

Awa Life is a Monthly Publication of the Tokushima Prefectural International Exchange Association

It's still blustery and cold but spring is a comin' and for some it means lots of pretty flowers everywhere but for others, it means that they will be tortured by endless sneezes and a runny nose all thanks to the ever so wonderful hay fever. But, with that said, hay fever or not, spring is still beautiful and there's something nice about the warm spring air!

For all of those who like writing, please feel free to submit an article to us at any point in time about basically anything. There are a few limitations though, such as you can't write about religion, politics, commercial activities or businesses or anything that we deem inappropriate. But, other than that, we would be more than happy to receive articles about anything and everything including but not limited to, concerts, lectures, other events, culture, sports, community group information or anything cool that's happening in your local community. We highly appreaciate all of your articles and we love reading them. So if that writing bug of yours is buzzing about, grab a pen or a computer and write and send away! Please send all submissions to our email:

awalife@gmail.com!

Your editors, Till and Jenifer

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Download a PDF file of awa life or view the online version by going to TOPIA's website!



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Mamma MimaTV - Introducing Mima to the World! By Pyke van Zon

little over a year ago, Tanaka Kazuya, a resident of Mima city, in Western Tokushima, tried to look up videos about his home town on the internet, and realized that there were little to no (interesting) videos available. So he approached another Mima local, Sato Masatoshi, a cameraman and friend of his, with the idea of creating their own videos about Mima. They decided they just needed someone who could host the videos. Mr. Sato said he knew someone who worked at city hall, and might make a fun host. So in early January 2015, Mr. Tanaka and Mr. Sato came and met with me, Pyke, the Dutch CIR (Coordinator for International Relations) at Mima city hall, and asked me if I wanted to make videos about Mima with them. Having always had a love for film and film making, I jumped at the

opportunity, and that very same day, we went out and shot the very first scenes for Mamma Mima TV.

After releasing the first episode (about Japanese umbrellas, or wagasa, traditionally produced in Mima) on YouTube in February 2015, we decided on a weekly format for the show. Every week, we visit locations, events and people throughout the city. Throughout

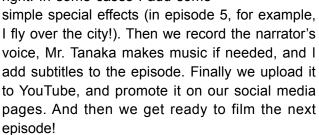
the first year of Mamma Mima, that resulted in 39 episodes about things ranging from traditional foods to stunning vistas, from annual events to historical sites and from local craftsmen to outdoor sports. As you can imagine, making a weekly show is quite a lot of work, but more than anything, it's a lot of fun! We get to see and show sides of Mima, and the Japanese countryside as a whole, that even the locals don't often see.

The way we make our episodes is relatively simple. As I wrote before, Mr. Sato is a professional cameraman, and I have had an interest in filmmaking for a long time myself. So between the two of us, we have quite an arsenal of filmmaking equipment. Cameras, tripods, microphones and even a drone! For each



Mamma Mima!

episode, Mr. Tanaka thinks of a subject, and makes appointments for filming. Then the three of us go and shoot the actual episode (or sometimes, two episodes, back to back). There are no scripts, so basically everything is improvised. After shooting, I take the footage and use editing software to make a coherent episode out of it. This takes a lot of time, but is, for obvious reasons, very important to get NAMAright. In some cases I add some



When you think of Japan, you'll likely think of Tokyo or Kyoto. Most people likely won't think about Mima, Tokushima, or even Shikoku. A lot of people, from abroad, from big cities in Japan, and even from Mima itself, will look somewhat incredulously at us when we say that we make a weekly show. "Won't you run out of things to talk about very soon?" or "There isn't that much here to talk about, is there?" are often heard comments. But nothing could be further from the truth. Yes, Mima isn't a very big city. But it is steeped in history, culture and tradition. There are tons of interesting episodes to be made about all the things to see and do in the city. And more than anything, it's populated with interesting, kind



and funny people. Everyone has a story to tell! So with that in mind, we aim to show Mima to the world: Show people that there's more to Japan than just the big cities, and that life on the Japanese countryside is lovely! And not only that, we want to show the people in Mima that think that 'there's not that much here,' that actually, they live in a wonderful place, filled with interesting people! And finally, we want to have fun doing it. After

all, I believe that if you don't have fun making something, it won't be fun to watch.

