

awa life

October 2016

315

**Autumn Motifs
in Japan**

**Heike
Festival
Month**



**Hina Dolls
in Rio de
Janeiro**



**Awa Shoku:
Pumpkins and
Squashes**



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

When the harsh heat of Japan's summer slowly leaves, we begin to realize that autumn has arrived with its beautiful coloured leaves. Finally, one can enjoy outdoor activities even more and events like Sports Day (体育の日 *taiiku no hi*) and Autumn Equinox Day (秋分の日 *shuubun no hi*) are coming up to keep everyone busy. We hope that all of our readers enjoyed last's month Awa Life. We, as new editors, are doing our best to keep up with the high quality of this publication upkept by our predecessors. Please continue to keep up with us on Awa Life!

For all of those who like writing, please feel free to submit an article to us at any point in time about basically anything related to Japanese or Tokushima culture. 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

Your editors,
Daralyn and Franziska

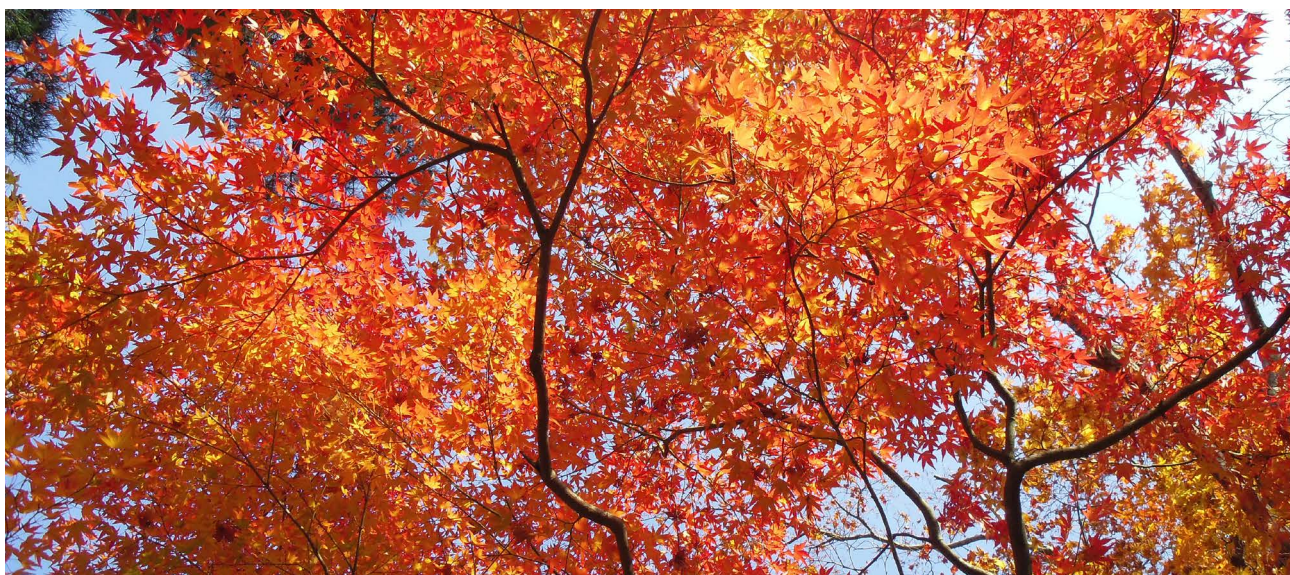
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Download a PDF file of awa life or view the online version by going to TOPIA's website!



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Autumn Motifs in Japan

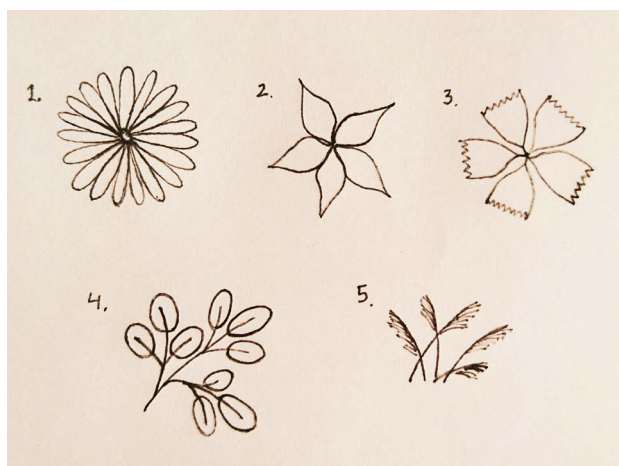
By Melissa Palsenbarg

Autumn is here and with it comes cooler weather, brilliant leaves, an abundance of produce at the grocery stores, and the occasional typhoon. Flowers usually aren't something you think about when you think of autumn, but there are flowers and plants that have a strong association with autumn in Japanese culture. Of course, everyone knows about **momiji** (紅葉) the brightly coloured maple leaves that turn the hillsides a bright red, but do you know any others? They're all around you if you look for them. Here are a few of the most popular autumn plants to keep an eye out for.

