

TOPPY

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

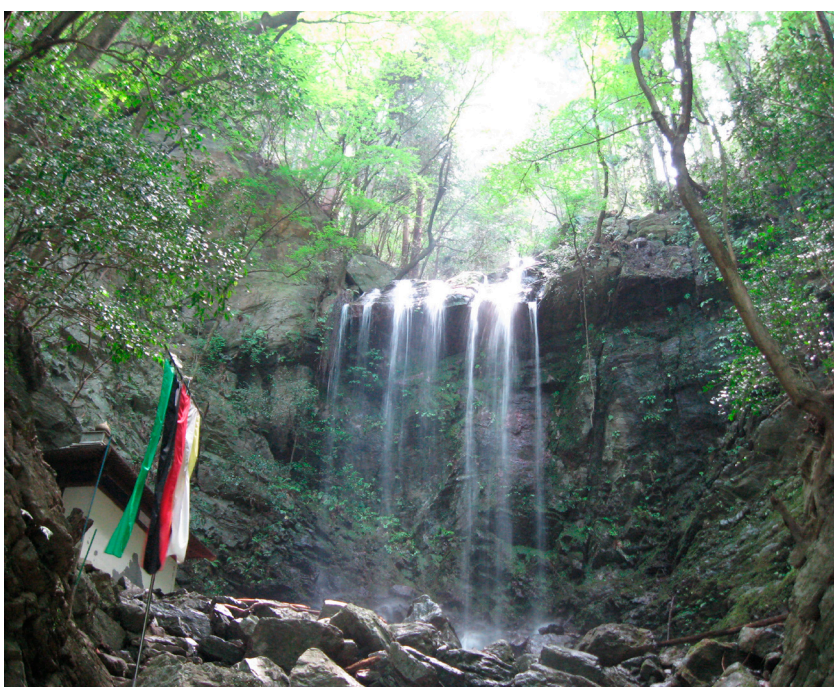
## Go, go, go to Go-taki!

Matt Lindsay

**I**chi, ni, san, shi, go! If you're in Tokushima and you enjoy nature, why not visit the 5 falls of Hata Go-Taki 八多五滝? It's not that far from the city centre and it's possible to get a bus there. You could even ride a bicycle if you have the time or inclination.

As the name says, there are five waterfalls at Hata Go-Taki, each with their own personality. Some cascades fall in multiple streams, others singular. Some are voluminous while others are little more than a trickle. Some waterfalls drop from the top of towering cliff faces, others splash down short rocky gullies. The trail leading to the falls is relatively well maintained and apart from the occasional fallen tree trunk, the way is clear.

In order to view all five falls, allow half a day for a leisurely return hike. If you'd like to extend your journey, continue along the trail past the last fall until it reaches a road. The trail continues on the other side of the road, uphill to



*One of the beautiful waterfalls that you can enjoy at Gotaki*

Nyoirin-ji Temple. The temple has extensive grounds and gardens as well as numerous buildings and statues. For those wanting a full day's work out, continue from the top section of the temple to the summit of Mt Nakatsumine. From here there are expansive views to the south and west to enjoy.

Although it is not far from the city, it's often possible to enjoy the serenity of Hata Go-

Taki in solitude. The forest here offers good protection from the elements, particularly the scorching summer sun. The verdant spring foliage and autumn-hued leaves are additional incentives to venture in these respective seasons.

Getting there:

**By private transport:**  
From Tokushima station head towards route 438. Instead of turning right towards

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



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Dearest Awa Life reader,

It's November and we are at last (thankfully) firmly in the fall season, with winter not far behind. Kim and I are plugging along at TOPIA, always trying to think of new and interesting content to amuse and enrich the lives of y'all, our dear readers.

This month we have a wonderfully detailed guide to the falls in Kamiyama, a commentary from Kim on Tokushima's influx of visiting German dignitaries, another of Martin's glowing manga reviews, and so much more.

Also please don't forget to check out my new corner, Awaglot, and let me know if it suits your fancy.

Sincerely,  
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.