One year into the show, in January 2016, we were at the ICT Tokushima forum, an annual event/ competition for IT related projects throughout Tokushima. And Mamma Mima was presented with their grand prize! Quite an honor, as you can imagine! This award has given us a renewed drive for making the show. We're already in full gear for 2016, and don't have plans on stopping! So please come and join us on YouTube for our weekly adventures in Mima city!

https://www.youtube.com/c/MammaMimaTV



Letter from SUKETO NAKAYOSHI

By Kazue Inoue (Center for Early Childhood Education and Care SUKETO NAKAYOSHI)

Due to the effects of winter, spring has gotten a bit of a head start this year. Spring is synonymous with cherry blossoms in Japan and that very season is just around the corner.

With the arrival of April, many young children will be embarking on a new chapter in their lives by starting at a new school. As you all begin preparations for the new school year and everything, I would like everyone to strive to sleep early, wake up early and eat breakfast. In order to stay healthy and strong while adjusting to a new group setting, its pertinent to start good habits early like sleeping early, waking up early and eating breakfast.

Suketo Nakayoshi

Effects of sleeping early, waking up early and eating breakfast:

- Sleeping early: Lots of growth hormones are released during sleep, so by sleeping early you can maximize your growth.
- Waking up early: By waking up early and getting the most out of the morning sun, your brain and body will be refreshed and ready to start the day.
- Eating breakfast: Breakfast will help give your brain a boost in the morning, preparing you for a long day of play and learning.

* * This Month's Craft * * Beaded Decorations

Materials

Paper clay, paint, shape cutter, beads, gimlet or other tools that can create a hole, string and wood glue

Directions

- 1) Color your paper clay by mixing paint into the paper clay (no water needed).
- 2) Roll out the paper clay, then use a shape cutter to cut out any shape you like. Decorate the shape you just cut out by sticking beads into it.
- 3) Create a hole near the edge of the shape with any tool such as a gimlet. You will thread a string through this hole later on.
- 4) Once the paper clay has dried, give it a coat of diluted wood glue (use water to dilute the wood glue) and you are done.
- *Please make sure that your child doesn't ingest any of the beads.



A Glimpse into the Life of an Irodori Farmer By Jenifer Tanikawa

magine this, waking up at the crack of dawn to head out to your garden to gather up some leaves, and then waiting in front of your computer or tablet to snatch up orders from around Japan. Now, this may seem like a ludicrous idea but, in the small town of Kamikatsu in Tokushima Prefecture, their so-called leaf business has become a tremendous success, raking in more than 160 million yen, annually.

Kamikatsu, like many other mountainous rural towns in Japan, is reeling from the effects of an ever decreasing and aging population. The

population of Kamikatsu currently stands at just under 1,700 people, with over 40% of the population being over the age of 70. But, what sets Kamikatsu apart from all the other small towns is the fact that it is revitalizing its town in a very unique way, one that creatively uses the valuable

but over-looked resources that Kamikatsu has and this creative solution is embodied in the leaf business run by a locally run company called Irodori.

There are currently over 200 farmers who are cultivating and selling leaf in this leaf business and we had the chance to sit down and talk with Ms. Yukiyo Nishikage, a 20-year leaf selling veteran.

How did you get into the leaf business?

I used to work for a sewing company and my



coworker there used to say to me every time I saw her, "Yuki-chan, why don't you try selling leaves, we don't even get paid much here anyway." So, after some persistence on her part, I decided to give it a try. The first product I tried selling were hydrangea flowers.

Irodori

You've been involved in the leaf business for 20 years now. Has a lot changed over the past 20 years?

Yes, so much has changed. So as I mentioned, I started with hydrangeas and if I sold 7 to 8 cases of them, I could earn enough money to last me for that month. It was also easy to do and didn't take up an entire day to do. But I couldn't just leave my job and focus solely on the leaf business because I didn't have any other plants to work with. My husband really liked growing bonsais

and so we moved his plants
to the fields and
helped cultivate
more. With this
business, you
have to invest
many years into it
since you have to wait
for the plant to grow.
So, because of his effort
and everything, I'm able to

participate in the leaf business. So starting with hydrangeas, I started the leaf business and did that while going to work until retirement. After retirement, I continued to work at a store that sells local goods and continued doing the leaf business while working once again. In 2004, my husband suffered a stroke so I began looking after him while doing the leaf business. So, for these past 20 years, I've been doing the leaf business while doing something else. Last year, my husband passed away, so I've been doing this business all by myself now with the help of the interns.

