

## learning from different cultures

by tsolmon



group picture of all participants of the speech contest

The winning speech from the 2013 Tokushima Prefectural Japanese Speech Contest!

"Good Afternoon Ladies and Gentleman. My name is Tsolmon, and I am from Mongolia.

First and foremost, I'd like to ask you all a question

– do you have friends from foreign countries? Do the Japanese amongst you have foreign friends; do the non-Japanese amongst you have Japanese friends? Those of you looking to start making such friends, or those simply looking to make more, I urge you to listen to my story.

To me, Japanese people are foreigners, and today I would like to talk about my impressions of Japanese people. I believe my experiences highlight how we can keep moving forward with globalization.

My first encounter with a Japanese person was

learning from different cultures ...continued on pages 3

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Download a PDF file of awa life or view the  
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## show tokushima some love: awaglot

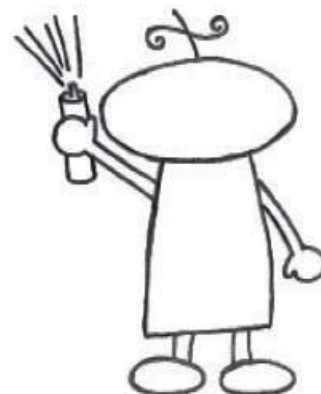
The literary corner of AwaLife, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, nonfiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

There is also a classifieds section for you, our readers, to post ads in, but a few rules do apply!

**The following will not be posted:** Religious, political, or commercial activities, businesses searching for clients or employees, things the Awa Life editors deem inappropriate.

**BUT, you can totally submit this stuff:** concerts, lectures, and other event information, cultural, sporting, and other community group information, etcetera.

If you have something you would like to share with the Tokushima community, email the editors at **[awalife@gmail.com](mailto:awalife@gmail.com)**!



*tanuki (martin rathmann)*

*not in Tokushima. It was 11 years ago when I studied abroad in China. That Japanese person was the top student in our class.*

*His handwriting was beautiful, and his English was also fantastic. No matter how hard I tried, I could never do better than him. For the time being, my impression of Japanese people was "how clever they are!"*



tsolmon

*My second encounter with Japanese people was when I came to Tokushima, and met everybody here. I have met a variety of people in Tokushima – university professors, students, and people out and about in the working world. Currently, even my 2 year old daughter is making plenty of acquaintances at kindergarten. Obviously, I've learnt not just about people, but also about culture. I've not only experienced Tea ceremony, Kabuki and more, but I've practiced them every day!*

*It's hard to say whether there is more to be done, but I do think that Japan is a country which above all strives to protect its rich culture.*

*I'm particularly interested in greetings culture. For example, when you study Japanese, you learn the language used when saying goodbye. For that one simple act, there are a variety of phrases and gestures, and the decision of which respective greeting to use is based on who the listener is. These include "Jya, mata", "Sayonara", "Mata kondo, tanoshimi ni shiteimasu", "Sensei, osaki ni shitsurei shimasu", and "Otsukaresamadeshita".*

*I especially think the Japanese daily culture of lowering your head in a show of respect to the person you are greeting is fantastic. Japanese people value the feelings of others over the feelings of themselves.*

*Every day, no matter where I am, every time I am greeted by the sight of the Japanese low bow, I can't help but wonder whether the respect for others found in Japan is stronger than that in other countries.*

*On the other hand, bows between young Japanese are decreasing, and recently a simple nod and a handshake have become common place. I wonder why this is? Is it because it makes it easier to engage with non-Japanese people? What do you all do? What effect do you think this will have on the future of Japanese greetings culture?*

*Mahatma Gandhi said that "A nation's culture resides in the hearts*



*and in the soul of its people". It is for the reason that I believe that even in 100 years time, Japan's unique bowing culture will not disappear.*