Kamiyama continue straight where the road changes to route 136. Take this road until it ends at route 212 and turn right, following the Katsuura River past Tokushima's oldest temple, Joroku-ji. Soon after the temple turn right at a fork in the road, following the signs towards Hata Go-taki and Sanagochi. When you come to a Shell gasoline stand turn left off this main road. This bendy road leads towards Mt Nakatsumine. When it narrows at the foot of the mountain

turn right. Continue along the foot of the mountains until you come to a sign for the Inuki Outdoor Puppet Theatre. After the theatre and a few houses the road enters forest and cuts through the picturesque Jyoseki Ravine. There is space to park soon after passing through the ravine and some greenhouses.

**By public transport:** Buses depart from stand 2 at the main bus terminal in front of JR Tokushima train station.

Fare is 520 yen one-way. Buses are limited.

**Weekday departure times:**  
6:20, 7:55, 13:00, 15:45

**Weekend departure times:**  
6:25, 10:05, 12:55, 15:40

After alighting at Go-Taki bus stop, walk towards the mountains and continue straight after crossing the bridge.

\* Please confirm departure times at the information booth at the bus terminal.



## Awaglot

Sarah Nelson

Introducing a new, literary corner to 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 and live in Tokushima, then express yourself! Send submissions to [awalife@gmail.com](mailto:awalife@gmail.com).

### *Temple Coffee*

I encountered a pilgrim at the station,  
Who carried a cup for donations,  
I dropped some yen in,  
You'd think it was a sin,  
He yelled, "That's my coffee you gaijin!"

Sarah Nelson

### *Disaster Prevention*

At the safety tour I went out on a limb,  
And volunteered to use the AED on Kim,  
I dithered too long,  
And put the patches on wrong,  
The instructor said, "No, not there...Crap, you've killed him."

Sarah Nelson

### *Halloween Haikus*

The ultimate feud!  
No, not werewolves and vampires.  
Awa odori rens!

There's a monster here.  
It hides underneath your bed.  
Awa obake.

Where's my umbrella?  
It jumped up and hopped away.  
Awa possession.

Jesse Heiman

I should have known it was you,  
When I heard on the news about a typhoon,  
You crashed your car on the 55,  
Didn't even know you were in Tokushima,  
I came again to pick up the pieces,  
But dropped them in the Iya Valley.

I dropped your letter in the Iya Valley,  
I didn't want to hear from you,  
I had already shredded it to pieces,  
When you called to tell me about the typhoon,  
Why did I come to Tokushima  
Only to have you come in on the 55?

You dragged me through memories on the 55,  
Rekindling the heart of the Iya Valley,  
I barricaded the walls of Tokushima,  
And I could see the hurt it caused you,  
But I had to avoid the typhoon,  
I had to keep from falling to pieces.

You brought my heart back in pieces,  
On your determined drive up the 55,  
"It was destroyed in the typhoon,"  
You said, "When you left the Iya Valley,  
But I can put it back together for you,"  
And I couldn't stem the tears since you came to Tokushima.

I tried to build a dream in Tokushima,  
But couldn't seem to fit the pieces,  
I thought I would find change without you,  
But you brought it on the 55,  
While back in the Iya Valley,  
Raged the same old typhoon.

You said you couldn't stop the typhoon,  
Couldn't promise a better life than Tokushima,  
"But there are hearts that beat for you and minds that wait for you in the Iya Valley,  
Let's pick up the pieces,  
Scattered on the 55,  
They don't make sense without you."

I'll withstand the typhoon if you help me hold down pieces,  
We'll leave Tokushima, and forget the 55,  
I'm going to the Iya Valley—I'm going to be with you.



# Naruto - Visit from Lueneburg

Kim Daempfling

**36** years of friendship and exchange - that was the main theme of the 17th friendship delegation visit from Lueneburg in Lower Saxony/Germany. On Friday October 8 the thirty delegation members set foot on Japanese soil to arrive in Naruto around noon. Led by their mayor Maedge, who had already visited Naruto several times during his term in office, the Lueneburg Delegation had a very tight

the representatives of each city, the mayors, and the vice governor of Tokushima Prefecture gave greetings and speeches, and everybody enjoyed a plentiful buffet. The Lueneburg delegation welcome party also marked my official interpreting debut (I did some casual interpreting before that). I was sharing a table with our Vice Governor Satomi, Naruto Mayor Iizumi and Lueneburg's mayor Maedge

Mayor Maedge had prepared a chess game with game pieces shaped in the form of famous buildings of the city of Lueneburg. On the other side Mayor Iizumi gave a red jacket and hat, called **aka-chan chanko** and **boushi**, to mayor Maedge because he just recently turned 60, which marks the completion of one life circle, stating that Mayor Maedge is now back to the newborn stage. Therefore he received this present, to show that he is now like an **aka-chan**, meaning baby and **aka** itself meaning red. After this rather formal exchange there was a lovely flute concert and the evening ended within the blink of an eye.

