心・安全」な美郷産の梅を使用した梅酒づくりに取り組んでいます。美郷梅酒まつりでは、リキュール製造場や農家レストランで梅酒の新酒を飲み比べることができます。

日時: 11月26日(土)～27日(日) 10:00～15:00

場所: 吉野川市 美郷ほたる館

問合せ: 美郷梅酒まつり実行委員会

TEL: 088-343-2216

入場料: 前売り券 1000円、当日券 1200円

Fall Rose Festival

秋のバラまつり

In the Aizumi rose garden there are over 1000 roses of 270 different kinds in bloom just waiting for you to enjoy them. Don't miss this opportunity to see these beauties in all their multi-colored and multi-sized glory! There will also be rose saplings and Aizumi specialties on sale. Come on out before the season ends!

When: October - November

Where: Aizumi Rose Garden

Itano-gun, Aizumi-cho, Yakami Azahara 263-88

Info: Aizumi Construction and Industry Division

TEL: 088-637-3120

Cost: Free!

バラ園では、270種類・1000株のバラが咲き誇っております。色とりどりの大輪・中輪のバラをこの機会にぜひ鑑賞ください。期間中は、バラの苗木や藍住町特産品の販売を行っています。

日時: 10月～11月

場所: 板野郡藍住町矢上字原 263-88 藍住町バラ園

問合せ: 藍住町建設産業課

TEL: 088-637-3120

入場料: 無料!

“Awa Odori for All People” Musical and Festival

萬の民の阿波おどりフェスティバル

This festival features an original musical, *Yorozu no Tami no Awa Odori* (Awa Odori for All People), where Awa dance from the past, present, and future collides. There will also be a food festival with vendors from the monthly Marche event, stalls selling products you can find only in Tokushima, and dancing and folk entertainment, so don't miss out!

Musical

When: November 23 (Wed/national holiday) 14:00 - 16:00 (doors open at 13:00)

Cost: 1000 yen (1500 yen at the door)

Food Festival

When: November 23 (Wed/national holiday) 11:00 - 17:00

Cost: Free!

Where: ASTY Tokushima

Tokushima city, Yamashiro-cho, Higashihama Houji 1

Info: 27th National Cultural Festival, Tokushima Branch Executive Committee

TEL: 088-621-2256

URL: <http://yorozu-awaodori.com/>

One Day Bus Tour of Western Tokushima!

This one day bus tour is the perfect opportunity to explore the west of Tokushima! Take a one-hour boat tour on the Yoshino river through the Oboke gorge to see the changing color of autumn leaves, followed by a chance to drop by the *Yokai* (ghost) Museum. Visit the Iya Vine Bridge and the Heike Folklore Museum, take a tour of a sake brewery with free sake tastings, and for non-drinkers there will be green tea and Japanese sweets served in a 200-year-old traditional Japanese house!

The bus leaves at 8:30 a.m. on Nov. 23rd (Wed/national holiday) from Tokushima station. Please bring your own lunch, or you may eat at a restaurant in Oboke. Free soft drinks and snacks will be provided on the bus!

Participation fee (cost of transportation and museum entrance): Adults 2000 yen, children 6-12 1500 yen, children under 6 are free!

To participate: send an email to Ms. Yamada at Hiroba International, at welcometotokushima@yahoo.co.jp, or call 090-2787-3597 or send a fax to 088-652-4846. Please include your name, nationality and contact information (e-mail or telephone)

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

人権守って輝く明日