# awa life





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

TOPPY

# Random Eki - Streets of Sadamitsu

Wander-ful Tabi - Lance Kita

his month's mission: stop at a random train station and discover its hidden treasures. The target: Sadamitsu 貞 光, about 50 minutes west by special express from Tokushima City. My first stop: The michi-noeki 道の駅, a one-stop shop for drivers featuring a farmer's market, omiyage shop, a café offering local Handa somen 半 田素麺 noodles, and a tourist information counter. I grabbed an English map (they only had one for the whole West Awa area), when a green pamphlet caught my eye... Sadamitsu has a whole street of udatsu!

I know what you're thinking, "What's that U-word?" Udatsu 卯 建 are plaster walls built on abutting sides of a house which served as firebreaks. This extra expense was a luxury, and as towns prospered, udatsu became a status symbol and were often decorated with ornate roofs and ornaments. There's even a proverb, "udatsu ga agaranai" うだつが上がらない, literally



Sadamitsu's Michi-no-Eki is a one-stop roadside center featuring local products and information

"can't raise an udatsu," means that one's status or way-of-life is not on the up-and-up.

Sadamitsu definitely was on the up-and-up from the mid-Edo Period. Tobacco plantations lined the mountain ridges, and the town became the storehouse and distribution center for this lucrative crop. Families used their wealth to build ornate udatsu, and also imported fine arts and crafts for their living areas. Wakimachi Town across the river also preserved its udatsu and has become a popular tourist attraction, but Sadamitsu's streetscape stands out in three ways.

First, many of the udatsu are double-tiered. In Wakimachi, the udatsu wall juts out from the front of the house and is topped with a single tile roof. Sadamitsu's udatsu often have a second set of roofs. Why? Edo's caste system put samurai

Wander-ful Tabi: Random Eki ... continued on page 3





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Dearest Awa Life reader,

I sincerely hope that you enjoyed our first issue of Awa Life. In this month's issue we are welcoming two new staff members at TOPIA due to one of our staff members leaving to get married and and move overseas.

Apart from that our friend Lisa Marie Cross has written about her experience going up Mount Bizan and the wonderful view from up there. For all of you Manga fans out there we have the latest Manga review by Martin O'Brien who takes a look at "7 Shakespeares".

Also Lance Kita takes us on his wanderful tabi again, this time to a random eki (train station) from where he leads us through the streets of Sadamitsu. Please enjoy.

> Best regards, Kim

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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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Sadamitsu's main street exudes history with its udatsu-adorned roofs

at the top, and merchants on the bottom under farmers and artisans. Laws forbade merchants from living on the second floors of their affluent houses, lest they look down on passing samurai. Meiji democracy relaxed the class rules, so merchants raised the roof on their second floor, and the extended udatsu was also topped with tiles. In fact, the older houses closest to the station sport roofless udatsu. As you walk up the main street, the houses become newer and the udatsu more ornate, reflecting the historical evolution. Sadamitsu is a rare example of diversified udatsu architecture.

Second, ornamentation rules. Many of the roofs are topped with artistic gable tiles in shape of turtles, cranes, the seven lucky gods, or an old couple. These were to encourage longevity and marital harmony. The front faces of many udatsu have intricate pictures carved into the plaster. These kote-e 鏝 絵 were created while the plaster was wet with the tip of the plasterer's trowel, or kote 鏝 . The intricate freehand masterpieces are all one-ofa-kind, depicting white tigers, carp climbing waterfalls, or a hawk on a pine tree.

Finally, Sadamitsu's buildings are still in use today. Some of the udatsu are hidden behind modern awnings or lined with corrugated metal. One even houses a nationally known insurance company's office. While Wakimachi's udatsu are beautifully restored, Sadamitsu' s show the ravages of time but are still functional parts of this town's everyday landscape.

Two other structures not to miss are the Former Nagai Merchant House 旧永井家庄 屋屋敷 and Orimoto-ya 織本 屋. The first is a merchant' s estate with a thatched roof residence. Be sure to look up while inside. The second is a former sake brewery udatsu house sprinkled with expensive folding screens, delicate window glass, and carved partitions, hailing back to the heyday of this once-booming town. Admission to both are free, and you can even have coffee and cakes in the rooms of Orimoto-ya.

