

# awa life

July 2016

# 312



*Tebajima: A **Hidden Island**  
in Tokushima*

## **Polar Smile**

*An Interview with Miho Kagawa*

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and Fireworks*

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Noodles to Beat the Heat**

*Join in on the Awa Odori Fun:  
**Arasowa-ren** Application*

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

Only about a month left till Awa Odori! I'm pretty sure I've said this before, but time has really been flying right on by. Now that we'll be expecting more sun and blue skies, it'll be beach season! Luckily, we have lots of water around us, be it a beach or a waterfall, so definitely make a trip out to explore more of Tokushima's beautiful natural surroundings this summer.

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 appreciate 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!](mailto:awalife@gmail.com)**

Your editor,  
Jenifer

### **Tokushima Prefectural International Exchange Association (TOPIA)**

1-61 Terashima Honcho Nishi, Tokushima City 770-0831 JAPAN Clement Plaza 6F

Tel: 088-656-3303 Fax: 088-652-0616

<http://www.topia.ne.jp/>

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*Editor:*

Jenifer Tanikawa

*Contributors This Month:*

Junko Kimura, Kazue Inoue, Lance Kita, Yoko Aoki, Christopher Bunn



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*\*For information about how to apply to be a part of the Arasowa-ren dance troupe, please check page 11. Applications are limited, so we encourage you all to apply as soon as you can.*

## A Hidden Island in Tokushima

By Junko Kimura

Have you heard of an island called, “Tebajima”? Tebajima became a well known island in Tokushima Prefecture because of the Mugi Tebajima Art Exhibition that started in 2013, so there may be a few of you that already visited this island during the exhibition. I went to the island for the exhibition in 2013, yet I felt like I didn’t get to see the island well enough. I decided to visit again at the beginning of June to walk around to take photos and talk to the locals.

Tebajima is a small island that is located 3.27km south of Mugi Port. The length of the island is 4km. It is believed that five

families from Mugi town moved to the island in 1800 and the story of Tebajima begun from there. There are 93 Tebajima residents as of June 1st, 2016. The island population is aging rapidly. Since the island is small, four hours is enough to see everything. When the weather is nice, you can see Wakayama Pref. (East), Muroto in Kochi Pref.

(West), Pacific Ocean (South) and the Shikoku Mountains (North) from the Tebajima Lighthouse. The weather was pretty cloudy with some rain while I was there, so I couldn’t get a clear view.

When I landed on the island, subtropical plants such as hibiscus welcomed us. I felt like I had

arrived on some tropical island like Okinawa or a Southeast Asian country. Once you take a path to go to the lighthouse, it’s like a tropical rainforest especially after some rain.

If you visit, you will notice that

each house has its own character. I took my time observing each house closely and enjoyed taking photos of them. There are houses from the Meiji Era to the Showa Era. There are two wooden doors called “Uwasemi” and “Shitasemi.” They become shutters if you close them. The upper door is used to block sunlight and the lower door



## A Hidden Island in Tokushima

could be opened, allowing the residents to sit and chat with their neighbors or do some work. The style is called “*Misezukuri*” or “*Buchozkuri*”, which was a popular style for houses in fishing villages in southern Tokushima Pref. through Toyo-cho, Kochi Pref.

It's very hard not to notice the black and vivid blue houses on the island. I could not stop wondering why they were that color and decided to ask a random Tebajima resident. She said, “The island is surrounded by the sea, so houses get rusted easily. If you paint with other colors, it won't last for one month. Metallic black is the best, yet we have to paint at least once every year.” I asked if the blue color works the same as the metallic black.” She said, “Blue paint is just leftover from painting ship hulls.”



*A fisherman preparing for next day's fishing trip.*

There are no motorcars on the island. The locals get around by bicycle or foot. When they carry heavy things, they use wheelbarrows, which I find very cute and colorful! Wheelbarrow is called “*Kuruma*” on the island, which means motorcar in Japanese. I almost bumped into a person who was riding a bicycle and she said, “You almost got into a traffic accident in Tebajima!”

