

awa life

March 2017

320



Tokushima Marathon:
10th Anniversary



Awa Shoku: Wakame
Seaweed

Experiencing the
Pilgrimage for a Day

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

Spring is coming closer and closer. We can feel it all around us, with the birds starting to sing in the morning and plum blossoms appear slowly on the trees. This also means the popular Tokushima Marathon will take place again this year for the 10th time. Are you going to participate and run the 42 km course? If you decide to challenge yourself we wish you good luck and がんばってください. Also, we would like to thank all of you for sending back your surveys! We look forward to serving you better.

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

Your editors,
Daralyn and Franziska

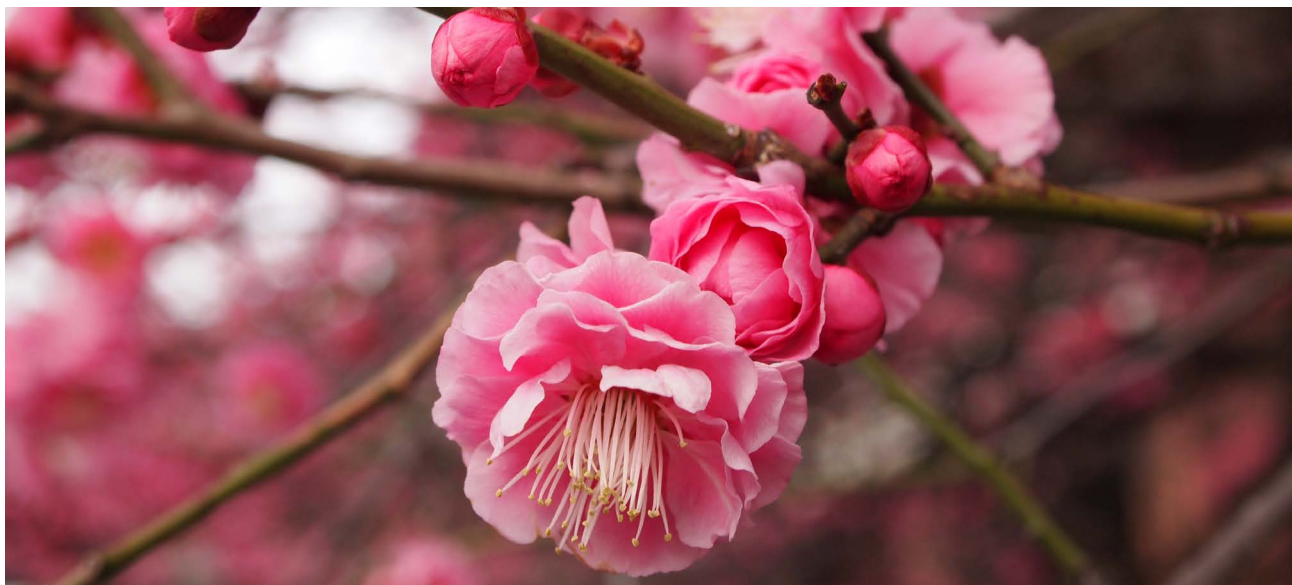
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Letter from SUKETO NAKAYOSHI

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

Do your children have problems with constipation? In specific, mothers may have anxiety because small children are still not at a stage where they can self-manage.

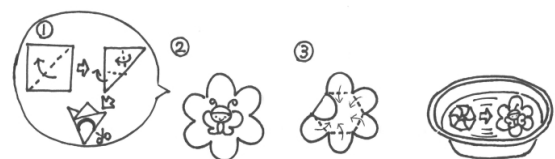
Ways to cure constipation:

- Live a regular lifestyle.
- Be cautious about diet. Eat foods that cure constipation (*gobo* (burdock root), *satsuma imo* (variety of sweet potato), grain, mushrooms, soy products, *konyaku*, seaweed, fruits, *kanten* (agar), yogurt, olive oil, *natto* (fermented soybeans), etc.)
- Stay hydrated. Drinking one cup of boiled water that has been cooled is effective.
- Have your child do proper exercises. It is important to train the muscles.
- Be sure to form bathroom habits...However, there are cases of this being of emotional burden, where your child may become constipated in which this is a failure. Therefore, be sure not to scold your child while forming these habits. (Also, for children still in diapers, be sure to take time to do this after each meal.)