*In conclusion I would like to make the following two points:*

*Firstly, if you are to not be left behind in global society, I want you to learn the language of your friends, not just Japanese – a foreign language. Becoming able to speak a shared language is something which is particularly important for young people.*

*Secondly, if you want to become friends with foreigners, I think the best place to start is by using the foreign language you have put so much effort into learning, and by communicating your country's important culture - Japanese culture - to foreigners. If you want someone to teach you about a different culture, it's important to be curious, and not be afraid to ask questions. Through this, you can gain new knowledge*



*the speech contest winner tsolmon*

*and new connections, don't you think?*

*thank you very much for listening."*

*Before I finish, I just want to say that after 7 years, I was able to meet with that Japanese student I first met in China. At that time I didn't talk to him in Japanese, but I can't wait to surprise him with it next time! I'm going to keep giving Japanese my all.*

*This takes me to the end of my speech –*



### Tomato Jelly

Tomatoes are growing left, right and center on our balconies... The summer vegetable is loved by kids and adults alike, and it's rich in lycopene (making it very beneficial to our health). Next time you want to spice up your picky eaters meal or wow your buddies, give this recipe a try! It's a cool, delicate sweet treat..yum...!

#### Ingredients (serves 4)

2 cups of tomato juice  
5g of powdered gelatin  
70g of granulated sugar  
1-2 Tbsp of lemon juice (or ½ a lemon)  
1 Tbsp of Cointreau (an orange flavored liqueur)  
Mint leaves (for decoration)

#### Preparation

1. In a small cooking pot, add the tomato juice and sprinkle the gelatin on top. Stir just enough to mix it up.
2. Let it sit for about 5 minutes.
3. Put on medium low heat and bring to a boil. Take off the heat

and add the sugar (stirring until it dissolves).  
4. Add the lemon and the Cointreau.  
5. Pour into a cooling pad or small glass verrines, and cool over ice water till set. Cool completely in the fridge until just before serving.  
6. Top with mint sprigs and enjoy!



2013/07/10

tomato jelly (irene wachuga)

Year after year, the high temperatures and humidity of the Japanese summer sees cases of heat stroke appearing one after the other around the country. Even in kindergartens, the amount of time spent playing outside in the heat is being reduced.

Children in particular are not always able to judge for themselves when enough is enough, and it's important that adults are appropriately alert. The importance of taking precautions to avoid heat stroke goes without saying, but in the event that the child seems even a little under the weather, be sure to be quick to move them to a cool location, loosen their clothes and let them rest. In the event that they lie down, elevate their legs. Don't forget first aid measures such as rehydration, or cooling the body with water or ice. In the event that these

solutions do not lead to recovery, get the child to the hospital straight away!

## Heat stroke: Preventative Measures

- Put a stop to exercise when the temperature rises over 35 degrees. In the event of high humidity, caution is advised even at 25 degrees.
- Be sure to stay hydrated. Sweat causes a loss not only of fluids, but of salt, making that a diluted sports drink a good option.
- Light and breezy clothes are a way to avoid getting too hot.
- Wear a hat
- Resting at the first sign of ill health

The roasting summer is far from over – please take suitable precautions

## This month's craft

### Materials

- Inner tube (from kitchen roll etc)
- Wrapping Paper (decoration)

Pens/Pencils

Tape

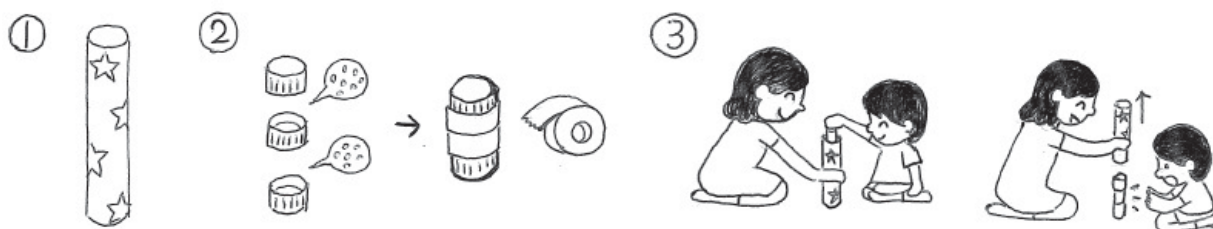
Plastic bottle caps (3 per stick, 3-5 sticks)

### Instructions

1. Wrap the paper around the inner tube and decorate it as you wish
2. Make 3 – 5 sticks by taping the plastic bottle lids on top of each other in sets of 3.

