

## a day at the kawata festival

by emilie foyer



*kawata hachiman shrine festival (emilie foyer)*

The autumn leaves had not yet begun to change in Yoshinogawa, but on October 22nd the Kawata Hachiman shrine celebrated its yearly fall festival. The shrine is located in Yamakawa, at the eastern edge of the expansive city of Yoshinogawa.

I hadn't heard of the Kawata

festival until Akao-san, who works in the building where I hold my eikaiwa, asked if I wanted to go. We share an interest in photography and he promised me that not only would I be able to get great shots, but also that the festival was quite interesting and famous in and of itself.

Indeed, the dance performed

at this festival is registered as part of the intangible cultural heritage of Tokushima, a fact that only the people who bestowed it that honor and the locals who participate in this festival seem to know. Many of the locals I talked to in Kamojima do not know of this festival, putting into doubt this claim

a day at the kawata festival...continued on page 3

## inside awa life this month



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online version by going to TOPIA's website!

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## show tokushima some love: awaglot

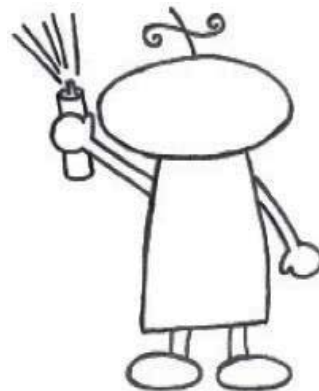
The literary corner of AwaLife, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, nonfiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

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)!



*fall colours (junko kimura)*

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## a day at the kawata festival (con't from page 1)



to fame, but this little festival is well worth a visit.

The Kawata festival takes place every year on October 22nd. The festival is a typical Shinto fall festival held to celebrate the year's harvest. This year, the 22nd fell on a Tuesday. One might think that a rainy Tuesday is not the best day to hold a festival, but the turnout was impressive. The one lane – two way road that lead towards the shrine was lined with cars further impairing transit. A long alley leads up to the shrine. It was lined with vendors selling the typical festival fare, from takoyaki and baby castella cakes to shave-ice, as well as the more seasonal chrysanthemums, persimmons and mikan. The crowd was on average an elderly one, but many children, some dressed in

colorful kimono, dragged their parents towards the stalls begging for ice cream as they waited for the main event to start. The alley ends with 50 steep stone steps that open up onto the shrine itself. From above, one could hear the sound of drums and bells, chiming in unison. Atop the stairs, locals lined up to pay their regards to the local deity, and were greeted by the caretaker of the shrine and his wife who warmly welcomed visitors to the festival as if welcoming them into his home.

Parked near the temple were three large Omikoshi, also known as 'portable shrines', decorated with paper lanterns. Though 'portable,' each still weighed between 1 and 1.4 tons. The sounds of drums and bells were actually coming out of these, produced by young

musicians under the age of 12 dressed in colorful traditional garb.

All of a sudden, umbrella dancers, carrying two-meter polls with flower petals cascading down from the tip, preceded to the front of the temple for their dance. Soon after, the cries of 40 or so men screaming 'sei-no' in unison while heaving the Omikoshi up to their shoulders overwhelmed the sound of the drums coming from within and they slowly made their way to the steps as the crowd dispersed to make way. They then began the perilous descent as the children kept drumming on. Onlookers stood at the foot of the steps close enough to attempt to get the perfect shot, while far away enough to be safe from the potential disaster should, the bearers slip and tumble down shrine and all. Proud parents ran



*festival music (emilie foyer)*



*tengu (emilie foyer)*

by pointing out their children. Friends and family shouted their encouragements. One, two, three Omikoshi came down the steps and were then carried 200 meters to the end of the shrine approach.

Once they were all safely parked, a new procession started. Local girls between the ages of 10 and 13 and clad in red and white followed priests back up to the temple. These girls had

just recently come back from the Ise shrine, the most holy shrine of the Shinto religion, and had learned a dance called Kamiyo Otakara. This dance was appointed as intangible cultural property of Tokushima in 1978. Its purpose is to pray for rain and a good harvest. It seemed to have worked as a slight drizzle came down as they performed the rehearsed moves while playing a small drum made with strong paper from the local traditional paper factory. Proud family members had come from as far as Tokushima City to see the girls perform.

After one last dance elegantly performed by girls dressed as shrine maidens, one last procession paraded a golden Omikoshi, the smallest but most important. This last procession was led by a

man dressed as a Tengu – who also happened to be my kyudo teacher – and marched back down the steps and back to the opposite end of the approach, closing the festival. The rain got stronger and it was time to leave lest we all get soaked.