If you get a chance, it's worth visiting the island to explore. Mugi Port is about 20mins by foot from JR Mugi Station. If you are driving, there is a parking lot for 10 cars for free right before you get into Mugi Port. You take a boat for 15mins. The boat makes 6 round trips each day, but it can be cancelled due to bad weather. Each way is 220yen for an adult and you pay on the boat.



*A "kuruma" on the island.*

## Polar Smile: An Interview with Miho Kagawa By Jenifer Tanikawa

**F**luffy baby penguins falling asleep amidst the snow, a mother polar bear taking care of her babies and a harp seal staring adoringly into the camera lens – prepare to have your heart melt when you visit this photography exhibition. During mid-June, I had the chance to go west to the Awagami Factory where the “Polar Smile” photography exhibition is being held. All of the photos displayed



at this exhibition were shot by Miho Kagawa, a photographer from Tokushima, over a span of ten years. To date, she has traveled to places like Antarctica, Svalbard, Greenland, Iceland and Churchill (Canada) to get these amazing and adorable shots of polar animals.

The exhibition will be going on until Sunday, July 10<sup>th</sup> at the Awagami Factory, so

## Polar Smile

don't miss out! She also recently published a book of her photos, so you can get your daily dose of "aw" through this book. I not only had the chance to visit the exhibit, but I also had the chance to sit down and talk to Ms. Miho Kagawa.

### ***How did you get into photography?***

In my fourth year of university, I also began attending classes at a night school. The school I went to was a design school and I had photography classes once a week. Of all the classes, I really liked photography and I really got into it.

### ***Were animals always a subject of your photography?***

No, not always. I really liked travelling, so I would always take photos on my trip for memory, but just with a compact camera. During 2000 to 2001, I made a long trip out to South America and that's where I first became interested in taking photos of animals and the natural landscape and after that trip I started using an SLR camera.

### ***Looking at your photos, you have some great close-ups. How did you get those shots?***

When you're taking photos of animals, you want to be at eye-level with the animals themselves. Just like humans, staring at the animals at eye-level is less daunting for the animals, as opposed to being stared down at. When I'm waiting for a good shot with my camera in hand, some of the curious ones will even feel comfortable enough to come over to me, well not polar bears though, I wouldn't be too happy about a polar bear coming over to me.

### ***How close can you get to the animals?***

So for penguins, because of the Antarctic Treaty,

we have to maintain at least a five meter distance with them. If they come up to us then its fine though, so if you're really still, a lot of the times they come up to you.

### ***Is each photography trip long?***

I spend at least a week at each location. It depends on the weather, but I'll spend an entire day out taking photos.

### ***Do you travel alone? Have you ever been in any dangerous situations with the animals?***

Yes, I usually go alone but trips to these places are always part of a tour. Especially in areas with

polar bears, a tour guide will always accompany us and will have a rifle, just in case. We also usually maintain a distance of 100 meters with the polar bears, but just in case they attack us, there's always a car nearby so we can jump in right away.



### ***It must be hard taking pictures of animals since they are so unpredictable.***

It really is hard since they of course never do what you want them to do and a lot of the times they just don't show up. With polar bears, they aren't just there so I have to find them first. I had to visit Churchill, Manitoba in

Canada five times to get pictures of polar bears. Of the five trips I made, I came back completely empty handed for one of them, despite spending a whole week there.

### ***Have you ever thought about taking pictures of animals that are easier to find?***

I think there's something about seeing these polar animals living so gallantly in such a harsh natural environment. There's something really interesting about it. And of course, they are adorable.