(1) Chrysanthemum/**Kiku** (菊)

Kiku have a long history in Japan and the easiest place to find one is in your pocket. It's the flower featured on the 50-yen coin. *Kiku* bloom from late summer until the first snowfall of the year and they were celebrated in the past during the **Choyo** Festival on the 9th day of the 9th month. In modern days, there are still festivals and displays that celebrate the *kiku* throughout Japan.

Kiku are also a symbol of the emperor of Japan, who uses a *kiku* with 16 petals as his official family crest. Only *kiku* with an official connection to the emperor will have 16 petals. You can find them on Japanese passports or at Meiji Jingu in Tokyo. No other depiction of a *kiku* will have 16 petals. Take



a look at the 50-yen coin. Those *kiku* only have 15 petals! *Kiku* actually pull a double duty as a motif. They are representative of autumn, but they are also an auspicious motif which means you can see them all year round, especially in celebratory contexts. *Kiku* are often associated with longevity, which makes it a very appropriate crest for the longest unbroken monarchy in the world.

(2) Wild Carnation/**Nadeshiko** (撫子)

This flower actually goes by a variety of English names including "pinks" and "dianthus". *Nadeshiko* are one of the many flowers you will see with five petals. You can recognize the *nadeshiko* by the ragged edges to its petals. In ancient poetry, there was always a connection

drawn between the *nadeshiko* and a young and beautiful woman. In fact, the phrase **yamato nadeshiko** is used to describe the ideal Japanese woman, a young woman, almost a child, (**ko** 子) who is so cute that you want to pet her (**naderu** 撫). While a *yamato nadeshiko* is a concept that is seen as old fashioned and sometimes unobtainable, the name *nadeshiko* has not died out and is used for *Nadeshiko Japan*, the national women's soccer team.

(3) Chinese Bellflower/**Kikyou** (桔梗)

The *kikyou* is another flower with five petals, but this flower has petals that come to a point. Before the blossom opens up, the petals form the shape of a hanging bell which is where it takes its name from. *Kikyou* starts blooming in late summer and into the autumn.

(4) Bush clover/**Hagi** (萩)

Hagi is an interesting case. It's representative of autumn because it blooms during that time, but the blossoms are not what is depicted in most art, it's the leaves. *Hagi* leaves are oval in shape with a clearly defined vein going up the middle. They will always be in clumps of three. *Hagi* has such a strong tie to autumn that the radical for the autumn (秋) can even be found in its kanji. Even during the Heian era people would think of autumn when they saw *hagi*, and it was used several times in "The Tale of Genji" to illustrate the season to the reader.

(5) Pampas grass/**Susuki** (薄)

During the autumn months, *susuki* can be found in every field and beside the side of every small road in Japan. It's so prolific that it's sometimes viewed as a weed. *Susuki* is a standard decoration for **tsukimi** (full moon viewing) parties which is a popular autumn activity that dates from the Heian era. The full moon, when used as a motif, is also representative of autumn.

Aki No Nanakusa (秋の七草)

Aki No Nanakusa, the seven grasses or flowers of autumn, is a group of seven flowers that have been linked to the season for as long as anyone can remember. It was mentioned in the oldest collection of Japanese poetry (the **Manyoshu**) but nobody knows who first put together this collection of motifs which can be seen on lacquerware, kimono, paintings, and in literature. *Aki no nanakusa* is as representative of autumn in Japan as all things pumpkin are to a western audience. *Aki no nanakusa* includes *susuki*/pampas grass (薄), **kuzu**/arrowroot (葛), **ominaeshi**/maiden flower (女郎花), **fujibakama**/mistflower (藤袴), *hagi*/bush clover (萩), *nadeshiko*/wild carnation (撫子), and *kikyou*/Chinese bellflower (桔梗). *Kikyou*'s place in the lineup tends to be disputed though depending on who you ask and often changes places with **asagao** (朝顔) morning glory.