They teach me a lot of things and give me their youthful energy.

Have you had interns from overseas?

Yes, from India, Germany, China, Korea and Argentina. I always get the interns to cook something from their home country and the other time, I asked the intern from China to cook something and I was able to eat real Chinese food and it was so delicious.

How many different products do you grow?

There are 320 irodori products in total and I grow about 100 of those. Taking care of all these plants by myself is not easy, so that's why it's so great having the interns help out.

With over 200 farmers out there doing the leaf business, is there any rivalry between the farmers?

I would be lying if I said there's absolutely no competition or rivalry with myself and the other farmers. But we don't hold anything against each other and instead we help each other out.

When you first started the leaf business, were you not at all worried about its success?

I was full of worry at first but after the "Jinsei, Irodori" movie aired, tons of people came to our town for interviews and visits. As I was also in the movie, many people come to see me as well and meeting and talking to new people is my purpose in life now.

I've also had so many international guests too. I've had people from Australia, Bhutan, Germany, India, Jordan, Argentina, China, Korea, El Salvador, Thailand, Indonesia, Cambodia, Vietnam, Philippines, Laos, France, Austria, Turkey, United Kingdom, Slovakia, Malaysia, Singapore, Myanmar, Lebanon, Sri Lanka,

Pakistan, Hong Kong and Belgium.

What was your happiest moment since starting the leaf business?

Now! Without the leaf business I would be a nobody, just your average old lady, but because of this business, so many







Irodori

different people come to see me to interview me and to see what I do. I couldn't be happier.

What is irodori to you? Something that allows me to dream big and gives me a lot of strength. Even if I have a huge



headache to the point that I have to go see a doctor, once I successfully snatch up an order, all that pain is forgotten.

This is part 1 of the Irodori article series, part 2 will be in next month's issue.

When to Wear the Yukata By Melissa Palsenbarg

Congratulations! You are now the proud owner of a gorgeous summer *yukata*. You've done all the research, found one you like, found one in your size, and know how to wear it on your own. You're looking fabulous at all the local *matsuri* and festivals and you're really, really, proud of yourself. And of course, you want to share this moment with friends and family back home. So you call them up, show them your *yukata* through the webcam, and get the response, "But when are you ever going to wear it again when you come back?"

Never fear! There are opportunities to wear *yukata* outside of Japan! You just have to go searching for them. *Yukata* are designed to be worn under two circumstances; the first is summer, and the second is casual. So as long as you can describe something as a casual, summer event, you are good to go for wearing your *yukata*.

Here's just a short list of ideas for places to wear your *yukata* listed from least intimidating to most intimidating: around the house, a barbeque, a sushi dinner, a fireworks festival, a Japanese cultural festival, a convention, or visiting a Japanese garden. There may also be some special interest groups in your area who would love to see you wear *yukata* such as a tea ceremony group or *kimono* interest group.

What's that? You say that you decided to up your game and you now have a *kimono* to take home? Congratulations! But be careful. Matching a *kimono* to an appropriate event can be more of a challenge. Just like western clothes, *kimono* can run the

gauntlet from very, very casual all the way up to ceremonial. There are entire books written about the TPO of a *kimono*. TPO stands for time, place and occasion and to make the right choice you need to consider the type of *kimono* you have, the type of fabric it's made from, the presence or absence of family crests, the placement of the design, the auspicious nature of the design, the seasonality of the design, the pairing of the *kimono* and the *obi*, the occasion, the wearer's role or duty, their gender, their marital status (especially for women), and their age. Outside of Japan, there is a little more leeway in the TPO, but if you're not careful, you could end up wearing the equivalent of jeans and a t-shirt to a wedding, or a wedding dress to a convention.

Ah, but I can hear one more question begging to be answered. But this one is more politically charged. "Is it ok for a non-Japanese person to wear a *kimono* or *yukata*?" Inside of Japan, the answer is always a resounding "YES!!!" Outside of Japan though, the answer will vary depending on who you ask.

Those who say "no" may call it cultural appropriation, the stealing of a part of a culture from a minority group by the majority group. There is a lot of debate, discussion, academic research, and internet yelling about this topic. It's an interesting topic and many things including *kimono*, dreadlocks, Native American headdresses or art, rap music, and the bindi have all been linked to cultural appropriation at some point.