*It is best to cure constipation by changing one's lifestyle. In the case that it is incurable, it is best to consult with a doctor.

* * *

Flower card



Materials: construction paper, scissors, pen

Directions:

- 1) Fold a piece of construction paper as seen in the image above. Cut the paper so that it is shaped like a flower.
- 2) In the middle of the flower, draw a picture.
- 3) Following the folds, fold up the petal part in order.

*You can use it like this as a message card and put it in top of a present. Also, keep it in its folded state and let it float atop of bath water. You can look forward to the flower opening over time.

Tokushima Marathon: 10th Anniversary

By Daralyn Yee & Franziska Neugebauer

It's that time of year again! The annual Tokushima Marathon will kick off on March 26th and this year marks its 10th year anniversary. Though the marathon typically takes place in April, this year it will take place one month earlier so that participants can run in a comfortable climate. Because this is our first year in Tokushima, we wanted to know more about this marathon. In

Is this your first year organizing the Tokushima Marathon?

Yes, it is the first year that I am responsible for organizing the event. I was actually already part of the committee for last year's Tokushima Marathon which took place on April 24th in 2016 but since I just started working in the executive committee in April 2016, I do not have much knowledge about the whole organizing process.



What is difficult in organizing such a large event?

The marathon uses the public road that the citizens' use. We need to have everyone's understanding, and also need to coordinate the

this issue, we ask the head of the marathon, Mr. Toshifumi Morisaki of the Festivity Planning Division, what it takes to organize such a large event, and give our readers a behind the scenes look at this popular annual marathon. Be sure to join the crowds and cheer on the runners for this special 10th Anniversary Marathon! Also, best of luck to those participating!

control of the roads with the police and others who often use the road. Because of this, the opinion of these people is necessary or else we are unable to proceed, it takes a bit of time to settle these issues. During the marathon the traffic on the roads is restricted. The citizens allow us to use the road during this time, but we have to make sure that these issues are handled and discussed with care and precision.

What is different this year compared to last year's Tokushima Marathon?

Since this year marks the 10th anniversary of the Tokushima Marathon we established a special Fun Run. The Fun Run takes place over a 3.5 km long course on the day before the actual Marathon. Middle school students and up can participate just for fun. Furthermore, we adjusted the starting point to a more wide area this year which means more people can start running from the same line at the same time. The other years the starting point was too narrow and it took a long time until every runner was able to finally start running the marathon.



How many runners are participating this year?

We are still in the process of finalizing the

Tokushima Marathon

numbers for this year. This year we received 14,300 applicants online. We reached these numbers in about only three days. There are also applicants who have applied through different methods such as bank transfer. Because there were various ways to apply, we are still in the process of counting the applicants for the marathon. Foreign runners have also been applying through a travel agency. Our executive committee still has not counted all of the applications. The maximum capacity for the marathon is 15,000 people.

How many are from abroad?

We do not have exact numbers for this either, but there is definitely a rise in the number of participants than there was last year. I believe last year there were about 135 foreign entries. This year's number is definitely much larger than that. We have a lot of participants from Taiwan and China. Word about the marathon probably spreads quite quickly in these countries. We advertise the marathon through travel agencies for those abroad, and our staff has also gone to Taiwan to promote the marathon. Following the participants from China and Taiwan, there are many participants from America, England, and Australia. However, there are not many participants from Western countries as compared to Asian countries.

Do they come specifically for the marathon or do they come for other reasons?

I believe there are many different cases depending on the individuals themselves. They come all the way to Japan, so I suppose that they are doing some sightseeing.

How many volunteers are supporting the event every year?

We have about over 2,000, a little less than 3,000 volunteers to assist with the marathon this year.



There are volunteers who assist with the basics such as passing out water, and those who also cheer on the runners. In addition to those volunteers, we also have some who assist with the operations. Though we have stopped doing the packet pick up for Japanese runners, we still need people to store the bags of the runner's away, and also deal with packet pick up for runners from abroad.

What makes the Tokushima Marathon special compared to other Marathons?