The next day everyone first enjoyed a stroll around the city of Naruto and took the ferry to see the whirlpools from as close up as possible - without having to jump into the water. In the afternoon they made a visit to the Takamatsu Yajima Aquarium. On the third day our friends from Lueneburg got to enjoy drawing on pottery and making a Japanese "Wanwan" kite in the morning. After that they spent most of the day with volunteer host families along with interpreters who accompanied to ensure smooth communication. Each family had their own plan for the day, and my family was pretty nice and their guests were also pleasant company.



*The Lueneburg choir singing a farewell song for the host of Naruto*

schedule for their stay that only lasted three and a half days. After taking a short break at the hotel, the group went to meet Mayor Iizumi of Naruto at the park of the German village. The meeting was followed by a Cosmos exchange, laying down flowers for the deceased German prisoners of war, a visit to the Baruto garden and a visit to the German house. In the evening, an official welcome ceremony for the delegation took place where

and interpreted the welcome speech given by the vice governor. Even though I had the chance to prepare a little bit beforehand it turned to be a big challenge, though in the end I think I did fairly well. As part of the ceremony there was - of course - an exchange of gifts. After all the main speeches by the mayors and vice governor ended, both mayors stepped onto the stage in order to present the gifts they prepared for each other.



*Delegation members drawing on pottery*

We got in the car and took a one hour drive to the epicenter of the Big Awaji-Hanshin Earthquake, which happened 15 years ago in 1995, and visited the museum there. The most interesting thing maybe for the delegation members as well as for me was the earthquake simulation where we experienced a 7.3 earthquake as well as a 4.0 one. It was kind of scary even though it was just a simulation. After that experience, we went to the host family's home and they offered many nice things to eat and the host's wife even played the **koto** (Japanese harp) for us.

Sarah, my fellow Awa Life editor, was also assigned to a family to interpret. They first went to a local fish market where the two female delegation members in her group tried raw fish, caught fresh that morning, for the first time. The food stand owners watched the foreigners' reactions with delight and encouraged them to eat more and more.

After this Sarah's family visited the Otsuka

Pharmaceutical Company Shiosai Manor where the delegation members received an exclusive guided tour of the building, as well as the tea ceremony house outside.

After this her family made a brief stop at Ryozenji Temple before going to the host family's house where they treated the delegation members to a formal tea ceremony, and exchanged gifts.

In the evening the farewell ceremony took place. This time it wasn't the city representatives who did the talking but those of the Japanese-German/German-Japanese Societies. After an exchange of gifts, both sides

had their choirs perform a few songs that they practised for months in advance. At the end a professional awa odori troupe performed a routine and all people in the big hall were encouraged to join in, which they eventually did. It was a good way to end the 17th friendship delegation's visit and we hope everybody had fun, and we will be seeing many known faces again when the 18th delegation comes here.

**Thank you!**

The 17th visit also marked the beginning of the anniversary year of "150 years of German-Japanese relations". Therefore the prefecture of Tokushima has a few exchange activities planned for November. Beginning with the visit of a Judo delegation, followed by a delegation of regional sports clubs and one under the topic of "The benefits of bicycles and how to improve the environment for cyclers", the prefecture wants to deepen the exchange of friendship and knowledge with Germany.



*Everybody enjoying Awa Odori*

# Japanese Lesson

## 今月の日本語

Takako Yamada

誰かと話をするとき、ちょっとした言葉遣い、たとえば、助詞の使い方などに気を付けると、相手にいい印象を与えることができます。

When conversing with someone, it is important to think about how you use your particles. If you use them correctly, you can make a good impression.

In each of the following 6 pairs, which sounds nicer, a or b? Please check the proper one with attention to the underlined part and think of why it is better.