***All of your photos for this exhibition are printed on washi paper. Why did you choose washi?***

I've always loved working with *washi* and it also has a nice matte finish, it gives the picture a softer feel. I usually use machine-made ones, but for this exhibit, I used handmade Japanese paper so the edges are more textured. This was my first time using this paper, but I really liked it, it really has a nice soft texture. Especially because the pictures I take are of soft, cuddly animals, I thought this style of paper would go well with this type of paper. It really brings out the natural textures of the animals like the fur.

I also think the washi brings out the warmth of the picture and it also showcases the quality of the paper itself. Nowadays, everything is digital, but this is all made by hand using traditional methods.

***What do you want people to get out of this exhibit?***

The theme is polar animals and I wanted to showcase animals and landscapes that you normally don't get to see. I just want people to see and experience what I've experienced myself since it really isn't something you can just go see easily. A lot of the times, photos are a reflection of your feelings and emotions. I had so much fun taking these photos, so I hope that I can also put

a smile on the faces of those who see my photos.

***What would you like to take pictures of next?***

There's still a lot of places that I wanted to go but haven't been able to yet. I'm still in the midst of travelling around with my exhibition so once I'm done, next year I want to explore more. I do still want to take more pictures of polar animals though.

***What is photography to you?***

I've always loved traveling and photography is a way to express one's self. I think that travelling and photography are interlinked – you can't take photos without going somewhere and even if you go travelling, if you don't have a camera you can't take any photos. To me, photography and cameras are tools for relaying my experiences while travelling to other people. There are some things that are so hard to describe by just words, so photos are a great way to express those things.

***Message to our readers:***

What I take pictures of are of places and things that most people probably haven't been to, so I hope that through this exhibit, you will get a chance to get a glimpse of life in the arctic and antarctic. I hope that these photos will make you feel warm and see the gentleness of the animals living in these environments.

## ***Letter from SUKETO NAKAYOSHI***

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

**T**he Tanabata Festival is celebrated in Japan on July 7<sup>th</sup> every year. Tanabata is a traditional Japanese festival that has its roots in China and is celebrated in many ways including, reading the story of the two star-crossed lovers who were vanished to either side of the milky way and can only see each other once a year, decorating bamboo trees, and hanging slips of paper with one's wishes on the branches of the bamboo.

If we are lucky enough to have a clear starry night on July 7<sup>th</sup>, make sure you go out and with your kids to enjoy the view and make a wish upon a star.

Fighting over toys is a common occurrence for kids who are around the age of two. This month, I would like to introduce ways in which you can deal with these fights.

1. Empathize with your child (You really wanted that toy, didn't you?)
2. Tell your child how the other child feels (I'm sure your friend wanted it too)
3. Tell them about the basic rules of relationships (Teach them how to use words and phrases like, "May I borrow that?", "Thank you", and "Sorry".

*(Continued on page 8)*

## Awa Shoku: Not-So-Skinny Noodles to Beat the Heat

By Lance Kita

In the heat of summer, a bowl of **somen** (素麺) noodles can whet the most sluggish of appetites. Taking only several minutes to boil, thin glistening strands are nestled among cubes of ice, waiting to be dunked into a blend of soy sauce, dashi, sugar, and mirin. At summer festivals or community gatherings, it is often slid down bamboo tubes via flowing water to waiting chopsticks for a hands-on challenge called **nagashi somen** (流し素麺). One of my favorite memories of Tokushima was a rare trip to Kisawa Village (木沢村) in present-day Naka Town (那賀町) to eat somen noodles served in giant bowl-shaped icicles, dipped in a sauce that contained the meat of oily grilled **river sweetfish** (ayu 鮎).

Ironically, you can thank the winter for bringing us these summer noodles. Somen noodles are simply wheat flour, salt, and water. The dough is wound back and forth between wooden rods, then stretched out several meters vertically using a pair of giant chopsticks. What gives them their silky yet firm texture is the drying process. The noodles are coated with oil and then dried in the cold winter air. Nara and the mountain areas of Okayama and Hyogo are major somen producing areas.