The number one thing that makes Tokushima Marathon special is the “*Omotenashi*” (hospitality). *Omotenashi* is an absolutely important aspect in the Tokushima Marathon. What this means in specific is that people along the route give runners Tokushima specialty food and drinks as they run along the path. During the first marathon we had requested for people to give out food and drinks to the runners. However, later it was unnecessary to request groups of people to do this as people were already forming their own groups to pass out food and drinks to the runners themselves. Another positive aspect about the marathon is that there is an abundant amount of time to complete the marathon. Tokushima Marathon's time limit is 7 hours. For beginners, the time limit make it a little easier and gives them time to complete a marathon. We also hear from the runners that the scenery of the Yoshino River is quite beautiful and nice to look at while running the Tokushima Marathon.



Experiencing the Pilgrimage for a Day

By Junko Kimura

The Shikoku pilgrimage trail, which holds a 1,200 year old history, was listed as an important Japanese Heritage site in 2013. Currently, the four prefectures of Shikoku have initiated registration of the Shikoku Henro 88-temple pilgrimage and the trail itself as a World Heritage Site. The area I am living in is close to the pilgrimage and since I was a child I am used to seeing pilgrims walking alongside it. When I was in the sixth grade in elementary school I accompanied my aunt to Mt. Koya in Wakayama prefecture where she went to the Okunoin temple to give thanks for being able to complete the pilgrimage. Although I always felt close to the pilgrims during my everyday life I have only visited a few of the 88 temples for sightseeing. While working at TOPIA I had the chance to talk a lot with foreign tourists about their walking experiences as a pilgrim and during these conversations I started thinking that I want to walk it as well one day. I found out that the NPO Tokushima Kyoseijuku Ippokai offers a guided tour for foreign residents in Tokushima from temple no.1 to temple no.5. Although I'm Japanese and not a foreign resident, I kept thinking that this experience will surely be helpful for my work when giving information to tourists, therefore I applied for the guided tour and got accepted.

My first walking experience of the pilgrimage took place last year on December 10th, a Saturday. I remember that it was chilly and the wind was blowing a little. At the meeting point a member of the NPO Tokushima Kyoseijuku Ippokai welcomed me and I got on the bus. As soon as the bus departed, our special guide from the Reijokai (Shikoku pilgrimage specialist) explained

the origins of the Shikoku pilgrimage as well as the procedure and manners when visiting a temple and I learned how to pray correctly. When we arrived at Temple no.1 Ryozenji, all participants put on the pilgrim outfit, a white robe, a sedge-woven bamboo hat and a pilgrim's staff. We bowed at the main temple gate and started our journey by entering the temple grounds. It was my first time visiting Ryozenji Temple as a pilgrim and I was in an extremely fresh mood. After I cleansed myself at the purification site I payed my respects at the temple. The Heart Sutra that our guide has distributed beforehand was all written in Romanized letters and therefore easy to understand for overseas residents. I think most of the participants recited the Heart Sutra for the first time but everybody did it very well.



Most of the participants of our tour were exchange students living within Tokushima prefecture, holding residency in countries such as China, Vietnam, the Philippines, England, Canada, and France. That day we all walked the 12 km pilgrimage trail from temple one to temple five. First I was worried whether I would be able to walk the whole trail, but in the end I had a great time talking to the other participants about their life in Tokushima, their home

countries and the pilgrimage itself.

Later on, I received a message from a Vietnamese exchange student that I was talking to that day and a picture of us via a staff member. He wrote: "This photo shows the faces of two women and myself. We all look very happy. When I look at this picture I always feel like I should love

Experiencing the Pilgrimage for a Day

life more and will aim for a better future and try my best to achieve that. I wish you all a happy life full of laughter". When I read this message, I was able to feel the importance of the connection between humans through this experience.

The whole Shikoku pilgrimage is about 1,400 km long, and even if you complete it quickly, it seems that it takes at least 40 days to walk it. I felt cold in the light rain. I only walked 12 km on a flat trail this time, but as a matter of fact that was just one little part of the whole pilgrimage. The people who

walk the pilgrimage don't know what will occur during their pilgrimage and the weather probably has a great influence on their plans. But all of the pilgrims I have met so far told me with a smile that they spent a wonderful time doing it. The great nature of Shikoku and the warm hospitality on the pilgrimage road made them feel like all their hard times/problems are far away and that is why they could answer with a smile. Therefore I wish to take this experience as an opportunity to introduce the magnificence of the Shikoku pilgrimage to more foreign citizens.