1. コーヒーと紅茶、どちらがいいですか？  
a. コーヒーでいいです。 b. コーヒーがいいです。
2. a. 字は上手ですね。 b. 字が上手ですね。
3. a. これならできますか。 b. これもできますか。
4. a. まだ出来ないんですか。 b. もう出来ましたか。
5. a. 手伝ってあげます。 b. 手伝わせてください
6. a. その服、わりといいですね。 b. その服、いいですね。

In all cases, b is better. The implication of each sentence is:

1. Which would you like, coffee or tea?

1-a: (I like something else but) I will settle for coffee.

1-b: I'd like coffee.

2-a: Your writing is good (but other skills are not so good).

2-b: Your writing is good.

3-a: Can you do this (though you can't do other things)?

3-b: Can you also do this?

4-a: You haven't finished it yet, have you? (You are slow)

「まだ」 has negative connotation.

4-b: Have you finished it yet?

5-a: I will kindly help you. 「あげます」 can be used between friends but never be used when talking to your senior. It sometimes sounds patronizing if it is used too often.

5-b: Please let me help you.

6-a: That dress looks (relatively) nice on you (or better than expected).

6-b: That dress looks nice on you.

Reference: 『日本語ジャーナル』「機能で学ぶ 使える日本語－理由や原因を述べる」





# Martin's Manga Corner

by martin o'brien

|                         |  |
|-------------------------|--|
| <b>Title:</b>           | <b>Black Jack Vol. 2</b><br>(ブラック・ジャック .2) |
| <b>Manga-ka:</b>        | <b>Tezuka Osamu</b>                        |
| <b>Publisher:</b>       | <b>Akita Shoten</b>                        |
| <b>First Published:</b> | <b>1973</b>                                |
| <b>No. of volumes:</b>  | <b>17</b>                                  |

Recently I was perusing Volume 1 of Tezuka Osamu's Black Jack series which contained seven or eight different short story lines, I was struck by how Osamu managed to mix at times, themes both poignant and trivial; the engaging way in which he often managed to create a story that would have a wide appeal, allowing his stories to be enjoyed by both young and old. Perhaps it is this trait, also perceptible in Astro Boy, that is responsible for the veneration that Osamu had enjoyed; often being described as the godfather of manga. Inspired by my re-readings, I decided to review the second volume in the Black Jack Canon.

Volume 2 like volume 1 contains several short episodes, all with independent story lines. Some of the notable ones include: "Granny", "Assembly", "Needle", "The Blind Acupuncturist".

In the various encounters of Black Jack, the brilliant but subversive doctor, we see that the main themes are morality and loyalty, with Black Jack, constantly coming across various ruthless adversaries whose world view is often seen by Black Jack as justifying his selfish attitude

to life and the patients whose lives he often saves through miraculous surgery. Nevertheless, there is always an evident moral sensibility to the character, and in this sense he possesses that inner conflict that is central to all great anti-hero characters.


In "Granny", Black Jack is surprised to find out about another doctor who once operated in similar circumstances before he passed away. This doctor was like Black Jack in that he charged astronomical fees. At one point he meets one of the doctor's former patients, an old woman who is still paying off fees to his company, years after the doctor saved her son's life. The incident becomes an examination of Black Jack's attitude towards loyalty and family because soon after the old woman becomes involved in an accident. Black Jack, tells the son that he will save his mother's life if he is willing to pay a fee of 30 million yen. The son immediately agrees. It is unclear whether Black Jack means to charge him, or whether he is checking to see if the son is as loyal as his mother.

In another tale, "The Blind Acupuncturist", Black Jack is miffed by the goings on