Tokushima has its own claim to fame: **Handa Tenobe Somen** (半田手延べ素麺). Sandwiched between Mt. Tsurugi and the Yoshino River, **former Handa Town** (半田町) (now part of **Tsurugi Town** つるぎ町) has brisk wintry gusts and access to fresh water, and the trading flatboats of the Edo period brought wheat, Naruto salt, and oil up to this community. The perfect somen-making environment.

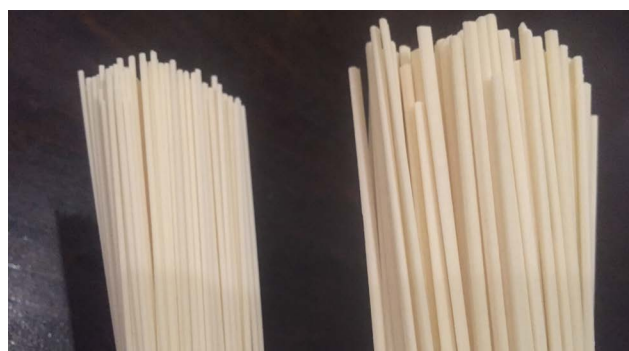
While most somen are less than 1.3 mm thick, Handa Somen is 1.4-1.6 mm in diameter for a visibly fatter noodle. Insignificant, you say? Au contraire, the thicker noodle has an al dente texture that doesn't go soft or soggy like their thinner counterparts when served in hot broth as **nyumen** (煮麺), which explains why this soup is commonly found on Tokushima menus. Thin somen can stick or clump together when stir-fried with sesame oil and bonito flakes in a classic

Okinawan **soomin-champuru** (ソーミンチャンプル), but Handa Somen is so sturdy it can be used like vermicelli to make spicy pepperoncino or chilled tomato pasta.

One fun by-product of somen-making are **fushimen** (ふしめん), the curved ends where the noodle wrapped around the wooden rods. Traditionally, somen-making families ate them in miso soup, hotpots, or as a dressed side dish, but recently the **fushimen** can be found in markets, so you can enjoy them in your own home cooking.

So when Japan's oppressive heat wears you out, remember that Handa Somen makes a quick, pick-me-up meal for your summertime blues.

*Thanks to Mr. Hideji Okuda for his help in preparing the Handa Somen dishes in the photos.*



*Not only are Handa somen noodles thicker, they are wrapped into larger bundles.*



*Counter clock-wise from the green bowl: Handa somen stands up to hot soup in this dish called nyumen; The quintessential summer noodle - icy-cold hiyashi somen with a dipping sauce or dressing; Waste not - you can eat the fushimen (ends of the stretched noodles) in miso soup.*

## 「お／ご ～ください」

This month we will be learning the following honorific expression: "お／ご ～ください". This is the more formal version of "～てください" and you will often hear this form being used for announcements made over the intercom in public places like at the station, airport, hospital and department store. By learning these expressions, it will help you better understand the instructions and recommendations that you hear around you.

今月は 敬語表現のうち、文型「お／ご ～ください」を 学習しましょう。この文型は「～ください」の尊敬表現で、駅や空港、病院、デパートなど公の場所の構内放送でも よく使われています。この表現を学習して、指示や勧めの内容が 聞き取れるようにしておきましょう。

## 1. How to Form these Expressions / 作りかた

Group 1 Verb and Group 2 Verb: "お + ○○ます + ください"

1 グループの動詞と2グループの動詞は「お + ○○ます + ください」

例) 入ります → お入りください      飲みます → お飲みください  
 捨てます → お捨てください      乗り換えます → お乗り換えください

Group 3 Verb: "ご + ○○します + ください"

3 グループの動詞は「ご + ○○します + ください」

例) 注意します → ご注意ください      予約します → ご予約ください  
 確認\*します → ご確認ください \*「確認します」(to check, to confirm)

\*You cannot use this form if the letter before "します", "来ます" and "ます" is a single letter such as "見ます", "着ます", "寝ます", "います" and "出ます".

