



awa life

Sports Edition

October 2017

326



**IRF World Rafting
Championship
Japan**

**Making Friends
through Sports:
Touch Rugby**

**Awa Shoku:
Bowl-ed Over by
Seafood Donburi**



**Sport Exchange
Projects in
Tokushima**



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

For this month issue of Awa Life we got inspired by the upcoming Taiiku no Hi (Health and Sports Day). Also, since the weather has cooled down, autumn is the perfect season to get out into nature and do some sport. That's why there are many sports events happening from now on, starting with the IRF World Rafting Championship Japan this year happening in Miyoshi city. Make sure to enjoy the cool weather, stay healthy, and cheer on your favourite sports team!

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, Franzi and Tom

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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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Taiiku no Hi: Enjoying Sports in Japan and Tokushima

By Daralyn Yee

The sports edition of Awa Life has been brought to you by the upcoming holiday *Taiiku no Hi* (体育の日, Health and Sports Day). This holiday commemorates the opening of the 1964 Tokyo Summer Olympic Games, and is held to promote health and fitness. Originally it was held on October 10th, but due to the “Happy Monday Seido” (Happy Monday System) creating a three day weekend for those who work five days a week, it has moved to the second Monday of October. Typically on this day, many schools and organizations across the prefecture get together to have a field day and compete with each other. Some of the events include tug-o-war, relay, Awa Odori (in Tokushima), and ball tossing.

In addition to sports in the local areas, Japan will be the host to many international sports competition in the next few years, including the Rugby World Cup Japan 2019, 2020 Tokyo Olympics and , and 2021 World Masters Games. Last year our prefecture hosted the Asian Wakeboard Championships, and this month

Miyoshi City, Tokushima will host the World Rafting Championships. Various sports venues in Tokushima will also host bowling, golf, canoe, weightlifting, and triathlon events as a part of the 2021 Kansai World Masters Games along with 11 other prefectures and cities in the Kansai region.

Taiiku no Hi is only one day, but we can play and enjoy sports in Tokushima all year. This month's Awa Life gives a few opportunities to learn about upcoming sports events, new

sports to try, and existing international sports exchange in the prefecture. In Tokushima there are endless opportunities to live a healthy and active lifestyle. Wishing you a healthy year!



Making Friends through Sports

By Niall Higgins

A year and a half ago I played in my first touch rugby tournament. Before coming to Japan I had never played touch rugby. Rugby was not particularly popular where I grew up and aside from occasionally watching the national team play I had no connection to the game; touch rugby was a complete mystery to me. Besides rugby was for big muscular guys; I thought I was too short and skinny to play!



This all changed when I came to Tokushima. In spring of my first year I joined the SuTouchi Tokushima ALT team for that year's AJET touch rugby tournament. Every year we put together a team especially for this tournament. We start training in May on the weekends, and aim to teach everyone the basics of touch by the time the tournament comes around in June. The rules of touch rugby are simple. There are six players per team, and each team gets six touches in which to score a try before the ball is turned over to the other team. It differs from regular rugby in that there are no scrums, lineouts or kicking involved; the game consists of passing and running. Teams are normally mixed, and there are often bonus points awarded to tries scored by women to encourage female participation. Although it was quite tiring (touch rugby involves a lot of running), I really enjoyed the training sessions and soon decided I wanted to do more. I was lucky that two of my senpai's trained with the Shikoku University team on Monday nights and they invited me along.

The Shikoku University team is actually two teams that train together on university grounds: the Clovers, or the student team, and the Pugs team, which is made up of university graduates. We play with the Pugs team as honorary members. They're really welcome to foreigners joining; in the past we've had exchange students come to training sessions and they do their best to

facilitate people with little or no Japanese. Both the Clovers and the Pugs teams play in the AJET tournament.

The AJET touch rugby tournament takes place out west in Miyoshi every June. Japanese and non-Japanese teams from all over Shikoku and mainland Japan come to Tokushima for the two day tournament, which has been going since 2004. There's even been teams come over from Australia just for the tournament! The tournament is open to mixed teams of 6 playing members, and there must be at least one female player on the field at any one time.

I would encourage anyone who has even a slight interest in touch rugby to give it a go. It's a lot of fun and a great way to meet Japanese people and to make friends.