The Kawata festival may not be as famous as the Jidai Matsuri, or as renowned as Awa Odori, but to the locals it is an important festival, a symbol of their coming together as a community and of their respect for local traditions. Everyone involved had a connection to the place. Some were locals, some grew up there, some were visiting friends. That is what gave this festival its intimate feel, and that is why it has been my favorite Japanese festival so far.



*astringent persimmon (junko kimura)*

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## sleeping in a sauna

by matt lindsay



*hot spring (junko kimura)*

Upon arriving at my friend's place there is no answer to my knocks on the door although the lights are on. Now I am faced with a dilemma – where to sleep tonight? It's too late to bother other friends so I inquire at the nearby budget 'Super' hotel. The clerk at reception sympathetically informs me that there are no vacancies.

Exiting onto a side street I soon stumble upon a ryokan guest house. Laughter and singing are audible from inside the old, traditional inn. A sign by the door advertises a nightly rate of 3500 yen. Despite the reasonable price I feel as though I'll be gatecrashing if I knock on the door so I continue on.

Nearing the station I recognize a funky old building that has dormitory-style accommodation. As I pop my head in the door an old lady looks up and crosses her arms to signal

here too is full. That leaves me with one last option – a backpackers' down the road.

The guy at the counter greets me warmly as I enter. The disappointment obviously shows on my face when he tells me there are no vacancies. He tells me not to worry and reaches for a map. "You can probably stay at this sauna," he kindly informs me, indicating its location on the map.

Not knowing what to expect but desperate to find a bed for the night I set off to the nearby 'sauna'. Access from the street is via an elevator. Upon entering, the receptionist asks me to deposit my footwear in a locker then informs me that it will cost 2625 yen to stay the night.

Once I've paid the receptionist passes me a bundle containing a hand towel, a

bath towel, a pair of boxer shorts and a gown resembling something out of an operating theatre. He directs me to the clothes lockers then promptly resumes his paperwork. Inside I am immediately confronted by nudity; one guy sits blow-drying his hair while another stands in front of a mirror, picking his teeth. I'm beginning to wonder what I've let myself in for.

Tired from trudging around the city I decide to head straight to the sleeping quarters downstairs. As I'm about to exit the locker room a man dressed in a gown blocks my way and directs me back to my locker. He instructs me to change into the boxers and gown and deposit all my belongings in my locker. He disappears as suddenly as he appeared without giving me a chance to thank him.

Having changed into the sauna's attire, I make my way back to the stairs. An arrow points to bathing facilities upstairs. Downstairs is a relaxation room bathed in bright fluorescent light. An action movie blares from a giant screen at the front of the room. Despite the coin-operated massage chairs it's not really my idea of relaxation. I continue downstairs to the sleeping quarters.

Apart from an emergency exit sign and a dim lamp illuminating the restroom entrance, the sleeping quarters are shrouded in complete darkness. As my eyes adjust, I can make out three rows of bunk beds. Doing my best to distance myself from the snorers, I locate a vacant bed. As I clamber onto it I am shocked to discover that it isn't even a mattress, just a thin piece of plywood. Fortunately it's

not cold tonight so I spread the provided blanket over the board to make my 'bed' a little more comfortable.

After expecting to struggle to sleep, I wake in the morning surprisingly refreshed. The only food and drinks available are from vending machines. Breakfast will have to wait until after check-out.

I decide to make use of the bathing facilities before I

leave. Whilst the sleeping facilities are spartan, the bathroom upstairs is quite luxurious in comparison. Soap, shampoo and conditioner are provided at each shower. There are a number of baths to soak in; a jet bath, a mineral bath, a hot bath and a cold one. And of course, last but not least, there is a sauna.

### irene's recipe corner by irene wachuga

#### Easy Chewy Giant Cookie

The merry season is upon us, and who doesn't like a little something sweet to go with that eggnog or cup of coffee/tea. Instead of baking a cake or one bite cookies, why don't you make your work easier and give this Giant cookie a go? Easy to make and takes just a few minutes to prepare; done in under half an hour.



*easy chewy giant cookie (irene wachuga)*

#### Ingredients

- 6 Tbsp. unsalted butter at room temperature
- $\frac{3}{4}$  cup brown sugar
- 1 large egg
- 1 Tsp. vanilla essence
- 1 cup all-purpose flour (leveled)
- $\frac{1}{2}$  Tsp. baking soda
- $\frac{1}{4}$  Tsp. salt
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup sweet chocolate chips...