\*「します・来ます」や「ます」の前が ひらがな 1 字の動詞「見ます・着ます・寝ます・います・出ます」などは この文型を作ることができません。

## 2. Examples / 例文

お急ぎください。(Please hurry.)

飲み物は ご自由に お取りください。(Please help yourself to a drink.)

こちらから お乗りください。(Please get on here.)

パスポートを お見せください。(Please show us your passport.)

危ないですから、お気をつけください。(As it is dangerous, please be careful.)

8階レストランへは こちらのエレベーターを ご利用ください。

(To access the restaurant located on the eighth floor, please use this elevator.)

サービスカウンターまで \*おいでください／\*お越しください。 \*「=来てください」

(Please visit the service counter.)





## Japanese Lesson

Exercise / 練習 れんしゅう

Try changing the “～てください” form to “お／ご ～ください”.  
「～てください」を「お／ご ～ください」で い言ってみましょう

1. こちらに じゅうしょご住所と なまえお名前を か書いてください。

↓

2. いい週末を しゅうまつお過ごしください。

↓

3. こちらで ましばらく待ってください。

↓



Answers  
1. こちらに じゅうしょご住所と なまえお名前を か書きください。  
2. いい週末を しゅうまつお過ごしください。  
3. こちらで ましばらくお待ちください。

## Letter from SUKETO NAKAYOSHI (continued from page 5)

You can also teach them other rules like taking turns that will help make socialize more smoothly.)

Kids around this age perceive everything as being centered around them and this is completely normal! In a way, you can think of them as beginners when it comes to forming relationships. Children will naturally learn how to socialize through trial and error. Furthermore, they will eventually learn to solve problems by themselves, so they'll need moderate supervision.

\*\*\*

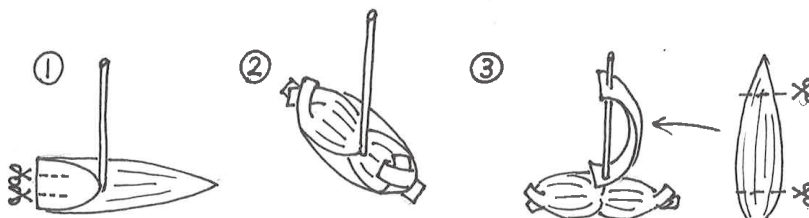
## Handmade Toys: Bamboo Leaf Boat

## Materials

2 bamboo leaves and scissors

## Directions

1. Take a bamboo leaf with its petiole



(stalk) still intact (5 cm stalk) and fold 2 cm of the side with the stalk. Make two 1 cm cuts on the side that you folded.

2. Take the two strips on the side you cut, and weave one through the other. Repeat steps 1 and 2 for the other side of the leaf.

3. You will use another bamboo leaf to create the sail of the boat. Cut off both sides of the bamboo leaf to create a rectangle. Create a hole about 1 cm in from the sides of the leaf on both ends. Stick the stalk through the holes of the sail you have just created and you are done.

You can make these bamboo leaf boats together with your entire family when you go camping or just down to the river and see whose boat can go the fastest.

# Events & Memoranda

## Komatsushima Port Festival 小松島港まつり

July 16 (16:00-22:00): Food stalls, taiko performances, hula dance show, Eisa dance, Awa Odori, traditional Japanese music, etc.