Option: Putting grains of rice or beads inside the caps can create interesting sound effects during play!

3. With the decorated inner tube on the ground, drop the sticks inside, before pulling the tube so the child can enjoy the sight of the smaller sticks forming one tall column!





## Preparing for Sudden Earthquakes

In the Shikoku region, no earthquake is as geographically relevant as the "Nankai Trough Earthquake". It is said that there is a 60% chance of this quake occurring within the next 30 years. From fires to tsunamis, the damage from this earthquake will be massive. So, what should you do if a large earthquake occurs?

First, take cover under a table or desk. When the shaking has subsided, turn off all fire sources. In the event of a tsunami warning, evacuate to the highest ground possible. Japan is an earthquake-prone country. In order to not be caught out when an earthquake occurs, take precautions in everyday life. For example, you can prepare in the following ways:

みず しょくりょう ようい  
水や食料を用意しておきましょう。

(Prepare water and food)

ひなんばしょ かくにん  
避難場所を確認しておきましょう。

(Confirm the location of evacuation sites)

ぼうさい きんきゆう ちゅうい でん か  
防災ハンドブックや緊急カードに注意点が書いてあります。ぜひ見ておいてください。

(Important points are documented in the Disaster Prevention Handbook and Survival Card. Be sure to take a look.)

ぼうさい きんきゆう お  
防災ハンドブックや緊急カードは TOPIA に置いてあります。

(The Disaster Prevention Handbook and Survival Card are available in TOPIA)

This month we will be studying the use of 「～ておく」「～てある」, as seen in the earthquake related sentences above.

### Formation:

て-form of the verb + おく／おきます

て-form of the verb + ある／あります

### 「～ておく」

**Meaning:** Indicates that preparations will be made for a future event

**Example:** みず しょくりょう ようい  
水や食料を用意しておきましょう。

### 「～てある」

**Meaning:** Indicates already completed preparation for a future event

**Example:** ぼうさい ちゅうい でん か  
防災ハンドブックに注意点が書いてあります。



## Exercise

Use 「ておく」or「である」to fill in the following blanks:

例1 れい ラジオや懐中電灯も かいちゅうでんとう 用意しておきましょう。 ようい (用意する)

例2 れい 防災用品はもう ぼうさいようひん 準備してあります。 じゅんび (準備する)

1)避難場所にはマークが ひなんばしょ ま く か (書く)。

2)地震の揺れが収まったら、ドアを じしん ゆ おさ どあ あ (開ける)。

3)TOPIA発行の緊急カードは身近に はっこう きんきゅうか ど みぢか お (置く)。

4)予備の電池があるかどうか、 よび でんち たし (確かめる)。

5)防災ハンドブックには津波の高さが ぼうさい つなみ たか か (書く)。

## Answers

1)書いてあります か 2)開けておく あ 3)置いておいて お

4)確かめておきましょう たし 5)書いてあります か

Reference こうざい とくしまけんこくさいこうりゅうきょうかい はっこう きんきゅう (公財)徳島県国際交流協会発行「緊急カード」

とくしまはっこう ぼうさい エフエム徳島発行「防災ハンドブック」

## undertaking the shikoku 88

by naomi savarese



japanese garden featuring a small koi pond at hanta-ji temple, ehime prefecture (naomi savarese)

Prior to commencing my placement on the JET Programme, I found myself researching my new home in Shikoku online. Setting aside the numerous pages regarding Awa Odori, the only other information I really discovered was about a series of temples commonly referred to as the Shikoku 88. I thought not much more about it until I reached Tokushima and was hustled off to the prefecture's orientation, an 'English Camp', held at Juraku-ji Temple (number 14 on the trail).