Take a look around and see if you can spot any of these flowers around you.



The gray piece in the middle has *hagi*, on the left is *nadeshiko*, on the right are *kiku* and *kikyou*, and on the bottom there's *susuki*.

★ *Kiku Ningyo Festival* ★

A display of dolls will be adorned in chrysanthemum flowers and branches. The displays are also contest entries.

When: October 21 (Fri) ~
November 13 (Sun)

Where: Yoshinogawa City, around
Kamojima Station and
Yoshinogawa City Hall

Info: Yoshinogawa Chamber of
Commerce and Industry

TEL: 088-324-2274

URL: [www.yoshinogawacci.jp/
event.html#kikuningyou](http://www.yoshinogawacci.jp/event.html#kikuningyou)

History at its Best: Heike Festival Month

By Lee Darnell

The Iya Valley region holds many beautiful sights and cultural treasures. One of them includes the Heike Matsuri, held every year at the end of October or the beginning of November. The Heike Matsuri tells a part of the "Heike Monogatari," a legend that spans across many parts of Japan that is set in the 12th century. The five year long war, known as the Genpei Wars, includes many different battles between the Heike and Minamoto clans. After the Heike clan was driven out of the capital (Kyoto), they fled to what is now Shikoku and split into groups in hopes of being able to reunite as a stronger clan in the future. The caravan carrying the young Emperor Antoku was the one that made its way through the Iya Valley. Today, the Heike Festival tells the story of this historical event.

With men, women, and children adorned in the traditional garb of that time, the festival holds a parade every year that symbolizes the trek through the Iya Valley, reenacting the scene of the emperor and his samurai seeking refuge. A stage performance telling the precise story written in the Heike Monogatari is shown as well. The festival also exhibits many other different cultural traditions including the following:

(1) **Taiko Drum Performance:** A performance given by the talented students from Higashi-Iya Junior high school. It's a unique experience watching them play as you become entranced by the sound and rhythm of the drums that reverberate through your very bones.



(2) **Joururi Puppetry:** Using puppets which uniquely contain various mechanical parts. The parts move almost every part of the puppet up to the eyebrows to convey numerous expressions that tell a beautiful story even if you are not completely familiar with the language. It's easy to suspend disbelief for a little while that the puppets are not actually alive as you get engrossed into the performance.

(3) **Kohiki-Bushi:** A traditional song about the harvest and preparation of the local soba grain, which are made into the locally famous "Iya Soba" noodle. Iya Soba is just one of the many delicious local foods among others that can be enjoyed during and after the festival, such as Dekomawashi, Hिरarayaki, Grilled Ayu (sweet fish), and Iwa Dofu.



Everything about the Heike Matsuri comes together beautifully and it's a great event to really begin to enjoy the autumn season! Heike Matsuri is celebrated all throughout October. However, the main event, which includes the stage reenactment and parade, will take place on October 23rd from 10:30 to 15:15. This event truly is a cultural treasure trove and it's one that anyone out here in the Iya Valley can recommend to both locals and foreigners alike.

I also recommend attending the festival, as it's a unique experience that you won't regret. It will give you a chance to become more familiar with Japanese culture and history. I especially like the theatrical piece and the Joruri Puppetry. Both

History at its Best: Heike Festival Months

are traditional arts that ought to be preserved in this modern world. It's interesting to see the many levels of expression that can be shown in the puppet acts and to see how theatrical performances are produced and performed in Japan. Even if you have just the slightest interest in Japanese history and traditional culture, the Heike Matsuri will certainly be worth your time and an experience that will carry on with you after you leave.



Letter from SUKETO NAKAYOSHI

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

In this period of time, at nursery schools and preschools, there are many opportunities for children to exercise outside in preparation for Sports Day. For this opportunity, it is best for your child not to lose to a cold, but to have a healthy body. Today I would like to introduce games and exercises in order to increase and stabilize physical ability in order for your child to participate in many Sports Day events:

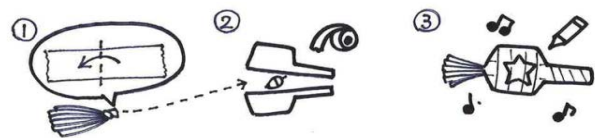
- Exercises to increase muscular ability: Hang on a horizontal bar, chin up, sprint, jump, throw a ball, run up and down the stairs, etc.
- Exercises to increase balance: Walking on top of a balance beam, riding a swing, etc.
- Exercises to increase agility: Side steps, Activities such as tag and dodgeball in which one must stop suddenly and change directions.
- Exercises to increase flexibility: Tumbling or rolling on a mat, gymnastic exercises.
- Exercises to increase motor skills: Kicking and passing a ball, playing with a hula hoop.