The discussion of cultural appropriation is a long one, way too long for one Awa Life article. So

why did I bring it up? Because if you do make the decision to wear a kimono or yukata outside of Japan, you may be confronted by somebody decrying it as cultural appropriation. And how are you going to respond? What will your argument be in support of your choice? I'm not trying to scare or put off anyone who wants to wear a kimono or yukata outside of Japan. I would do it myself. But I do want to warn you that not everyone will be as happy to see you wearing it as they are in Tokushima.

Yukata

Enjoy wearing your yukata wherever you feel comfortable!

Awa Shoku: Sweet and Sour – Plums of Misato By Lance Kita

s you receive this issue, the first harbingers of spring turn trees pink and white in places like Misato (美 郷) in Yoshinogawa City. Not cherry blossoms, but plums (ume 梅) whose flowers withstand the lingering snow and frost of February and March.



酒), made with a different triad (plums, rock sugar, and an alcohol base like white liquor, shochu, sake, or even brandy). In 2008, Misato became a "special economic zone" (Keizai tokku 経済特区), lowering the minimum output needed to get

Enter plum wine (umeshu

Misato has been growing plums since at least World War II, and the town prospered from selling its "green/blue diamonds" (青いダイヤ) mostly to make umeboshi (梅干し). This pickled plum is the crimson-red dot on the white rectangle of rice in any bento lunch, nicknamed Hi-no-maru (日の丸) for resembling Japan's flag.

a winery license. Today, five wineries create delicious umeshu that range from tart and cloying to light and refreshing. There is even a bar in Tokushima City that showcases these local plum wines. It's no coincidence that one of the wineries' labels is called "Blue Diamond," for plums have found a new lease on life in a glass.

How are umeboshi made? The plums are salted and weighted, releasing lots of liquid. Next, redpurple perilla/beefsteak leaves (shiso 紫 蘇) are added, and the plums pick up their familiar red color. Finally, the plums are dried slightly, intensifying flavor and improving preservation. Three simple ingredients combined in a step-bystep process result in a sour, salty, soft pickled plum that not only perks up your appetite, but also wards off bacteria. That's why an umeboshi often guards the center of a rice ball.

Though Wakayama Prefecture is the number one producer of umeboshi in the country, do consider buying Tokushima-grown umeboshi, bainiku paste, umeshu, and other plum-based items. Or you can even buy plums and make your own umeshu at home (just buy the three ingredients at the supermarket, mix in a glass jar, and wait several months). Not only will it wake up your taste buds, but also perk up the local economy. (Thanks to Kensaku Kishimura for contributing

insight and information to this article.)

The plum's flesh can also be scraped into a paste called bainiku (梅肉) that goes perfectly with lean chicken breast, added to dressing for a tart punch, or a dip for fish like pike eel (hamo 鱧) or sardines (iwashi 鰯).

As imported plums sent prices plummeting, Misato sought a higher value product for its crop.

Pickled plums (umeboshi) waiting for a rice ball



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The Kindness of the People Around Me and My Fun Two Years

By Yuki Kubo

As I've always wanted to work closely with the people of Tokushima and as I've always had an interest in the field of international cooperation and international exchange, I decided to work as a Coordinator for International Cooperation for the Japan International Cooperation Agency (JICA) at the Tokushima desk in TOPIA. Through my work as a coordinator, I provided support to the

ちに とは ある 多外協力隊 外ボラフテア 1/2 | 1000 MIZ | 1000 MIZ

trainees visiting Tokushima from various countries, including Africa and Asia. As well, I also helped spread the word about JICA's activities so that more people in Tokushima could be aware about international cooperation and to

deepen their understanding of it. I really enjoyed my two years as a coordinator as I had the chance to see a new side of Tokushima, met a lot of new people and learned a lot along the way.

Starting March, I will be working at the Embassy of Japan in Senegal as an office staff. As Senegal is relatively a safe place, there is a lot of exchange going on between Japan through culture and sports. I'm hoping that I can let more people know about all of these exchanges through my job. From this year, both Japan and Senegal will be a non-permanent member of the UN Security Council so I'm expecting more exchanges between Japan and Senegal. Two years ago, I would've never expected to be working in Africa! I hope that through this opportunity, I will be able to learn much more about the world. I really do hope that I can use what I have learned in Tokushima and through JICA in my new job. Thank you all for your support during the past two years.