July 17: Yukata contest (18:00), fireworks (20:00)

When: July 16-17 (Sat-Sun)

Where: July 16 - Komatsushima Station Park  
Tanuki Square, SL Memorial Square  
July 17 - Komatsushima Port (new port)

Info: Komatsushima Port Festival Committee

TEL: 0885-32-3809

7/16 16:00 ~ 22:00 屋台、開幕式、和太鼓演奏、フラダンスショー、エイサー、阿波おどり、民謡 等

7/17 18:00 ~ 浴衣コンテスト、20:00 ~ 21:10 納涼花火大会

日時: 7月16日(土)・17日(日)

場所: 16日: 小松島ステーションパークためき広場、SL記念広場

17日: 小松島港(新港地区)岸壁周辺

問合せ: 小松島港まつり運営委員会事務局

TEL: 0885-32-3809

## Sadamitsu Gion Summer Fireworks Festival 貞光ぎおん夏まつり花火大会

1000 fireworks will be lighting up the night sky in Tsurugi Town. There will be lots of stalls as well.

約1,000発の花火がつるぎ町の夜空を彩ります。会場では夜店も出店され、賑わいます。

When: July 17 (Sun), fireworks from 20:00

Where: Sadamitsu Junior High School

Info: Tsurugi Town Summer Festival Committee

TEL: 0883-62-2222

日時: 7月17日(日)、花火スタート 20:00 ~

場所: 貞光中学校グラウンド

問合せ: つるぎ町夏まつり実行委員会

TEL: 0883-62-2222

## Tokushima Hyotanjima Suito Festival 2016 徳島ひょうたん島水都祭 2016

July 22 (Fri): Pre-event 18:00-21:00

July 23 (Sat): Fireworks festival 11:00-21:00  
(Fireworks starts at 20:00)

July 24 (Sun): Hyotanjima Music Fest 11:00-19:30

7/22 (金) 前夜祭 18:00 ~ 21:00

7/23 (土) 花火祭 11:00 ~ 21:00  
(花火 20:00 より)

7/24 (日) ひょうたん島音楽祭 11:00 ~ 19:30

When: July 22 - 24 (Fri-Sat)

Where: Tokushima City - Aibahama Park (all 3 days),  
Shinmachi Riverside Park (July 22 only),  
Symbol Mark and around Shimachibashi  
1-chome (July 24 only)

Info: Tokushima Hyotanjima Suito Festival Committee

TEL: 088-625-2077

日時: 7月22日(金)・23日(土)・24日(日)

場所: 徳島市 藍場浜公園(全日)、新町川水際公園  
(22日のみ)、シンボルマーク/新町橋一  
丁目付近(24日のみ)

問合せ: 徳島ひょうたん島水都祭実行委員会

TEL: 088-625-2077

## 2016 Yoshino River Festival 2016 吉野川フェスティバル

There will be live music, dance performances, fireworks, Awa Odori, sightseeing around the river and more! There's something for everyone, so come and join the fun!!

ライブやダンス、花火、阿波踊り、吉野川遊覧など、子供から大人まで楽しめるイベントが盛りだくさん! ぜひ足をお運びください!!

When: July 29 - 31 (Fri-Sun)

Where: Yoshino River Ground, Tokushima City

Info: Yoshino River Festival Committee

TEL: 090-3783-2084

日時: 7月29日(金)・30(土)・31(日)

場所: 徳島市 吉野川グラウンド

問合せ: 吉野川フェスティバル実行委員会

TEL: 090-3783-2084

# Events & Memoranda

## Dance with Arasowa-ren あらそわ連参加募集中

The chance to join the Arasowa-ren dance troupe and to secure your place in the 2016 Awa Dance Festival is here! Make sure you sign up soon, as places go quickly! We are also looking for individuals to play the instrument, be a staff or to help us dress all the dancers. To play an instrument with us, no experience is necessary, and there will be practice sessions before the event.