Though not listed in guidebooks, the streets of Sadamitsu are worth a visit to hear the walls speak of this town's ongoing history. Not bad for a random train stop: Mission complete.

\*\*Special thanks to Ms. Miyoko Tanabe of the Former Nagai Merchant House and Ms. Kaori Morinaga of Orimoto-ya for their invaluable insights from a townsperson's perspective that form the bulk of this article.



Sadamitsu's main street, Ichiu Kaido, lined with Edo/Meiji period houses featuring elaborate udatsu

# Introducing the New Stars of TOPIA!

Shoko Nomizu & Yui Fujiwara

### Shoko Nomizu

Hello! My name is Shoko Nomizu. I had been working at TOPIA since 1993, but I left in 2005 in order to live with my family in Indonesia, where my husband was transfered for work. This time I've returned after a five year absence and it is an honour to see everyone again. By the way, this year is TOPIA's 20th anniversary. 20 years ago I was living in the country of Ghana in Africa as a Japan Overseas Cooperation Volunteer (JOCV) and taught the people there how to make dresses and how to knit. The cross-cultural experiences I had there, the fun times, and the difficulties I faced have all made me the person I am today. I suppose that some of you may be struggling with Japanese culture, which is different from your own, but I am sure that it will become a present for your personal growth, and that you will enjoy life in Tokushima. But still, if you have any problems, please stop by TOPIA anytime!

#### Vui Fujiwara

Hello! My name is Yui Fujiwara. I was born in China and have been living in Japan for 13 years now. Soon after starting middle school in Japan I also began taking Japanese lessons at TOPIA. I made friends from many different countries, had a kind and patient teacher, and was introduced to the wonderfulness of Tokushima. I am so glad to be working in such a familiar place. If you're ever feeling anxious as a foreigner about the difference in language and culture, please come by TOPIA and I'm sure you will benefit richly from the resources here just as I have. Yoroshiku onegaishimasu! 6.63



Mrs. Nomizu and Mrs. Fujiwara are waiting for you to visit TOPIA

## Goodbye Fujisawa-san!

#### Kim Daempfling

While we are very glad to welcome two new staff members, we are also very sad to say goodbye to our precious colleague Ms. Fujisawa (soon to be Mrs.!) who left us last month after two years of being one of the go-to girls at TOPIA. As a TOPIA Coordinator she brilliantly handled the organization of English Camp, the Japanese Speech Contest, the ins and outs of TOPIA, and so much more. We wish her all the best for her marriage and new life in New Zealand. Sarah and I, Kim, only had about a month of working with her at TOPIA, but Fujisawa-san was always very kind and patient, and took time to explain things thoroughly. We wish her all the best and hope that she won't forget us and will visit us again in the near future.



# Bizan's Panoramic View of Tokushima

#### Lisa Marie Cross

Viewing Tokushima City from the top of Bizan is quite breath taking. Bizan is a mountain located in the middle of Tokushima City. This mountain gained its name because it was said that it looks like an eyebrow from all angles. Moreover Bizan is quite historical and possesses highly reputable attributes such as being the site of a national movie in 2007.

Based on its location in Tokushima City, Bizan is recognized for its panoramic view of Tokushima City. It is also a well known area for cherry blossom viewing during spring where a 360 viewing of the surrounding area can be seen from its peek.

Several broadcasting stations, which include NHK Tokushima, Shikoku Hoso, and FM Tokushima, are located at the top of this mountain. The signals from these stations can be received as far as the Yoshino River and out across the waters of Hyogo Prefecture. On a clear day you can even see as far out to Awaji Island. The view at night time is equally impressive and while it is not well known, the top of Mt. Bizan is one of the most beautiful night time sceneries in Tokushima. The slopes of the mountain are home to several shrines and temples, and the peak is accentuated with several tourist attractions. These



Bizan's panoramic view of Tokushima City

are facilities which include a Burmese pagoda to honor fallen soldiers from World War II.