Hello to Everyone in Tokushima By Haruka Uenishi

A big hello to everyone in Tokushima. My name is Haruka Uenishi and I will be taking over for the Coordinator for International Cooperation position in Tokushima Prefecture. Just until September of last year, I had been working in Kenya in Africa as part of my two year term as a Japan Overseas Cooperation Volunteer. In Kenya, I was employed at the local agricultural office in a rural town and my main duties were to improve the lives of the locals and to promote regional revitalization through agriculture. Some of the things I was involved with was running an agricultural club at elementary schools, went around to different areas to teach different people and helped plan various events for the farmers.

During my two years living in the countryside of Kenya, I thought about my hometown, Tokushima, from time to time. Once I finished my term as a Japan Overseas Cooperation Volunteer, I wanted to return to Tokushima to find a job where I could use the experience that I had gained to contribute to Tokushima's internationalization and revitalization through international cooperation. Living in Tokushima, you don't really feel like we are connected to other countries, but I think that Tokushima has a lot to offer to the world, like their amazing people, culture, industry and its beautiful natural surroundings. I want to show the people of Tokushima that those are all the things

that do contribute to international cooperation and I would like to create more opportunities where Tokushima can be connected internationally. I very much look forward to meeting all of you sometime in the future.

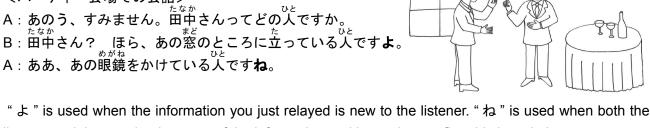




Japanese Lesson By Michi Mori

This month, we will be learning how to use the sentence-ending particles, "ね and "よ". Just as the name implies, these particles are added to the end of sentences and are usually used in spoken Japanese. If you can successfully use these two particles, your conversations will sound even more natural.

<パーティー会場での会話>



listener and the speaker is aware of the information and is used to confirm this knowledge. Mr. A does not know Mr. Tanaka. As Mr. B knows who Mr. Tanaka is, he tells Mr. A, " あの窓のところに 立っている人ですよ (He's the person standing by the window)." Mr. A learns that Mr. Tanaka is the man with glasses, so to confirm he says, "あの説鏡をかけている人ですね (He's the man with the glasses, right?)."

Conversations can sound unnatural if the particle "ね" is missing, such as in the example below.

A:毎日、寒いです。

B: そうです。

Let's say Mr. A and Mr. B both thinks that " 毎日、寒い (It's been cold every day)." Here, Mr. A is looking for Mr. B's agreement on this matter. Furthermore, Mr. B would like to show that he agrees with Mr. A. In such a situation, the use of "ね" is pertinent.

A:毎日、寒いですね。

B: そうですね。

新日本語の中級(スリーエーネットワーク)

Exercise

)の中に「よ」または「ね」を入れてください。 1. A:金曜日のミーティングは3時からにしましょう。 B: 3 時からです()。わかりました。 2. A: 今日の会議、3時からでしたね。 B: **うう**ん、予定が変わって明白になったんだ(3. A:会議室は3階です(B: はい、そうです。 4. A: 2月なのに暖かい(B: うん、^{*} ひみたいだ(5. A: あのう、携帯電話を忘れています(B: あっ、すみません。ありがとうございます。 Reference

Answers

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Events & Memoranda

Japanese Classes 2016 Term 1 Schedule

- Class are from 10:30-12:00
- ♦ Location: Meeting rooms at TOPIA
- → Textbook: We will be using the "Minna no Nihongo I" or the "Minna no Nihongo II" (2nd edition) textbooks (2,700 yen for the book and audio CD). Please bring your own textbooks to class. As well, there will be themed lessons on various topics such as seasons and life in Tokushima.
- ♦ Fee: All classes are free.