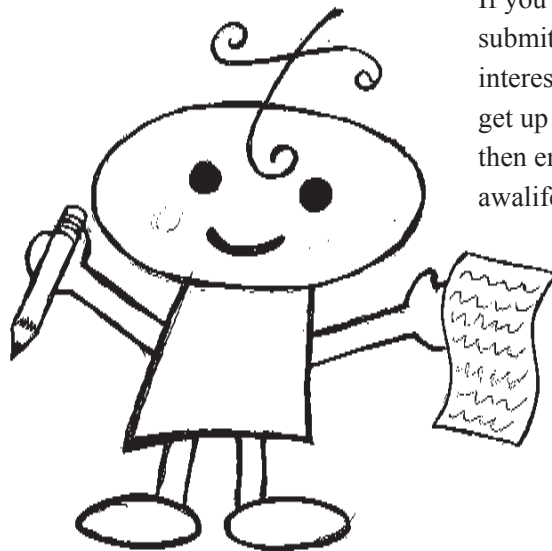
of a mysterious rival, who manages to cure all of his patients using acupuncture, and refusing to charge them fees in the bargain. In the character, we see someone who is the antithesis of Black Jack: someone who is unscientific and altruistic. In this story, Black Jack manages to use surgery to heal a patient, who was wrongly treated by the acupuncture method, and the blind acupuncturist in turn heals Black Jack's intestine problem by inserting a needle. In the end, both admire each other's relative skills, but Black Jack points out that a sanctimonious show off is as bad as someone who is greedy for money, and although reward comes in different forms, everyone ultimately seeks it in some way.

Sometimes the best stories in this second volume are the most enjoyable. My favourite is the fast paced, uncomplicated medical drama of "Needles", in which Black Jack and a team of surgeons fight to save a patient's life after a tiny needle gets into a blood vessel. The doctors track its pace using a radar scan, but despite all of Black Jack's efforts, the needle heads for the heart, in the end they lose track of it on the scan, and expect the patient to die, for all their efforts. However, he doesn't and checks out fine. A few days later the needle comes



out in the same place that it went in after making a long journey through the veins, heart, lungs and arteries. The story is reminiscent of my favorite Black Jack story in volume 1, where the body gradually coats a forgotten scalpel in a calcium covering, thus preventing it from doing it any harm. Both stories provide an insight into the mysterious power of the body to heal itself, and the often futile nature of man's desire to intervene (for better or worse) in the natural world, because of omnipresent powers that exist, which are far greater than our own. 

## Contribute to Awa Life! ~share your stories~



If you would like to submit articles about the interesting things you get up to in Tokushima, then email the editors at [awalife@gmail.com](mailto:awalife@gmail.com)!

## Letter from Suketo Hoikuen

Kazue Inoue

**N**ovember is the time when the weather is getting colder and colder and therefore it is easy to get sick. Last year the flu and an infectious gastroenteritis struck Tokushima. So please keep in mind to be prepared and wash your hands, gargle and try to take enough care of your health.

This month I will introduce some foods that children should eat when they have stomach problems.

Watery foods: coarse tea, vegetable broth, miso soup, grated apples, rice gruel.

Syrupy foods: tofu, bread boiled down in water, baby food sembei, mashed bananas, boiled pumpkin and carrots, other mashed foods.

Soft foods: rice boiled

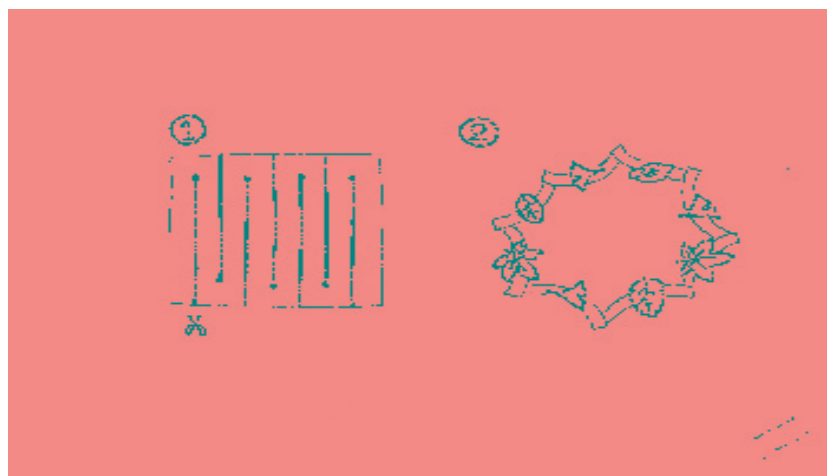
in water, white fish and vegetables boiled in soy sauce, chicken, etcetera.

\*For an upset stomach, it is best to avoid milk, dairy products, products high in fiber and fat, and other things that are difficult to digest. Also, it is easy for your child to become dehydrated when they have diarrhea, so take care to give them lots of

liquids.