#### Directions

1. Pre heat oven to 160 degrees.
2. In a large bowl, with a wooden spoon, cream the butter and sugar until light (it won't become fluffy).
3. Add in the egg and vanilla and incorporate well.
4. Stir the flour, baking soda and salt.
5. Add the Choco. Chips and

stir just to mix through.

6. Transfer to a shallow baking dish. Smooth the top.
7. Bake until cookie is golden brown and the center is set. About 20-25 minutes.
8. Let cool a little in the pan before slicing.
9. Serve warm or cool completely.
10. Enjoy.

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## letter from suketo hoikuen

by kazue inoue



This month's craft  
**Paku Paku Santa**

It is that time of year when the air becomes dry and when flu and cold season begins. Here in Tokushima, the end of October saw the onset of the flu season. It is important to take steps to prevent yourself from catching anything, but it is just as important to maintain a healthy body to fight off any impending colds or flu.

### <About Influenza>

(1) It is important to get vaccinated before the flu season hits. Especially for children and the elderly, people with a weak immune system or heart disease, and people with lung disease. (2) By wearing masks and washing your hands well, you can decrease the amount of viruses that you come in contact with and so it can help alleviate some of the symptoms.

(3) Don't let your immune system weaken. In other words, make sure you eat healthy and get lots of sleep to build up your energy.

(4) If you do catch the flu, to have enough energy to fight it off, eat healthy and sleep lots, sleep being particularly important. As well, make sure your room is well ventilated.

(5) The main symptoms of the flu includes fever, headache, cough, lower back pain, fatigue, etc. I highly recommend taking your child to see a doctor as soon as you suspect the flu.

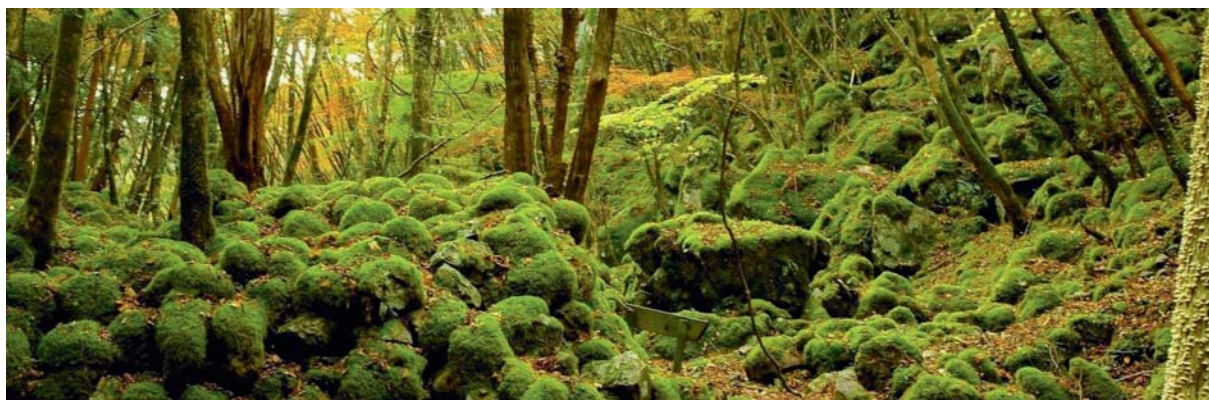
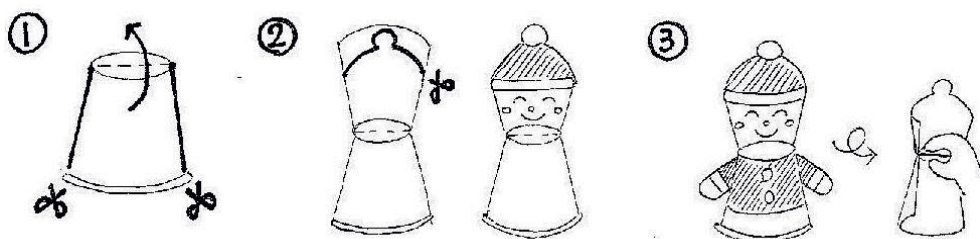
December is filled with many fun year-end activities and events. By taking care of yourself wherever you can, I hope that each and every day brings you lots of excitement and fun.