To get an awesome panoramic view of the city from Bizan many visitors and citizens including myself take advantage of the Bizan Rope Way. You can climb to the top or for a more exciting experience simply enjoy a ride up the mountain via the Bizan Rope Way. To gain access to this rope way you have to purchase tickets on the first floor of the Awa Odori Kaikan (Awa Odori Hall) and ride on the Rope Way which starts on the 5th floor of the Awa Odori Kaikan.

The Awa Odori Kaikan is a building dedicated to the famous Awa Odori dance festival which is held every August. In this building you can enjoy the performances of Awa Odori throughout the season. The first floor has the information desk and the fifth floor is where you board the Bizan Rope Way. The Awa Odori Kaikan is open every day of the year and you can buy round trip or one way rope way tickets, 1000 yen round trip for adults and 500 for children.

When I entered the fifth floor to board the Rope Way there was a sense of excitement. This feeling continued on my sojourn up the Rope Way. Looking down on the city the panorama begins. My friends and I took lots of pictures and were amazed by the view. This was my second visit because I had decided to take my two friends who were visiting Tokushima for the first time. I took them there because I thought they would like to see Tokushima from a bird's eye view, and it had been a while since my last visit. The ride up the slope was very comfortable and relaxing, and we sat on little side seats provided for an even more pleasant ride.

#### Bizan's panoramic view from Tokushima city continued from page 5

On reaching the top of Bizan, the end of the Rope Way journey there is an outdoor eating area for buying food or just sitting and enjoying the atmosphere. The real excitement begins when you start to explore the sites of Tokushima City by looking down from the top. It's so stunning and wonderful, not only can you take pictures



My friends and I at Bizan's viewing gallery.

of important landmarks and rivers of Tokushima City, but you can also view the lush and pretty Bizan mountain side.

After a breath taking view you can relax again by eating or just sitting and talking with friends in a cool indoor area. The entire experience was great and my friends had a blast.

I would definitely recommend this attraction, especially in the hot summer months since the mountain is very cool and you can escape from the humidity and the hustle and bustle of the city down below.

# Letter from Suketo Hoikuen

Kazue Inoue

In the fall, the daylight hours become shorter and the night grows longer. The time you spend with your children at home increases, too. Here are a couple of exercises you can try with your kids during this time:

**Seesaw** – This will increase the child's physical ability and will also help mom and dad get more exercise.

① The parent sits on the floor with legs stretched out while the child stands behind and presses their stomach to the parent's back.

② The parent grasps the child's hands above their head and leans forward, moving up and down in a seesaw motion.





\*For children 18 months or younger this may injure their arms, so try carrying them on your back instead. When you can do this smoothly, your child's flexibility will increase as well.

**Bicycle Pedaling** – Have parent and child sit on the floor facing one another, put the bottoms of their feet together, and push in a pedaling motion. If the parent keeps their hands from touching the floor this will be great exercise. Try humming or singing your child's favorite song and you will both be having fun in no time.

(From Kagawa Education Institute of Nutrition, Professor Emiko Ota's book "Oyako no Jyarekko Taisou.")

# Japanese Lesson



Takako Yamada

This month's Japanese lesson deals with shuujoshi, particles that come at the end of a sentence and indicate the speaker's feelings. Let's look at some examples.

#### ね (or ねえ )

(1) to indicate the speaker's request for agreement about some shared knowledge, like an English tag question, or agreement to such a request.

A: きょうは暑いです。 → A: きょうは暑いですね。

It's hot today. It's very hot today, isn't it?

B: そうです。 Yes, it is.  $\rightarrow$  B: そうですね。 Yes, indeed it is. If the speaker is excited about the content of his statement, a becomes  $a \overline{z}$ .

- ② to indicate the speaker's request for confirmation. A: 田中さんですか。 → A: 田中さんですね。 Are you Mr. Tanaka? I think you are Mr. Tanaka, aren't you?
  - B: はい、そうです。 Yes, I am.

③ to express one's opinion, especially opposition, in most cases, answering a question

- A: これでいいですか。
- B: それはちがいますね。

In this case, a does not sound as strong as a .

#### よ

① to indicate the speaker's conviction or assertion about something that is assumed to be known only to him

A: きょうは暑いですよ。It's hot today.