Since the climate in the fall is also great, you

should challenge yourself to partake in different fun activities when going out as a family.

* * *

Handmade Toys: Acorn Maracas



1. Fold a 20cm piece of Polyethylene tape in half. After connecting the ends together, rip it into small pieces.
2. Use two spoons from a powder clothes washing detergent, and put in some acorns that can be found at a park. Connect the ends and insert the Suzuran tape in the middle of them, then attach them together with masking tape.
3. With a magic marker, decorate it as you please. Then, you will be finished!

* Acorns are easy for a child to insert in to their mouth. Please be careful to secure it with masking tape so that it does not come out. I hope that you are able to play the maracas along with a song.

Hina Dolls in Rio

Reference: Katsuura Magazine September Issue

As the Rio de Janeiro Olympics opened, the non-profit organization Awa Katsuura Idobatajuku went to Rio de Janeiro to display **Hina ningyo** (Girl's Day dolls).

The dolls were displayed at the Japan House, which shares about Japanese culture, located close to the Olympic stadium. With a display width of about 8 meters, a height of about 3 meters, and a depth of approximately 3 meters, over 1000 dolls were displayed. A private viewing of the display was held August 4th, before the opening of the Olympics. Many people from the media came to cover the event. On the following day, the fifth, the display opened to the public. A long line of visitors took many pictures of the display. They also received information about Tokushima and



Katsuura town. The display was open until the end of the Paralympics on September 18th. A large response was received from the Brazilian media, and observers continuously came to visit the display. There were a lot of Japanese-

Brazilians who came to see the display, and many greeted and thanked us in Japanese. A lot of situations occurred in Rio de Janeiro that made me feel the love that the people had for Japan.

Every year around February and March, Japan's one and only large Hina Matsuri attracts many visitors to Katsuura town. Also, in the Sakamoto area, an elaborately planned display of Hina dolls line the streets of the town.

When you have some time, please visit Katsuura and enjoy the Girl's Day festival!

Experience the Pilgrimage

Experience an 8km pilgrimage walk along the beautiful coast of southern Tokushima. A certified expert pilgrimage guide will lead the group and will provide commentary about the sites along the route.

When: November 19 (Sat), 8:00-16:00

Where: Start and finish point is in front of 7-Eleven beside Tokushima station.

Fee: Free

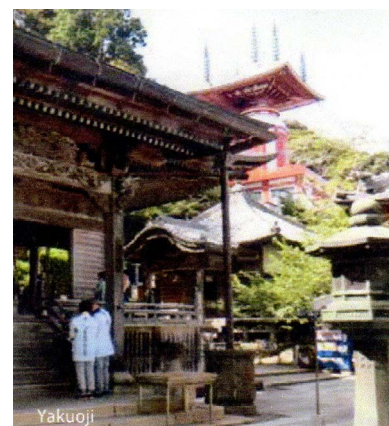
Take a chartered bus from Tokushima station - get off at Kiki (Minami town) - walk along the seaside pilgrimage path - have lunch at Shiroy Todai hotel - walk to Hiwasa (Minami-town) - visit Temple no. 23, Yakuoji - return to Tokushima station

★ Bring your own food and drink for the hike. If you need lunch, place an order with us. (Cost: 600 yen)

★ The event will be held even in light rain, so make sure to bring rain gear.

★ The first 25 applicants will be accepted for this tour.

★ For more details on applying for this study tour, please see TOPIA's homepage.



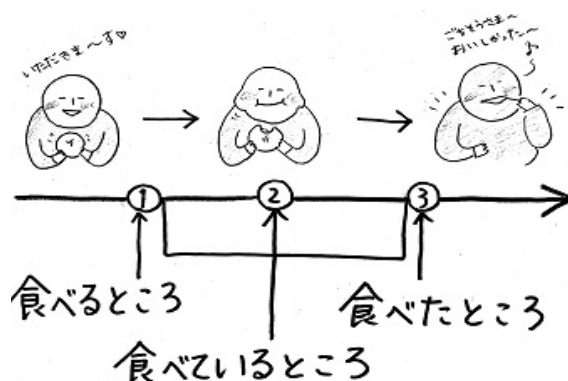
「ところ」

こんげつ ことば
今月の言葉は「ところ」です。

This month, we will be learning how to use the word 「ところ」.