### Materials

- Paper cup
- Scissors
- Pens
- Paper

### Instructions

1. Cut both sides of a paper cup and fold up.
2. Cut the top portion of the paper cup to create Santa's head (as shown in the picture), then draw his face in.
3. Attach arms made from paper to the bottom half of the cup. Grab the two parts of the cup with your fingers from behind to make Santa's head move up and down.



*mt. yamainudake (junko kimura)*

This workout is a bit of a monster, but as always you can adjust and adapt it as you see fit. The workout is called 21's because you alternate each exercise for two minutes and one minute. All the two minute exercises are cardio based, and the one minute exercises are all strength or core based. Once again, no equipment needed, just you! Here we go:

2 minutes: run

1 minute: spider push ups: Do a push up, except instead of going all the way down, go down half way, bring your left knee to your left elbow and then push back up. Do the same thing on the right side. Repeat.

2 minutes: jumping jacks – arms to shoulders: Do a jumping jack, but instead of bringing your arms all the way down to your side, just bring them down to level with your shoulders making a "t" before going back up. This will work your shoulders more than a normal jumping jack

1 minute: squat: keep a neutral spine and squat down, keeping your knees behind your toes.

2 minutes: Jump rope: if you don't have a rope just simulate the motion

1 minute: mountain climbers: get into a push up position and keeping your back straight and your arms under your shoulders, bring

your left knee in toward your chest before straightening it back out. Repeat with the right knee. This should almost look like running, try to keep alternating feet as quickly as you can.

1 minute: rest!

2 minutes: Burpee: Begin in a squat position with hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position. Leap up as high as you can from the squat position. Repeat, moving as fast as possible and maintain a fast pace.

1 minute: Get ups: start in a standing position, then sit down and roll back on to your shoulder blades, then roll back on to your feet and stand up. You can use your hands to help you stand up, but try to work up to only using your momentum and your core to help you stand. Repeat.

2 minutes: River hops: Start on one foot jump laterally and land on your other foot, balancing on that leg for a second before jumping back and landing on the original foot. Pretend like there is a small creek or river that you have to hop over each time so that you maintain a good distance.

1 minute: Side Planks: Start in a low plank position, lying face-down and propping

yourself up on your forearms. Slowly drop your right hip down to the ground with your core engaged. Switch to the left side and repeat. 2 minutes: Standing Climbers: From a standing position, raise your left hand, reaching as high as you can, while driving your right knee up and out in a similar movement to the floor Mountain Climber. Switch by pulling down with your left hand and reaching high with your right hand. At the same time, let your right foot fall to the floor, then drive with your left knee up and out.

1 minute: Leap Frogs: Begin by lowering yourself into a low squatting position. Place your feet slightly wider than hip-width apart, bend your knees, and lower your bum toward the ground. Continue lowering until your knees are as close to a 90-degree angle as possible. Stay in this position as you jump forward. Keep jumping.

1 minute rest!

Try to cycle through this routine twice for a total of four sets. If you're a real beast do it three times! Always warm up and stretch!



Do you know what the difference is between 「～行った」 and 「～行ったことがある」?

(友達<sup>ともだち</sup>の部屋<sup>へや</sup>で)

A: この写真<sup>しやしん</sup>、ナイアガラ<sup>たき</sup>の滝?

B: うん、そう。先月<sup>せんげつ</sup>、カナダへ行った<sup>い</sup>のよ。

A: よかったでしょう。わたしも行った<sup>い</sup>ことがある。

C: Aさん、いつ行った<sup>い</sup>の?

A: 7年<sup>ねん</sup>くらい前<sup>まえ</sup>よ。

C: わたしは行った<sup>い</sup>ことがないわ。行ってみたいな。



「行った」 is the 「た形」 (ta-form) of the verb 「行く」 and it is the past tense form. 「行ったことがある」 is an expression used to describe someone's past experience. To form this type of sentence, add 「ことがある」 to the end of a 「た形」 verb. The negative form would be 「～たことがない」. 「～たことがある」 cannot be used to describe a recent event.

例 (×) 昨日<sup>きのう</sup>、海<sup>うみ</sup>で泳<sup>およ</sup>いだことがある。 / I have swam in the ocean yesterday.

(○) 昨日<sup>きのう</sup>、海<sup>うみ</sup>で泳<sup>およ</sup>いだ。 / I swam in the ocean yesterday.