B: ああ、そうですか。 Oh, really.

Unlike ね① A: きょうは<sup>2</sup>着いですね, A doesn't have shared knowledge with B. It implies that A and B are in different places, for example, A is in Tokyo talking about the climate of Tokyo, while B is in New York.

2 to express one's opinion, especially opposition, answering a question

- A: これでいいですか。
- B: それはちがいますよ。

As mentioned above,  $\ddagger$  indicates a strong opposition.

Exercise: judging from the following situations, put ね or よ at the end of each sentence.

# Martin's Manga Corner

Title:	Seven Shakespeares
	(7シェイクスピア)
Manga-ka:	Harold Sakuishi
Publisher:	Shogakukan
First Published:	2010
No. of volumes:	2 (to date)

ong a source of mystery to historians and biographers, the great poet and playwright, Shakespeare, whom many regard as the greatest writer of all time has always been an enigma to many. While Shakespeare is the bane of the reputable historian, it provides food for thought for those who operate in a more speculative arena of writing. In this month's manga review we have the chance to change such a speculative imagining of the bard's life done in manga form. Recently released, Seven Shakespeares is an attempt by Harold Sakuishi to return to 17th century London and get to know the writer as a young man.

At the beginning of the story we get a picture of Shakespeare in his prime, as he is about to launch Macbeth at the Globe theatre in London. Shakespeare is very much the talk of the city but he is not popular with everyone. Recent civil unrest in the city is causing the Crown authorities to crack down on those in the theatre trade as they are wary that theatres might assemble and cause trouble. Indeed there are many in the growing Puritan movement who would have the theatre people

thrown in jail if it were not for the fact that Queen Elizabeth herself is often likely to take in a show now and then. This doesn't exactly enamour Shakespeare to the powerful Puritans in the Queen's court. Alas we get to see little more of what awaits Shakespeare, as the story takes a turn to the recent past to a time and place associated with a darker and more personal part of the bard's life.

The place is the port city of Liverpool a few years earlier in 1587. This time the story revolves around a mysterious young woman named Lee, who will in time become acquainted with Shakespeare. The woman in question is Chinese, one of the few migrants found in port cities like Liverpool. This is the point in the story where things take a strange, unexpected twist. Lee is a fortune lady who works at a medicine shop. One day while out gathering herbs she is set upon by a group of local thugs, because she is Chinese. They all run away, however, when they see the brand of a cross on her throat. As one might imagine in the particular climate that existed in 17th century England, a kind of witch hunt soon ensues. Fortunately for Lee, the men

#### by martin o'brien

with the flaming torches are sent back home by the city authorities, who are keen to ensure the Chinese traders are left in peace. After this we are given a glimpse of Lee's life back in China as a young child before she made her unexpected voyage west. As a child, Lee seemed to have a talent for predicting various misfortunes that were going to happen. This caused people in her community to imagine that she was cursed, which resulted in her being branded in the throat and banished from her village. In the Chinese community in Liverpool, she manages to eke out a meagre existence. However, she soon runs into trouble when a great storm looms and word reaches the traders in Chinatown that their ships have been lost. A rumor circulates that Lee has cursed the ships, and concerns that her presence will bring down the whole community begin to get the elders worked up. They decide that Lee is the black priestess of legend who brings doom to those around her, and she is subject to a witch trial and sentenced to death. However at the fateful moment she is saved by the intervention of the raging storm that she is said to be the cause of. She is driven out to sea and given a slim chance to live, and perhaps one day adjoin her story to that of Shakespeare. Ĩ