Listening to the head monk detail the history of the temple and browsing through the gift-shop, my interest was piqued. It was then that I set the only enduring goal for my time in Japan and purchased a nokyochō, or stampbook, intending to complete the pilgrimage for myself.

The Shikoku 88 Pilgrimage is said to have been founded around the 9th century by a Patriarch of Esoteric Buddhism called Kūkai (later to become known as Kōbō





*main hall at maegami-ji temple, ehime prefecture (naomi savarese)*  
*One of the few places I've found in Shikoku that also has two very lush tracts of grass!*

Daishi). The 88 temples on the pilgrimage route, laid out in a roughly circular formation, are famed as sites where Kukai spent time training as a traveling ascetic. The pilgrimage, or henro trail, begins in Tokushima (the place of spiritual awakening) with 23 temples littered mostly along the eastern side of the prefecture. These are followed by 16 temples in Kochi prefecture (the place of ascetic training), 26 temples in Ehime prefecture (the place of

enlightenment) and rounded out with 23 temples in the northern Shikoku prefecture of Kagawa (the place of nirvana).

These days, largely due to the incredible distances between temples (on a route covering some 1200km), many pilgrims choose to visit the temples by car or bus tour. However, walking or cycling the route is becoming increasingly more common as a way to truly reflect on the journey and connect with the

incredible landscape that Shikoku has to offer. Having time to achieve my goal only on weekends, I opted to drive to each temple – completing the pilgrimage one part at a time (a method called kugiri-uchi in Japanese). This has seen me spend numerous Saturdays and Sundays glued to google maps, often driving both the length and breadth of the island in a somewhat randomly haphazard fashion, collecting the beautiful calligraphies in my stampbook



*bamboo (martin rathmann)*



*having my stamp-book signed by the resident monk and his friendly little dog  
(naomi savarese)*

for 300yen a pop. In the past few weekends for example, I have visited roughly 30 temples spread from the largely coastal area of Marugame in Kagawa prefecture, through the mountainous regions of Ehime prefecture and down to the very southernmost tip of the island at Cape Ashizuri-Misaki in Kochi prefecture; doubling back to return home and set out again another day, I hate to imagine just how many kilometres I've traversed on my way.

The journey has not been without its trials either – I've often gotten lost, been at the behest

of the pouring rain or the scorching sun, suffered from 'temple apathy' after attempting to visit too many sites in one stint, experienced minor car breakdowns and reached one or two of my destinations shortly after the office has closed for the day (rendering me unable to collect the unique temple calligraphy in my book without spending the night in wait) – but I have 7 temples left to visit and I'm anticipating a flood of relief and an overwhelming sense of achievement once I finally realize my goal!



*the view coming down the mountain from yokomine-ji temple, ehime prefecture (naomi savarese)*

# events & memoranda



## Awa Odori in Tokushima City 阿波おどり in 徳島市

When:	August 12 (Mon) - 15 (Thu)	日時:	8月 12日 (月) - 15日 (木)
	18:00 - 20:00 1st performance		第 1部 18:00~20:00、
	20:30 - 22:30 2nd performance		第 2部 20:30~22:30
Where:	Tokushima city center	場所:	徳島市中心部
Cost:	free (excluding paid stage seats)	入場料:	無料 (有料演舞場を除く)
Info:	Tokushima City Tourism Association	問合せ:	徳島市観光協会
TEL:	088-622-4010	TEL:	088-622-4010

## Let's Dance with the Niwaka-Ren! にわか連で、踊ろう!

People who want real experience at the Tokushima Awa Odori, can dance freely with the Niwaka-Ren.