This word usually means “place”, but it is sometimes used to explain “time”. 「Verb + ところ」 can describe different phases of time depending on the verb forms as follows. They often come with specific phrases such as 「^{いま}今から」, 「^{いま}今」 and 「^{いま}たった今」.

- ① Dictionary form + ところ = about to do
^{いま}今から、^{ひる}昼ごはんを^た食べる^{ところ}です。
From now I am about to eat lunch.
- ② Progressive form + ところ = be doing
^{いま}今、^{ひる}昼ごはんを^た食べている^{ところ}です。
Now I am eating lunch.
- ③ Ta-form + ところ = have just finished doing
^{いま}たった今、^{ひる}昼ごはんを^た食べた^{ところ}です。
I've just finished eating lunch.



Now, let's practice. Look at the following pictures and describe them in Japanese using 「Verb + ところ」 using the verbs in the parenthesis.

1. (^で出ます)



2. (^{かえり}かえます)



3. (^{ふろ}風呂に入ります)



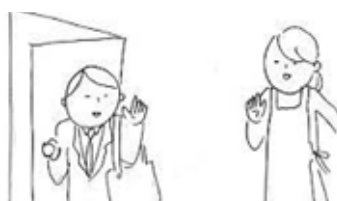
4. (^き切ります)



5. (^う生まれます)



6. (^で出かけます)



7. (^{せんたく}洗濯をします)



Answers: (1) バスは^{いま}たっただけ出たところ。 (2) たった今^{いま}かえったところ。 (3) 今、お風呂^{ふろ}に入^{はい}っているところ。 (4) 今、髪^{かみ}を^き切っているところ。 (5) たった今、生ま^うれたところ。 (6) 今から、出^でかけるところ。 (7) 今から、洗^{せんたく}濯^{たく}をするところ。

Awa Shoku: Squashing Boring Side Dishes with Pumpkins

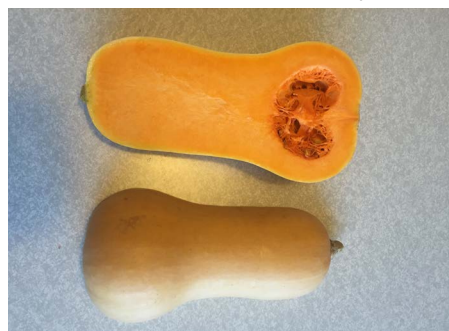
By Lance Kita

With the rising popularity of Halloween in Japan, plump orange pumpkins are getting a lot of attention. However, squashes come in all shapes and sizes, and late summer heralds the start of the harvest season.

Large orange pumpkins are ubiquitous for North Americans, but in Japan, the **kabocha** (カボチャ or 南瓜) is king with its contrasting compact size, dark green skin, and hard flesh. To enjoy its rich, sweet, dense texture, the most common preparation is **nimono** (煮物), simmering blocks of kabocha in dashi, soy sauce, sake, and sugar until tender.

Even the skin can be eaten when prepared this way. Kabocha is also sliced and grilled at outdoor barbecues or yakiniku restaurants, or fried as tempura at your local udon shop. Chefs all over the world have started using kabocha in place of mashed potatoes to accompany chicken or pork. Its low moisture content, intense sweetness, and deep orange color make for a bold side dish, visually and flavor wise.

Butternut squashes (バターナッツ・スクワッシュ) are familiar to many people, but it has



Butternut squashes have a distinctive long shape, but tend to be sold smaller than American ones.



Kabocha's dark skin and hard flesh contrast with Halloween's mass media image of pumpkins.

bell shape among the fall veggies. Butternut squashes are very sweet and rich, often needing just a cut in half, and a roast in the oven with some salt, pepper, and olive oil. Don't eat the skin, but scoop the cooked flesh out and mash for a wonderful side dish. They also boil nicely, so add peeled chunks to stews or soups.