### Exercises

問題1 「～たことがあります」を使って文を作ってください。

例 富士山<sup>ふじさん</sup>に登<sup>のぼ</sup>ります。 富士山<sup>ふじさん</sup>に登<sup>のぼ</sup>ったことがあります。



- |   |                                  |
|---|----------------------------------|
| 1、着物 <sup>きもの</sup> を着 <sup>き</sup> ます。 | 着物 <sup>きもの</sup> を_____ことがあります。 |
| 2、相撲 <sup>すもう</sup> を見 <sup>み</sup> ます。 | 相撲 <sup>すもう</sup> を_____ことがあります。 |
| 3、インドへ行 <sup>い</sup> きます。               | インドへ_____ことがあります。                |
| 4、馬 <sup>うま</sup> に乘 <sup>の</sup> ります。  | 馬 <sup>うま</sup> に_____ことがあります。   |
| 5、さしみを食 <sup>た</sup> べます。               | さしみを_____ことがあります。                |

問題2 正しい方に (○) を入れてください。

- 昨日<sup>きのう</sup>、デパートで買<sup>か</sup>い物<sup>もの</sup>を {a ( ) した。 b ( ) したことがある。}
- A: 誕生日<sup>たんじょうび</sup>にバラの花束<sup>はなたば</sup>を {a ( ) もらった? b ( ) もらったことがある?}  
B: うん、もちろんあるよ。
- A: 阿波踊<sup>あわおど</sup>りを {a ( ) 踊<sup>おど</sup>った? b ( ) 踊<sup>おど</sup>ったことがある?}  
B: いいえ、踊<sup>おど</sup>ったことはないわ。

(Reference 『こんにちは とくしま』 JTM とくしま日本語ネットワーク

『日本語ドリル』 The Japan Times ブッククラブ)

## Christmas at the Museum 2013

### 美術館のクリスマス 2013

In celebration of our 15th anniversary, we will be hosting a heartwarming Christmas event. You will be able to enjoy all things Christmas right inside the art museum, including an art mystery talk, Christmas concert, Christmas tree, Christmas lunch and Christmas themed art gallery souvenirs.

今年は大塚国際美術館開館 15周年を記念し、「美術館で過ごすクリスマス」をコンセプトに、アートミステリー、クリスマスコンサート、クリスマスツリー、クリスマスランチ、アートなクリスマスグッズなど訪れるすべての人の心が温まるようなクリスマスイベントを開催します。

When: December 20 (Fri) – 25 (Wed)  
\*The museum is closed on the 24 (Tue)

Where: Otsuka Museum of Art  
Naruto City, Naruto-cho, Naruto Park

Cost: General 3,150 yen  
University Students 2,100 yen  
School Students 520 yen

Info: Otsuka Museum of Art

TEL: 088-687-3737

開催期間: 12月 20日(金)～25日(水)  
※24(火)は休館日

場所: 鳴門市鳴門町鳴門公園内  
大塚国際美術館

料金: 一般 3,150円  
大学生 2,100円  
小中高生 520円

問合せ: 大塚国際美術館

TEL: 088-687-3737

## ANAN Luminous Town Project 2013 X'mas

A winter illumination event will be held in Anan. Many amazing events are planned including an "Anan Sky Tree" made of bamboo and LED, a whimsical LED glass illumination display, concerts, food vendors, wedding ceremonies and much more. Many of the events will take place in Ushiki Castle Park, known as the sacred place for couples. Please come out and enjoy this event.

阿南の光の冬イベントが開催されます。竹とLEDがコラボした『阿南スカイツリー』や、LEDグラスによる幻想的なライトアップ、コンサートや屋台、Wedding Ceremonyなど、素敵な企画が盛りだくさん。メイン会場は“恋人の聖地”として知られる、牛岐城趾公園です。ぜひ遊びにいらしてください。

When: December 23 (Mon) – 25 (Wed)

Where: Ushiki Castle Park  
Hikari no Machi Station  
JR Anan Station

Info: Anan Chamber of Commerce  
and Industry

TEL: 0884-22-2301

開催期間: 12月 23日(月・祝)～25日(水)

場所: 牛岐城趾公園  
光のまちステーション  
JR阿南駅

問合せ: 阿南商工会議所内

TEL: 0884-22-2301



# events & memoranda



## Bizan, Nightscape, and Christmas 眉山と夜景とクリスマス

Mt. Bizan will be adorned in LED Christmas Illuminations and there will be a special nighttime ropeway. Enjoy the enchanting collaboration of Tokushima's nightscape and illumination.