### Japanese Lessons 2010 Japanese language classes at topia - second term

#### CLASS AND INSTRUCTOR

DAY	TIME	CLASS	CLASS DESCRIPTION					
TUE	10:30 ↓ 12:00	Beginner Ms. Hirota						
WED	10:30 ↓ 12:00	General Group Lesson A salon-style workshop where students can study freely according to their current level, needs or requirement. Please buy "Minna no Nihongo" <i>if you wish to use it</i> .						
THU	10:30 ↓ 12:00	Elementary 2 Ms. Yamada	We will study various verb forms, and expand our range of expression. Text: "Minna no Nihongo 2" from Chapter 26.	From Oct 7				
FRI	10:30 ↓ 12:00	Elementary 3 Ms. Aoki We will study reasoning, causative, passive voice, and honourific expressions. Text: "Minna no Nihongo 2" from Chapter 38.						
SAT	10:30 ↓ 12:00	Elementary 1 Ms. Motoki						
0,11	10:30 ↓ 12:00	General Group Lesson A salon-style workshop where students can study freely according to their current level, needs or requirement. Please buy "Minna no Nihongo" <i>if you wish to use it</i> .						
SUN	10:30 ↓ 12:00	Elementary 3 JTM	We will study reasoning, causative, passive voice, and honourific expressions. Text: "Minna no Nihongo 2" from Chapter 36.					
		Beginner - Elementary 2 Group Study	A class for those who are only able to participate on weekends. Chapters will be split into four groups according to level. Text: "Minna no Nihongo 1" from Chapter 1-25, and "Minna no Nihongo 2" to Chapter 35.					
1. ELIGIBILITY:All non-Japanese residents of Tokushima.2. PLACE:Tokushima Prefecture International Exchange Association (TOPIA) 6F Clement Plaza, 1-61 Terashima Honcho Nishi, Tokushima City 770-0831								
Tel 088-656-3303Fax 088-652-06163. MATERIALS FEE:1,500 yen for all 20 classes. However, if there are 10 classes or less 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								
<ul> <li>a class that suits your level better without paying extra.</li> <li>1 The textbook "Minna no Nihongo" I or II is required (2,500 yen)</li> <li>2 You can register at TOPIA from mid September.</li> <li>3 More than one class can be registered for if required fees are paid.</li> <li>4 If you wish to change classes after registration, pleace contact one of the TOPIA staff.</li> </ul>								
THU (free class)	(free $\downarrow$ MS. and write kana. We will also talk about information to Week							

### **news**<sup>®</sup>events October 1 - November 10

For the most recent news and event information, check Living in Tokushima at our.pref.tokushima.jp/e\_living/. To post an event of your own, send the details via email to Awa Life at awalife@gmail.com.

## 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, also taking care of the children!

Info:

088-656-3303

Call TOPIA at

每週木曜日、11:00~12:00 日時:

- 金額: 託児付き(無料)
- 問合せ: トピアまで
  - 雷話 088-656-3303

## Deutsches Fest in Naruto

ドイチェス・フェスト in なると 第17回

There will be all sorts of international exchange events in which anyone may take part, such as the "usual Symphony No.9" or street art by Ube Kuruta.

When: October 24 (Sun.), 10:00 - 16:00 Where: Naruto City German House Cost: Adult 400 yen, Students (until 15) 100 yen Info: Tel. 088-689-0099

だれもが参加できる「ふだん着の第九」やウベ・クルタ氏 による大道芸などの多彩な国際交流イベントを開催しま す。

平成22年10月24(日)10:00~16:00 日時: 鳴門市ドイツ館 場所: 入館料: 大人 400 円 小中学生 100 円 間合せ: 電話 088-689-0099

## Cooking Class for Traditional Japanese New Year's Dishes

日本の正月料理教室

Let's learn how to cook traditional Japanese Dishes for 日本の伝統的正月料理、雑煮やおせちを作ってみましょ New Year including **zoni**, vegetable soup with rice cake, う!いろいろな正月の習慣についてもご紹介します。 and **osechi**. We also introduce some traditional New 参加したい方は下記の連絡先までまたは電話で名前、国 Year's customs. Please send an e-mail or call if you want 籍、連絡先(メールアドレスまたは電話番号)を知らせ to participate. Tell us your name, nationality and contact てください。 information (e-mail or telephone). Please don't forget to エプロンを持参してください。 bring an apron.