One variety that caught my eye at a recent visit to the Tokushima Marche was a Salad Pumpkin, or **Korinki** (サラダかぼちゃ、コリンキー), simply because it's designed to be eaten raw! It's apparently a very new hybrid developed in Yamagata Prefecture about 15 years ago. The light orange-yellow rugby ball with white stripes can be eaten, skin and all. My favorite dining bar makes pickles from the sliced korinki. Think of it like a carrot, and you can imagine them julienned, marinated, and tossed over a salad. Some people will stir fry them, and one good recipe is **kinpira** (きんぴら), a sweet spicy soy sauté often used with burdock root (**gobo**, 牛蒡).



Korinki, or salad kabocha, almost look like small melons.

Although summer squashes like zucchini are on their way out, the winter squashes are just coming into your supermarket, so enjoy kabocha and other unique varieties of squash with your next grilled meat dinner, or as a hearty vegetarian main dish.

And a Halloween hint: Kabocha make cute sturdy Jack 'O-Lanterns, but be sure to scrape out a good amount of the flesh from the inside wall, and use a blunt butter knife for safe, controlled carving.

Events & Memoranda



Climbing Mt. Tsurugi 剣山登山のご案内

Let's climb Mt. Tsurugi! At 1,955 meters above sea level, it is the highest mountain in Tokushima and the second highest in Western Japan. Refresh your mind and body, and enjoy the beautiful scenery.

When: October 16 (Sun)

From 6:30 to 18:00

Fee: 500 yen (T.I.A. member & foreign residents), 1,500 yen (Non member)
(Lunch and lift fee **not** included)

Courses:

(1) Relax course: Ride the lift to Nishijima Shrine, the halfway point, then climb the rest of way to the top.

(2) Ganbare course: climb from the bottom to the top.

For further information about what to wear and bring and how to sign up, visit our homepage:
www.tia81.com/tsurugi

Info: Tokushima International Association

TEL: 088-622-6066

*In the case of rainy weather, this activity will be canceled.

標高 1,955m、徳島県第1そして西日本第2の高峰である剣山への登山を下記のとおり実施致します。秋の素晴らしい剣山の紅葉を堪能してはいかがでしょうか。

日時: 10月16日(日) 6:30 ~ 18:00

料金: 外国人及びTIA会員 500円

一般 1,500円

昼食代、又リフト代は含まれていません。

コースについて:

(1) リラックスコース: リフトを使用し、西島神社まで行き、その後、登山道を通り頂上を目指します。

(2) ガンバレコース: 登山道を通り、頂上を目指します。

詳しくはホームページをご覧ください:

www.tia81.com/tsurugi

お問い合わせ: 徳島市国際交流協会

TEL: 088-622-6066

* 尚、悪天候の場合は、中止に致します。



Autumn Leave Festival at Mt. Tsurugi 剣山もみじ祭り



One will be able to enjoy the autumn leaves at Mt. Tsurugi from the beginning of October until the middle of the month. During this time, the fall leaves will spread from the top of the mountain to the outskirts of the Minokoshi parking area. The colors will range from a bright yellow to a deep red. On October 1st, an opening ceremony with Shamisen mochi will be held from 11:00.

When: October 1 (Sat) - 31 (Mon)

Where: Higashi Iya, Miyoshi city

Info: Mt. Tsurugi Tourist Promotion Federation

TEL: 088-367-5277

剣山の紅葉は、10月初旬から中旬にかけて山頂から見ノ越周辺へと下りてきます。黄色から赤へのグラデーションがあります。また、10月1日(土) 11:00 ~ 三味線餅つきのオープニングセレモニーがあります。

日時: 10月1日(土) ~ 31日(月)

場所: 三好市東祖谷 剣山頂上~見の越周辺

お問い合わせ: 剣山観光推進協議会

TEL: 088-367-5277

Iya Heike Festival Month
祖谷平家まつり月間

In Miyoshi City, the month of October is the Iya Heike Festival. During the whole month, there are many events that will teach people about the legends of the **Heike no Ochudo** (fugitives from the Genpei War) and of Iya's culture.

When: October 1 (Sat) - 31 (Mon)
Where: Various places around Miyoshi city
Info: Miyoshi Tourism Division
TEL: 088-372-7620

三好市では、10月を祖谷平家まつり月間とし、期間中は各地で平家落人伝説や祖谷の文化を今に伝える様々なイベントが開催されます。詳しくはお問合せください。

日時: 10月1日(土)～31日(月)
場所: 三好市
お問い合わせ: 三好市観光課
TEL: 088-372-7620

German Festival in Naruto
ドイツ・フェスト in なると

During the 23rd German Fest, there will be a Symphony No.9 Concert, as well as international and local exchange events (dancing, singing), exhibition of German products, and much more to enjoy. There will also be a raffle.