LED クリスマスイルミネーションが点灯されます。ロープウェイの夜間運転の実施を行います♪徳島市の夜景と、イルミネーションのコラボレーションをお楽しみください。

When: December 21 (Sat) – 24 (Tue)  
17:30 – 21:00  
Where: Mt. Bizan  
Cost: 600 Yen (night fare for round trip)  
Info: Bizan Ropeway  
TEL: 088-652-3617

開催期間: 12月 21日(土)～24日(火)  
17:30～21:00  
場所: 徳島市 眉山山頂  
料金: 600円(夜間往復料金)  
問合せ: 眉山ロープウェイ  
TEL: 088-652-3617

## Christmas at the Zoo 動物園のクリスマス

If you come dressed up as Santa, admission is free! And presents will be given to children on a first come first serve basis. Come out and see the staff feeding the animals in their Santa outfits!

サンタクロースの姿で来園すると、入園料が無料になります！来園した子どもには先着順でプレゼントがあります。一部の飼育員さんたちもサンタの姿で動物たちにエサをあげるので、楽しめること間違いなし！

When: December 23 (Mon)  
9:30 – 16:30 (Last entry 16:00)  
Where: Tokushima Zoo  
Cost: Adults 500 yen;  
Junior high school and younger: Free  
Info: Tokushima Zoo  
TEL: 088-636-3215

開催期間: 12月 23日(月・祝)  
9:30～16:30  
(最終入園 16:00)  
場所: とくしま動物園  
料金: 入園料 大人 500円、  
中学生以下は無料  
問合せ: とくしま動物園  
TEL: 088-636-3215

## Santa's River Cruise 川からサンタがやってくる

Throughout this event, Santa will come cruising down the river, handing out over 3000 bags of presents to children.

イベント期間中、川から船に乗ったサンタクロースが子供達に約 3000袋のプレゼントを持ってやってきます。

When: December 23 (Mon) – 25 (Wed)  
18:00 – 21:00  
Where: Starting from Ryogoku Bridge,  
around Hyotanjima  
Info: Shimachi River Protection Committee  
TEL: 090-3783-2084

開催期間: 12月 23日(月・祝)～25(水)  
18:00～21:00  
場所: 両国橋北詰をスタート後、  
ひょうたん島を一周  
問合せ: 新町川を守る会  
TEL: 090-3783-2084



# events & memoranda

## 日本語指導ボランティア養成事業(文化庁委託事業) キルアップ講座

「生活者としての外国人」のための日本語教材  
や身近な教材を使って教えてみよう！

### 美馬会場

NPO法人美馬の里 : 090-4507-1055

PART1 平成 25年 12月 8日(日) 16:00~17:00

PART2 平成 26年 2月 15日(土) 12:30~13:30

### 藍住会場

藍住町国際交流協会・松田 : 088-692-9951

PART1 平成 25年 12月 21日(土) 15:00~16:00

PART2 平成 26年 2月 22日(土) 15:00~16:00

\* 詳細は、TOPIAホームページをご覧ください。  
(<http://www.topia.ne.jp/>)

協力: 徳島県国際交流協会・徳島県

## ミャンマーの子に音楽を！

ご家庭に眠っている「リコーダー・鍵盤ハーモニカ」を集めています！

民間国際交流団体「ハーモニーワークキャンプ」では、日本の家庭で眠っている楽器をタイやラオスの学校等へ持参し、子供もたちに、音楽指導をするなどの支援をこれまで約 20年間行ってきました。今回は、1月 10日から20日まで、JICAのプログラムでミャンマーに行き、同様の活動を行う予定です。

12月 20日には楽器を郵送しますので、それまでに、不要な楽器がご家庭にある場合は、ぜひとも、ご提供下さい。

連絡先: 長尾 090-3188-7467

## Ekimae Labor Consultancy 駅労働相談会

Date: December 8 (Sun)  
13:00-16:30 (Registration 12:45- 16:00)

Place: Civic Center 4th floor  
Tokushima City, Motomachi 1-24  
(Inside Amico)

Organizer: Tokushima Prefectural  
Labor Relations Committee

Consultee: Lawyers from the Tokushima  
Pref. Labor Relations Committee

Contents: Labor related issues including,

hiring, unpaid wages, job  
position reassignment and  
transfer, etc.

Consultation fee: Free

Application: Not required. Please come directly  
to the venue with an interpreter. In  
addition, reservations are also  
accepted.  
(until December 6, (Fri))



## TOPIA Closed During New Year's

TOPIA will be closed from December 28 - January 5 for the New Year's holidays.  
Please make a note of these days.

## 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