本場徳島で阿波踊りを体験したい人は、にわか連で自由に踊れます。参加自由。

When:	August 12 (Mon) - 15 (Thu)	日時:	8月 12日 (月) - 15日 (木)
	from 18:30 or from 20:30		18:30~、20:30~
Where:	Meeting point is Tokushima-shi in front of the city hall or at the Motomachi shopping street entrance	場所:	集合場所 徳島市役所市民広場・ 元町おどり広場
Cost:	free participation	入場料:	参加無料
Info:	Tokushima City Tourism Association	問合せ:	徳島市観光協会
TEL:	088-622-4010	TEL:	088-622-4010

## Awa Odori in Naruto City 阿波おどり in 鳴門市

When:	August 9 (Fri) - 11 (Sun)	日時:	8月 8日 (金) - 11日 (日)
	19:00 - 22:00		19:00 - 22:00
Where:	Naruto city center	場所:	鳴門市中心部
Cost:	free (excluding paid stage seats)	入場料:	無料 (有料演舞場を除く)
Info:	Naruto City Uzushio Tourist Association	問合せ:	鳴門市うずしお観光協会
TEL:	088-684-1731	TEL:	088-684-1731

## Naruto City Summer Firework Festival 鳴門市納涼花火大会

When:	August 7 (Wed)	日時:	8月 7日 (水)
	20:00 - 21:00		20:00 - 21:00
Where:	Area around Naruto Culture Center & Muya River Park	場所:	鳴門市 鳴門市文化会館周辺・ 撫養川親水公園周辺
Info:	Naruto City Uzushio Tourist Association	問合せ:	鳴門市うずしお観光協会
TEL:	088-684-1731	TEL:	088-684-1731



## Tokushima Prefecture Disaster Prevention Center Study Tour

The importance of preparing for the Nankai earthquake expected to hit Tokushima is only increasing. If a natural disaster occurs, what will you do? Tokushima Prefecture Government, in conjunction with the Tokushima Prefecture International Exchange Association (TOPIA) is proud to announce a study tour for foreign residents at the Tokushima Prefecture Disaster Prevention Center to provide information on what to do in case of a natural disaster. During the tour you can experience earthquakes, strong winds and more via simulation, as well as learn about what to do when a disaster occurs.

- Date: Sunday, September 8, 10:00-13:00  
10:00 – Leave Tokushima Station by bus for the center  
13:00 – Arrive at Tokushima Station by bus
- Location: Tokushima Prefecture Disaster Prevention Center  
(Kitajima-town, Tainohama Aza Onishi 165)
- Target: Foreign Residents in Tokushima Prefecture
- Details: Disaster prevention guidance via video, simulation of strong winds / earthquakes, fire fighting and disaster control exercises, lecture about earthquakes & tsunami, responding to early Earthquake Warnings and emergency provisions tasting (English and Chinese Interpreting)
- No. Places: 40 people
- Cost: Free
- How to apply: Please send in the following information by fax to the address below. You can also apply by sending the same information by email or postcard.  
① Name      ② Gender (M/F)      ③ Address      ④ Nationality      ⑤ TEL  
⑥ E-Mail Address      ⑦ Occupation      ⑧ Workplace Address      ⑨ Japanese Level  
(1.Daily-use 2.Greetings 3.None)
- Deadline: **August 30th, Friday**
- Applications to:
- FAX: Tokushima-ken Kokusai Koryukyokai FAX (088)652-0616
- Email: coordinator1@topia.ne.jp
- Postcard: 〒 770-0831 Tokushima-shi Terashima Honcho Nishi1-61 Clement Plaza 6F  
Koekizaidan Hojin Tokushima-ken Kokusai Koryukyokai (TOPIA)
- Contact: TOPIA (Kimura) TEL (088)656-3303

## Counselling Service at TOPIA トピアの相談窓口

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

Everyday, 10:00 - 18:00

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

**正しい知識で差別解消**