When: Sunday, December 5 from 10:00-13:00 Where: Uchimachi Community Center, near the Tokushima City Hall Cost: 1000 yen (for ingredients) Info: Takako Yamada, HIROBA International E-mail: welcometotokushima@yahoo.co.jp Tel: 090-2787-3597 Fax: 088-652-4846 For 20 people

Application deadline: November 25

日時:12月5日(日)、10:00~13:00 場所:内町コミュニティーセンター(徳島市内の市役 **所の近く**) 材料費:1000 円 問合せ:国際交流懇話会 HIROBA の山田多佳子まで **メ**−*Iµ***:** welcometotokushima@yahoo.co.jp 電話:090-2787-3597 ファックス:088-652-4846 **定員:**20名 締め切り:11月25日

### Autumn Rose Festival

### 秋のバラまつり

In the Aizumi Rose Garden there are 270 kinds of roses and over 1000 in bloom. Please use this opportunity to come by and appreciate these roses of all sizes and colors. There will also be rose seedlings and Aizumicho specialties for sale.

When: Mid October - Start of November

Where: Itanogun, Aizumicho, Yakami Azahara 263-88 Aizumicho Rose Garden

Cost: Free!

Info: Aizumicho Construction Industries Division 088-637-3120

### Kaiyo Lobster Festival

海陽伊勢エビまつり

Throughout October, visitors to Kayo can enjoy seasonal lobster caught locally for the Lobster Festival. Guests can stay a night at participating hotels in Kaiyo and enjoy two meals all for 10,000 yen. Also on October 10 at Shishikui Fishing Harbor, you can buy fresh lobster and enjoy free lobster miso soup! **When:** October 1 - 31 **Where:** Kaifugun, Kaiyocho

Info: Kaiyo Tourist Association 0884-76-3050 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ご 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:** 2010 年 10 月中旬~11 月上旬 場所: 板野郡藍住町矢上字原 263-88 藍住町バラ園
- 入場料:無料!
- 問合せ:藍住町建設産業課
- TEL: 088-637-3120

海陽町で旬に捕れた伊勢エビを海陽町の協賛店で宿泊のお 客様に味わっていただこうと、10月1日から31日まで「海 陽伊勢エビまつり」を行います。期間中、1泊2食付きで 1万円(税別)です。また、10月10日には、宍喰漁港に てイベントを開催し、伊勢エビみそ汁の無料配布や伊勢エ ビ直販を行います。 日時:2010年10月1~31日 場所:海部郡海陽町 間い合わせ:海陽町観光協会 TEL: 0884-76-3050

### Training Seminar for Volunteer Japanese Teachers

日本語指導ボランティア養成講座

藍住町国際交流協会では、徳島県の事業として(財)徳島県国際交流協会(トピア)との協力で「日本語指導ボランティア養成講座」を開催します。

日時:	平成 22 年 10 月 16 日 ~ 12	月11日の間	計8回	合計 24 時間	午前 9:30	~ 12:30				
	①10月16日(土)	②10月23日(	±)	③11月6日	(±)	④11月13日(土)				
	⑤11月20日(土)	⑥11月27日(	±)	⑦ 12 月 4 日	(±)	⑧12月11日(土)				
場所:	藍住町福祉センター2F(6回)、 藍住町勤労女性センター1F(2回)									
内容:	「みんなの日本語丨」の教え方									
入場料:	<b>4:</b> 無料!									
<b>申込締切:</b> 平成 22 年 10 月 8 日(火)										
問合せ: 藍住町国際交流協会事務局										
	電話 088-692-9951(松田)									
	FAX 088-692-1626									

## Impressions from the TOPIA Multicultural Festival

**OPIA**多文化共生フェスティバルの印象

photos: TOPIA



Foreigners experiencing Calligraphy

On September 25 at Asty Tokushima TOPIA held it's 20th Anniversary Multicultural Festival. As part of the festival foreigners as well as Japanese could enjoy several activities as well as use the opportunity to talk to one another. The activities included



Singing Contest



Calligraphy, Tea Watanabe as well as Ceremony, Japanese the Rakugo specialist Singing Contest for Shofukutei Kakusho foreigners, taking were invited to appear pictures in traditional on stage in order to clothes, making make the event even tableware out of more exciting and fun. newspaper, Disaster Let's look forward to Prevention Study Tour the next Multicultural and more. The famous Festival here in cameraman Yoichi Tokushima City.



Disaster Prevention, earthquake simulation



Wearing tradtional clothes from all over the world

### 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)

# 人権守って輝く明日