Monitor Tour: Exploring Our New Home

By Jessica Needham

The last thing I thought I'd be doing in Tokushima is listening to reggae music and eating a nauseating amount of strawberries within a nine minute walk from my house. Tokushima is known for *sudachi*, sweet potatoes, *uzushio* (Whirlpools), and of course Awa Odori, but during the tourism feedback tour I was exposed to the less known side of Tokushima tourism.

Our tour began at 8:50 with a visit to the Udatsu indigo merchant town where examples of old udatsu-style Japanese architecture lined the streets. An elderly man dressed proudly in indigo brought us along the streets, introducing us to the firewall construction style of the area (hint: it involved recycled urine) and the difficult lifestyle indigo dyeing presented. While indigo is very much a part of Tokushima, and everything from indigo scarves to phone straps can be found in omiyage shops, it was interesting to visit the place where this style of colour put Tokushima on the map historically.

As the day progressed an odd pattern emerged. From posters in the washroom, to bottles of hand cream in the souvenir stores, one man's face continued to plaster every surface in Mima. He was dubbed "Japanese Flower Legolas" by some of the tour attendees due to his long blond hair and his penchant for flowers. Japanese Flower Legolas, as it turns out, was Shogo Kariyazaki, the creator of the "Udatsu wo ikeru" flower exhibit

we visited while at Udatsu. Mima was a prime place for a flower exhibit due to the large number of orchids housed there (a new Tokushima surprise).



Last time I visited Juuraku-ji Temple it was for English Camp in the skin-melting heat of Tokushima's



summer, so this time was thankfully far more bearable. We traced sutras at Juuraku-ji Temple and then finished the tour on a highlight by picking strawberries in Naruto. Being unable to take the strawberries home was a strange concept, especially coming from North America where canning is important to survive the soul-

Monitor Tour: Exploring Our New Home

sucking winter. As we tour goers walked along the greenhouse and sampled the fist-sized strawberries it was quickly apparent that the family who had brought strawberry shortcake supplies were not only geniuses, but pioneers of maximizing your strawberry eating potential. For 2,000 Yen it's important to eat your money's worth.

Overall, eating omiyage-grade strawberries, uncovering the mystery of Mima's Japanese Flower Legolas, and learning about firewall construction are not things I would have associated with Tokushima. It goes to show that we as a prefecture have a lot of unique things to offer tourists.

By Rika Macauley

When ALTs from around Japan find out where I live, they often ask me, "Tokushima!? What's in Tokushima?" and my standard answer is usually, "Awa Odori, *sudachi*, Tokushima ramen and some whirlpools". I jumped at the chance to head out on a tour to discover more of what Tokushima has to offer to tourists.

Our first stop on the tour was the Udatsu townscape in western Tokushima. This area has a long indigo-dyeing heritage and famous building construction. I learned that "udatsu" are fire-preventing protrusions on houses and buildings, so that if the building caught fire, it wouldn't jump to the next building over. The tour guide that took us around delighted in telling us quirky stories like pointing out the birthplace of a Japanese chess master, and talking about how they used to cure wood with urine (!). From here, we made our way

to the Mima area to check out a flower show and Anmitsukan. This area is famous for its orchid exhibitions. The flower show was in a traditional



Japanese building and we had already learned about some of the architecture from the udatsu-tour so that was an added bonus. We had lunch here too, at a restaurant that is well-known around the prefecture for its soup with handmade noodles. (My JTEs were very jealous when I told them I was having lunch there!) We were presented with beautiful bowls of noodle soup, rice, salad and seaweed & egg soup. After lunch we found ourselves wandering through buildings nearly bursting with thousands of orchids in every color. We were warmly invited by the staff to sample orchid juice, orchid wine, orchid tea and orchid candy.

After lunch, we were off to Juuraku-ji Temple to trace Buddhist sutras. I was at this temple in the summer for English camp, and it was wonderful to have a chance to visit again when I could comfortably be outside for more than thirty seconds. Tracing sutras was relaxing but a little difficult for me since I don't know kanji. Mine looked pretty, but I'm sure it was illegible.