**When:** Sunday, August 14

日時：8月14日（日）

**Meeting place:** Meet at the Awa Kanko Hotel

集合場所：阿波観光ホテル

### Schedule:

15:00-16:00 Arrive at Awa Kanko Hotel  
16:20 Opening ceremony of the pre-dance party  
17:40-21:30 Dancing

### スケジュール：

15:00-16:00 集合  
16:20～ 開会式  
17:40～ 踊り開始  
21:30 踊り終了

### Participation Fee:

3000 yen for Japanese participants

2000 yen for non-Japanese participants

参加費（中学生以上）：

日本人 3,000 円、外国人 2,000 円

**How to Apply:** Apply in person at TOPIA or reply via paid postcard (see below). On receiving your application, TOPIA will mail you whether you can participate or not. We will include a post-office bank account number to where you can pay the participation fee within one week. Or you can pay at TOPIA.

PLEASE NOTE: We cannot accept applications by fax or telephone. You cannot apply on the day of the event. Also, we cannot refund the participation fee for any reason. In the event of rain, the party and dance will take place inside the Awa Kanko Hotel. Participants will be limited to the first 80 applicants. ★ If your applicaiton was successful, please check-in at the venue by no later than 16:00.

申込み方法：往復はがきにて、①名前②性別③住所④電話番号⑤国籍⑥年齢（20歳未満の方のみ）をご記入の上 TOPIA までお申し込みください。また、女踊り（先着 30 名）ご希望の方はその旨をはがきにご記入下さい。（それ以外の方は男踊りとなります。）応募者には返信用はがきにより参加の可否をお知らせ致します。参加可能な方には郵便局の振込口座番号をお知らせしますので、返信はがき到着後 1 週間以内に参加費をお支払い下さい。尚、一度払い込まれた参加費は、いかなる場合でも払い戻しできませんのでご注意下さい。

注意：電話・FAX での受付はご遠慮下さい。当日参加は不可能です。募集定員 80 名になり次第締め切ります。★当日受付は午後 4 時で終了いたします。運営・着付けスタッフ及び、鳴り物の方、大募集！

Front

<input type="checkbox"/> 往信	〒770-0831 Tokushima Prefectural International Exchange Association (TOPIA)  Clement Plaza 6F 1-61 Terashima Honcho Nishi, Tokushima City	leave this space blank
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Back

<input type="checkbox"/> 返信	〇〇〇・〇〇〇〇  write your name and address here	Write the following information here: 1. name 2. gender 3. address 4. telephone number 5. nationality 6. age (if under 20) also state if you want a women's style dancing costume (subject to availability)
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# Events & Memoranda

## 2016 Tokushima Prefecture Japanese Speech Contest 2016 徳島県日本語弁論大会



Foreign residents whose native language is not Japanese will be giving a speech in Japanese on various topics such as cultural differences, their life in Tokushima, and more. Come down to Awagin Hall to show your support. A reception will follow the speech contest, where you will have the chance to talk to the contestants and learn more about them and their cultural background.

**Date: Sunday, July 10**

Time: 13:30 - 16:30

Venue: Awagin Hall (Tokushima Prefecture Kyodo Bunka Kaikan) Small Hall 5F

Entrance Fee: FREE

Reception starts at 17:00

Organized by: Tokushima Prefectural International Exchange Association (TOPIA)

TEL: 088-656-3303



## Summer School Japanese Lessons 夏休み子ども日本語教室

Why not enroll your child in the Summer School Japanese Lessons held at TOPIA? Japanese teachers will be on hand to help your child with their summer homework in class and there will be fun activities as well, like games and quizzes.

For: Elementary, junior and senior high school students whose first language is not Japanese.

When: July 22, 23, 26, 28, 30, August 2, 4

10:30 - 12:00

Where: TOPIA, Tokushima Station Clement Building 6F

Cost: Free!

Deadline: Applications must be received by Thursday, July 14th.

How to Apply: Fill out the application form and send it to TOPIA via post, fax, e-mail or drop it off in person.



For more information, please contact Ms. Nomizu at TOPIA (088-656-3303 or [coordinator2@topia.ne.jp](mailto:coordinator2@topia.ne.jp)) or visit our official website at: [www.topia.ne.jp](http://www.topia.ne.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.

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)