This month's activity: Fall Leaf Necklace

1. Using colored paper (flyers and wrapping paper will do) draw lines as shown on the right, and cut along them.
2. Attach the ends to make a circle, and use tape or glue to stick fallen leaves on it, as shown.



For the most recent news and event information, check Living in Tokushima at [our.pref.tokushima.jp/e\\_living/](http://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](mailto: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, and child care is also available!

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

## Japan - Germany Sports Exchange

### 日独スポーツ交流シンポジウム

Visiting delegates from Niedersachsen, Germany will discuss regional exchange through sports and children's sports environment from a German perspective, and exchange ideas with their Tokushima counterparts. Free admission!

**When:** November 12 (Fri), 19:00 - 21:00

**Where:** Naruto City German House

**Info:** Tel. 088-689-0099

徳島県と友好交流関係にあるニーダーザクセン州の「スポーツ交流訪問団」の方々に『地域交流のためのスポーツ環境』や『子供のスポーツ環境』について、ドイツの事例を紹介していただくとともに、今後の本県の取り組みについて意見交換を行います。入場料無料です！

**日時:** 平成 22 年 11 月 12 日 (金) 19:00 ~ 21:00

**場所:** 鳴門市ドイツ館

**問合せ:** 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 New Year's, including **zoni**, vegetable soup with rice cake, and **osechi**. We'll also introduce some traditional New Year's customs. Please send an e-mail or call if you want to participate. Tell us your name, nationality and contact information (e-mail or telephone). Please don't forget to 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](mailto:welcometotokushima@yahoo.co.jp)

**Tel:** 090-2787-3597 Fax: 088-652-4846

For 20 people

**Application deadline:** November 25, Thursday

日本の伝統的正月料理、雑煮やおせちを作ってみましょう！いろいろな正月の習慣についてご紹介します。

参加したい方は下記の連絡先までまたは電話で名前、国籍、連絡先（メールアドレスまたは電話番号）を知らせてください。

エプロンを持参してください。

**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 の山田多佳子先生まで

**メール:** [welcometotokushima@yahoo.co.jp](mailto: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 (木)

# Humanities Festival 2010

## ヒューマンフェスタ徳島 2010

The theme for this year's Humanities Festival is "Heart and Smile" and promotes mutual understanding, knowledge, generosity of heart and fellowship between people. There will be a special guest, lead singer of SPEED Emiko Imai, doing a talk show and mini concert.

**When:** November 23, 10:00 - 4:00 p.m.

**Where:** Tokushima Education Center  
Tokushima City, Kitatamiya 1-8-68

**Cost:** Free!

**Info:** Tokushima Health and Welfare Department,  
Human Rights Division

**TEL:** 088-637-3120

“こころ、えがお” は、ヒューマンフェスタとくしま 2010 に参加して、いろいろな視点からふれて、知って、考えて、理解してもらいたい人権です。少しでもこころ豊かに、“こころが笑顔になってもらいたい” そんな想いを込めたメッセージです。特別ゲスト SPEED の今井絵理子のトークショー＆ミニコンサートもあります。

**日時:** 2010 年 11 月 23 日 (火・祝) 10:00 ~ 16:00

**場所:** 徳島県教育会館  
徳島市北田宮 1 丁目 8-68

**入場料:** 無料!

**問合せ:** 徳島県保健福祉部 人権課

**TEL:** 088-664-3701

# Monster Festival

## 妖怪まつり

In the birthplace of Konaki-jiji, the area of Fujikawatani in Kamimyo in Miyoshi City, a Monster Festival will take place. There will be events like a monster band, a monster parade and a handmade monster contest. Apart from that you can also buy local specialties there.

**When:** November 21, 10:00 - 4:00 p.m.

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

**Info:** Fujikawatani no kai

**TEL:** 0883-84-2729

妖怪 児啼爺 (こなきじじい) の故郷、三好市山城町上名藤川谷周辺で妖怪まつりが開催されます。

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

**日時:** 2010 年 11 月 21 日 (日) 10:00 ~ 16:00

**場所:** 三好市山城町上名 藤の里公園

**入場料:** 無料!

**問合せ:** 藤川谷の会

**TEL:** 0883-84-2729

# Kisawa Fall Leaves Festival

## 木沢もみじまつり

This season the mountains around Tsurugi-san's super woodland path are bursting with a beautiful sight to behold. Nature is showing her fall colors, and the trees are already covered with the first frost, so please come out to appreciate the season! The Takanosekyou rest house will be open throughout November, and every evening will feature an illumination of the local waterfalls.