Finally, we made our way to Naruto's greenhouse strawberry farm. We were greeted by a soft blast of reggae music and a friendly guy with dreads who came out and gave us little

plastic trays, and told us we could eat to our heart's content for an hour. For me, I can't say there's anything more perfect than wandering inside a warm greenhouse, picking omiyage-quality strawberries right off the vine and munching on them while listening to Bob Marley.

Japanese Lesson

By Haruko Miyoshi

Particles Attached to Nouns that Express Time

Last month, we were able to go over the basics of particles attached to location expressing nouns. This month we will be reviewing particles attached to nouns that express time.

The underlined parts in sentences 1.~9. are nouns that express time. In the (), what is the best answer? Choose an answer from within the box above. (The answers are at the end of the page.)

が を に へ で × (A particle is unnecessary)

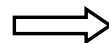
- わたしは 2013年 () 日本へ来ました。(I came to Japan in 2013.)
- 娘は来月 () 東京に行きます。(My daughter will go to Tokyo next month.)
- わたしは明日 () 会社を休みます。(I will take off from work tomorrow.)
- デパートは 10時 () 開きます。(The department store opens from 10 o'clock.)
- 友達は去年 () 国へ帰りました。(Last year, my friend returned home to his country.)
- わたしは今週 () 美容院へ行きます。(I will go to the beauty salon this week.)
- 阿波踊りは 8月 () あります。(The Awa Odori Festival is in August.)
- 息子は火曜日 () ピアノを習いに行きます。(My son will go to learn piano on Tuesday.)
- わたしは 25日 () 給料をもらいます。(I will receive my salary on the 25th.)



In general, the particle that is attached to nouns that express time is 「に」. However, there are cases where the particle 「に」 is not attached. Therefore, in which situation should it be attached, and in which should it not be attached? The rules are simple.

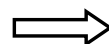
In the case that the noun expressing time is similar to the following format:

「〇〇〇〇年」「〇月」「〇〇日」「〇」「〇〇時」, etc.



Attach the particle 「に」

In the case that the noun expressing time is similar to the following format: 「去年 / 今年 / 来年」「先月 / 今月 / 来月」「先週 / 今週 / 来週」「昨日 / 今日 / 明日」, etc.



Do not attach the particle 「に」

Answers: 1. に 2. × 3. × 4. に 5. × 6. × 7. に 8. に 9. に

Awa Shoku: You see weeds? I seaweed!

By Lance Kita

Many people's revulsion upon hearing the word "seaweed" may come from its unfair image of being a slimy, smelly green alien plant. If I can suggest one seaweed to change your mind, it would be **wakame** (若布 *Undaria pinnatifida*). However, not just any limp squares of seaweed in a lukewarm bowl of miso soup from a rice bowl chain restaurant. One of the top 3 *wakame*-producing regions are the waters around Naruto (鳴門), and you'll fall in love with the crunchy quality of its mineral-rich sea veggie.



(From left/top) fresh, salted, or dried, wakame is available in many forms

In late winter and early spring, you can buy raw fronds of *wakame* in local supermarkets. Don't be put off by its cola-brown hue...it turns emerald-green when blanched in hot water. Try a *wakame shabu-shabu* while the stuff is at its freshest. Just boil a pot of water (add some powdered dashi if you want some flavor). Cut the *wakame* into large pieces. Use chopsticks to swish the seaweed and watch the magic color change! After 10 seconds, dip it in *ponzu* (citrus soy sauce) and enjoy.

You can also buy *wakame* in several other forms:

- ① **Nama-wakame** (生若布) – pre-boiled and fresh in the seafood section of supermarkets and fisherman's markets;
- ② **Shio-wakame** (塩若布) – long strips preserved in salt, just needing a few rinses in fresh water to wash off the excess salt and restore its fresh texture; or
- ③ **Ito-wakame** (糸若布) – dried strips of

seaweed that can be cut to desired lengths and soaked for a few minutes in water to reconstitute. For those who need ultimate convenience, the dried stuff also comes pre-cut in little bits (**cut wakame** カット若布), perfect for tossing into your bowl of miso soup or hot pot.