When: October 23 (Sun)
From 10:00 to 16:00
Where: Naruto German House
Info: Naruto German House German Fest Committee
TEL: 088-689-0099

第23回ドイツ・フェストで第九コンサート、国際交流イベント、又地域交流イベント(踊り、歌等)の他、物産展なども開催されます。抽選会もあります。

日時: 10月23日(日)
10:00～16:00
場所: 鳴門市ドイツ館
お問い合わせ: ドイツフェスト実行委員会
(鳴門市ドイツ館)
TEL: 088-689-0099

Machi Asobi Volume 15
マチ★アソビ vol.15

After holding the first Machi Asobi event in 2009, it has attracted many people from around the country as an anime event held in the heart of Tokushima City, giving people a tour of the area at the same time. There will be famous voice actors hosting talk shows, and a very colorful and impactful display of cosplay, filling the whole city with anime! At the top of Mount Bizan, cars with images of Anime characters will be displayed.

When: October 08 (Sat) - 10 (Mon, holiday)
Where: Various events around the city
Info: Tokushima Festivity Planning Division
TEL: 088-621-2146
URL: www.machiasobi.com

2009年秋の第1回開催以来、徳島市の中心市街地周遊型アニメイベントとして全国から多くのアニメファンを呼び込んでいる「マチ★アソビ」。有名声優によるトークショーや、色とりどりの衣装が印象的なコスプレショーなど、徳島の街がアニメ色に彩られます！眉山山頂では「痛車」の展示もあります。

日時: 10月8日(土)～10日(月・祝)
場所: 徳島市内中心部他
お問い合わせ: 徳島県にぎわいづくり課
TEL: 088-621-2146
URL: www.machiasobi.com

Events & Memoranda



Advisory Service for workers 労働相談会

Having trouble with dismissal, late payment in salary, or job rotation? Don't suffer alone, consult with lawyers and employees of the Tokushima Labor Relations Board (No fee).

When: ① October 6 (Thu), 26 (Wed) 18:00 - 20:00 & October 13 (Thu) 13:30 - 15:30
② October 2 (Sun) 13:00 - 16:00
③ October 23 (Sun) 13:00 - 16:00

Where: ① Tokushima Prefectural Office, 11th floor
② Anan Himawari Kaikan, Anan city
③ Udatsu Arena, Mima city

Since the consultation will be in Japanese please bring someone to translate for you.

* ① Please register for consultation by the day before at 15:00.
* ②, ③ Please make an appointment at the latest, the day before the consultation by 18:00.

Japanese Evening Classes

Would you like to learn Japanese in the evening at TIA starting from October 2016?

Class	Days	Time	Term	Place	Course Fee*
Beginner ~ Elementary	Fri	17:30 - 19:00	October 21 ~ (20 lessons)	Morizumi Building 4th Floor (3-12-5, Terashimahoncho, Tokushima city)	Free
Elementary	Tue	17:30 - 19:00	October 18 ~ (20 lessons)	TIA 2nd Floor	Free
Elementary ~ Intermediate	Tue	19:10 - 20:40	October 28 ~ (20 lessons)	TIA 2nd Floor	Free

*Textbook fees not included.

★ Info and Registration: Tokushima International Association

TEL: 088-622-6066 E-mail: info@tia81.com

Chigiri-e Workshop 和紙ちぎり絵ワークショップ

Let's make *Chigiri-e*, a Japanese art which torn coloured paper is used to create images.

When: October 22 (Sat) From 14:00 to 15:30

Where: Tokushima International Association

Fee*: 300 yen (Foreign Residents), 650 yen (Japanese) *including material cost

Info: Tokushima International Association

TEL: 088-622-6066

*Number of participants is limited to 10 people.

ちぎり絵とは、薄く指先でちぎった漉き和紙を台紙に貼って表現した作品です。

日時: 10月22日(土) 14:00 ~ 15:30

場所: 徳島市国際交流協会 会議室

参加費: 外国人 300 円、日本人 650 円 (材料費込)

お問合せ: 徳島市国際交流協会

TEL: 088-622-6066

* 先着 10 名まで受け付けます。

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)