DAY	TEACHER	LEVEL	CLASS DESCRIPTION	
TUE	Ms. Shinomiya	Beginner	We will take the first step towards learning basic expressions. Text: Minna no Nihongo I – from Chapter 1	From April 5 (20 classes)
WED	Volunteers	Group Lesson	This is a flexible group study class split up in different levels. *For parents of young children, a childcare worker will be on hand to look after your child during the lesson (please inquire in advance). Due to unforeseen circumstances, the rooms may change.	From April 6 (20 classes)
THU	Ms. Yamada	Elementary 1	We will study various verb forms and sentence patterns using those verb forms. Text: Minna no Nihongo I – from Chapter 14	From April 7 (20 classes)
FRI	Ms. Aoki	Elementary 2, 3	We will study various forms and expressions such as potential, volitional, imperative, prohibitive, conditional, reasoning, passive, causative, and honorific expressions. Text: Minna no Nihongo II – from Chapter 26~50	From April 8 (25 classes)
SUN	JTM	Elementary 3	We will study reasoning, passive, causative and honorific expressions. Text: Minna no Nihongo II – from Chapter 38	From April 3
	Volunteers	Group Lesson	This is a flexible group study class split up in different levels.	(20 classes)

^{*} Please register for Group Lessons at least a day before class (if you do not sign up in advance and show up on the day of class, we may not be able to find you a group to study with). As the number of groups are limited we may not always be able to form a group that fits your level.

* If you are unable to attend class, please call and let us know.

THU	Ms. Kimura	Special Beginners Class	A class for those who cannot read or write hiragana or katakana. We will study the basics such as, the Japanese alphabet, greetings, numbers, and items. We will also be learning about Tokushima.	You may join at anytime
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- *Contact Info: Tokushima Prefectural International Exchange Association (TOPIA)
 6F Clement Plaza, 1-61 Terashima Honcho Nishi, Tokushima City 770-0831
- * Clases may be cancelled due toinclement weather such as typhoons, heavy rain, or snow. Please confirm by calling TOPIA at 088-656-3303.
- Japanese classes are also available at the Anan International Association, Aizumi Town International Exchange Association, Yoshinogawa International Exchange Association, and NPO Mima no Sato
- Please visit TOPIA's Japanese Classes page on our official website for more information (available in Japanese, English and Chinese).

Events & Memoranda

TIA Futsal Event TIA フットサルイベント

The Tokushima International Association (TIA) holds a monthly futsal event at the indoor facility in Tokugin Tomony Plaza. Futsal for kids will take place between 13:00 to 14:00. From 14:00 to 17:00, the adults will take over the court. 4 to 8 teams will be created with 5 player each. Each game lasts for 8 to 10 minutes. Please come join us and foster international friendship as you play with participants from all around the world. This international exchange event has been going on for 4 decades now and started by the banks of the Yoshino River and at Tokushima University.

When: March 20, April 17, May 15, June 5

Where: Tokugin Tomony Plaza (10 minutes on foot

from JR Tokushima Station)

Fee: 100-500 yen (depends on the number of

participants) and free for kids

Info: Morimoto 090-7999-1426

Adam 090-2822-9102 TIA 088-622-6066 TIA (徳島市国際交流協会) は毎月フットサルを 美しい室内施設で開催しています。1 時から 2 時 は幼い子供たちの球技遊び。2 時から 5 時は一般 です。チーム編成はジャンケンで 5 人作り、4 ~ 8 チームで、ゲームを各 8 ~ 10 分間します。約 40 年前に吉野川河川敷や徳大グラウンドで始ま り、継続しているフットボール国際交流活動に、 皆様ご参加ください。お待ちしております。

予定日: 3月20日、4月17日、5月15日、

6月5日(日曜日の午後)

場所: とくぎんトモニプラザ(徳島駅から徒歩

10分、旧青少年センター)

料金: 一般 100 円~500 円(少人数の際は500 円

になる場合があります) 小学生以下は無料

問合先: 森本さん 090-7999-1426

アダムさん 090-2822-9102

TIA 088-622-6066

AJET Tokushima English Musical 2016

Performance Schedule:

March 5 (Sat) Minami-cho Community Hall 15:00-17:00

March 12 (Sat) Kitajima Town Library - Sousei Hall 15:00-17:00

March 13 (Sun) Higashi Miyoshi Town Office Mikamo-chosha Multipurpose Hall

14:00-16:00

March 19 (Sat) Naruto University of Education 15:00-17:00

March 20 (Sun) Wakimachi Theater Odeon-za 18:00-20:00

For more information: www.ajetmusical.com



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 (closed during the New Year's holidays)
Tel: 088-656-3303 or 088-656-3320 (allows three-way conversations with an interpreter)