**When:** October 17 - November 30

**Where:** Naka-gun, Naka-cho, Kisawa district

**Cost:** Free!

**Info:** Kisawa Momiji Festival Committee

**TEL:** 0884-65-2111

剣山スーパー林道周辺の山々が見応えある風景になっています! 自然がいろいろな表情を見せてくれて、そしてシーズン初の樹氷が最近に付いたので、ぜひご覧になってください。11 月の終わりにかけて高の瀬峡レストハウスをオープンして、夜に大轟の滝ライトアップを行います!

**日時:** 2010 年 10 月 17 日 (日) ~ 11 月 30 日 (火)

**場所:** 徳島県那賀郡那賀町木沢地区

**入場料:** 無料!

**問合せ:** 木沢もみじまつり実行委員会

**TEL:** 0884-65-2111

# TICO Training Camp!

## TICO 合宿へ行こう！

The TICO organization is offering an intensive three day program of learning and thinking about international cooperation, the global scale, and a sustainable society. Participants are welcome to come on their own, with their children, friends, everyone is welcome.

**When:** January 8 - 10, beginning and ending at noon

**Where:** TICO building, Yoshinogawa City  
Yamagawa-cho Maegawa 120-4  
15 minute walk from Awayamagawa station

**Materials fee:** 4500 yen (organization members 3000 yen) all day participation required, meals not included, please bring your own

**Participants:** 10 people

**Content:** Theme is "Forest and Water"

**1st Day** Ice breaker, introduction to TICO, workshop "Food Mileage", lecture and forum on earth and the human environment (Earthling College)

**2nd Day** Farmwork, workshop "Virtual Water", movie viewing, mountain hike, get-together

**3rd Day** Farmwork, simulation workshop "Space Station" wrap up

**How to participate:** Email or call TICO, and they will send you an application

**Deadline:** December 3, Friday  
If there is a large number of applicants, participants will be evaluated and chosen by staff

**Info:** TICO office

**TEL/FAX:** 0883-42-2271 (Weekdays 9:30 - 6:30 p.m.)

**Email:** info@tico.or.jp

TICO( ティコ ) は合宿を通して、地球規模の課題や国際協力、持続可能な社会について集中的に学び考えることができる場を提供します。おひとりでの参加はもちろん、親子と、友人と、是非お集まりください。

**日時:** 1月8日(土)～10日(月・祝) 昼集合・昼解散

**場所:** TICO 道場 (徳島県吉野川市山川町前川  
120-4、阿波山川駅より徒歩 15 分)

**資料代:** 4500 円 ( 会員の方は 3000 円 ) 原則  
全日程参加、食費は自己負担 ( 自炊可 )

**定員:** 10 名

**内容:** テーマは「森と水」

**1 日目** アイスブレイク、TICO の紹介、ワーク  
ショップ「フードマイレージ」( 予定 )、地球・人間環境フォーラムによる講演 ( 地球人カレッジ )

**2 日目** 農作業、ワークショップ「バーチャル  
ウォーター」( 予定 )、映画鑑賞、山歩き、懇親会

**3 日目** 農作業、シミュレーションワーク  
ショップ「宇宙ステーション」、まとめ

**参加方法:** まずはメールもしくは電話でお問い合わせ  
ください。申し込みフォームをお送りいたします。

**締め切り:** 12 月 3 日 ( 金 ) 応募者多数の場合は定員  
になり次第締め切り。その際は選考あり。

**お問い合わせ:** TICO 事務局

**TEL/FAX:** 0883-42-2271 ( 平日 9 時半～ 18 時半 )

**メール:** info@tico.or.jp

## Counselling Service at TOPIA

### トピアの相談窓口

TOPIA offers a counselling and advisory service to all foreign residents to help with issues involving accidents, working conditions, housing, visas, international marriage, and more. Counselling is available in English and Japanese. Please note that although every effort will be made, we may not be able to deal with all cases.

Monday to Friday, 10:00 - 16:30

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

受け止めていますか人権の重み