Not ready for an all-seaweed mouthful of *wakame shabu-shabu*? Try some in your instant miso soup. Top your bowl of udon noodles with them. Toss with thinly sliced sweet onions from Awaji and your favorite salad dressing. Simmer with bamboo shoots, soy sauce, sake, and dashi. Marinate with sliced *daikon*, sliced carrots, rice vinegar and sugar. I even saw *wakame tempura* at a local izakaya recently. If a crunchy green vegetable can work in a recipe, *wakame* will fit right in (except stir-frying).

When the *wakame* love is planted firmly in your heart, time to explore its other texturally fascinating parts. The stems (**kuki-wakame** 茎若布) are sliced thin and boiled *tsukudani*-style in soy sauce and sugar. They add an extremely firm crunch as an accent to a bowl of hot rice or rice ball. The ruffled stem near the base of the seaweed is called **mekabu** (和布蕪), and



Need a *nebaneba* (sticky) kick in the morning? Try *mekabu* on hot rice!

becomes a slimy paste when minced, rich in nutrients and antioxidants, that makes a great sauce on hot rice or a *umami*-packed punch to a bowl of clear broth (**suimono** 吸い物). It also is the perfect pair for *natto*...the ultimate healthy breakfast.

Let *Naruto Wakame* be your guide into the wonderful world of nutritious, delicious sea veggies. The journey starts with a bowl of miso soup...

Events & Memoranda

Japanese Classes 2017 Term 1 Schedule



Hour: 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 prepare the textbooks on your own. 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.Miyoshi	Elementary 2, 3	We will study various forms and expressions such as potential, volitional, imperative, prohibitive, conditional, reasoning, passive, causative, and honorific expressions. Japanese speaking volunteers will assist with conversation exercises. Text: Minna no Nihongo II – from Chapter 26~50	From April 4 (25 times)
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 5 (20 times)
THU	Ms. Yamada	Beginner	We will take the first step towards learning basic expressions. Text: Minna no Nihongo I – from Chapter 1	From April 6 (20 times)
FRI	Ms. Aoki	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 times)
SUN	JTM	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 9 (20 times)
	Volunteers	Group Lesson	This is a flexible group study class split up in different levels.	

★ 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.

TUE	Ms. Kimura Other	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

TEL: 088-656-3303 FAX: 088-652-0616 E-mail: topia@topia.ne.jp

★ Classes may be cancelled due to inclement 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

The World of Girl's Day Dolls ひな人形の世界

The Tokushima Castle Museum will display a variety of Girl's Day Dolls from the Edo era to modern times.

When: February 11 (Sat, Holiday) - April 2 (Sun)

Where: Tokushima Castle Museum

Fee: 300 Yen / Senior High & college students
200 Yen / free for Jr. High and under

TEL: 088-656-2525

徳島城博物館には江戸時代から近代までの、さまざまな様式のひな人形が展示されております。

日時: 2月11日(土・祝)～4月2日(日)
9時30分～17時00分

場所: 徳島城博物館

料金: 大人 300 円 / 高校生・大学生 200 円 /
中学生以下無料

TEL: 088-656-2525

Misato Plum Flower Festival 美郷 梅の花まつり

The flowering period differs depending on the plum garden. Please see the URL for details.

When: Middle of February - middle of March

Where: Yoshinogawa city, Misato area

Info: Misato-ya

TEL: 0883-26-7888

URL: www.misato-hotarukan.jp

梅園によっては開花時期が異なります。開花状況は美郷ほたる館ホームページをご覧ください。

日時: 2月中旬～3月中旬

場所: 吉野川市美郷

問い合わせ: 美郷物産館みさと屋

TEL: 0883-26-7888

URL: www.misato-hotarukan.jp



23rd AJET Tokushima English Musical 2017

Performance Schedule:

February 26 (Sun) Ishii-cho Chuo Kominkan
15:00-17:00

March 5 (Sun) Tokiwa Plaza
14:00-16:30

March 11 (Sat) Kitajima Town Library, Sousei Hall
15:00-17:00

March 18 (Sat) Higashi Miyoshi Town Office,
Mikamochosha Multipurpose Hall
14:00-16:00

March 19 (Sun) Wakimachi Theater Odeon-za
17:00-19:00

★For more information, visit www.ajetmusical.com

第23回 AJET 徳島英語ミュージカル

剣山の上の
ラプンツェル
Rapunzel

中学生レベルの英語



入場無料・先着順

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)