Touch rugby involves a lot of running!



Some of our JET rugby members after training.

Sports Exchange Projects in Tokushima

German U18 National Judo Team Training Camp in Tokushima 2017

By Tom Wehrmann

From August 18th to the 31st, the German U18 (16 to 18 years old) National Team held a training camp in Tokushima prefecture. The Judo exchange between the German State of Lower Saxony and Tokushima has a long history; that's why Tokushima applied to host the German Judo National Team before the 2020 Tokyo Olympics and Paralympics. In preparation for 2020, Tokushima will hold annual Judo exchange events with Germany. This time it was the German athletes turn to come to Shikoku. The judoka experienced a good mix of hard training units and interesting events like a boat tour to see the famous Naruto Whirlpools, picking Japanese pears, visiting the Awa Odori Kaikan and much more. To get a feeling of how the Germans felt about their two week stay in Tokushima, here are a few comments from the athletes:

"The food here is really good, although I had some problems using chopsticks. The training in Japan's hottest and most humid season pushed

me to the limits but I gained so many experiences, so I am really grateful for having the opportunity." *Allesio Murrone*

"I trained a lot during the two weeks. I also got an impression about how the Japanese learn judo. In particular, the many "randoris" made it really intense." *Falk Biedermann*

"It was an honor to represent Germany in front of the Governor of Tokushima." *Ina Bauernfeind*



Japan-China Sister City Middle School Table Tennis Tournament 2017

By Nan Zhang

The Japan-China Sister City Middle School Table Tennis Tournament 2017 was held at the Beijing Olympic Center from August 4th to August 8th to celebrate the 45th anniversary of the normalization of Japan-China Relations. The tournament has taken place every five years since 1992, and this was the 6th tournament held. The event was a joint collaboration between the Japan-China Friendship Association, Japanese Table Tennis Association, Chinese People's Association for Friendship with Foreign Countries, China-Japan Friendship Association and Chinese Table Tennis Association. 268 Athletes in 67 Chinese-Japanese mixed teams fought in 4 blocks of tournaments. These teams also included athletes from partnership regions like Tokushima Prefecture and Hunan Province, Tokushima City and Dandong City, Naruto City and Zhangjiajie City. Tokushima prefecture has considered the tournament as really important from the beginning, that's why there were many competitions between the middle school students from the whole

prefecture to see which athletes are the best. In the end Tokushima sent 6 middle school students to China. The Tokushima-Hunan Team was lead by their coach, fought hard and got 2nd place in the preliminary contest. Unfortunately they lost in the tournament with 1-4 to the team Mie-Henan. There is no such thing as barriers in sports. Even if they couldn't understand each other's language, they learned each other's styles and habits and got an understanding of the competition skills. Sports brings people of different nationalities together and deepens their friendship. It encourages friendly exchange between countries and makes a large contribution to world peace.



IRF World Rafting Championship Japan

By Tom Wehrmann

Miyoshi City in Tokushima Prefecture will host the 2017 IRF World Rafting Championship from October 2nd until October 9th. Altogether 640 Athletes in 80 Teams from 30 countries will compete in the disciplines of downriver, also called the main event because it makes up 40% of the total score, the technically challenging slalom, sprint with its hard, fast, short burst of speed, and the visually exciting H2H (Head to Head), which is pitting two teams together in a sprint for the finish line. But be careful, the single competitions will be held at two different locations along the middle of the Yoshino River (Yamashiro-cho, Miyoshi-shi, Tokushima and Otoyō-cho, Nagaoka-gun, Kochi). There will be four categories of entrances this year: Open (men and women), Youth (men and women U-19), Junior (men and women U-23), and Master (men and women 40+). Since it is free to watch, please come and cheer for your favorite team!

Miyoshi is not only famous for steep terrain and Japan's best rafting spot, but also for other scenic places like Oboke-ya or the famous Iya-no-Kazura Vine Bridge, so if you never had the opportunity to visit these sights before, don't miss your chance this time. For those who like to stay away from the water, you can still watch the whole Tournament via Public Viewing at Miyoshi Ikeda General Gymnasium. For more details about the competition venues and complete schedule, please visit: www.wrc-2017japan.com



Letter from SUKETO NAKAYOSHI

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

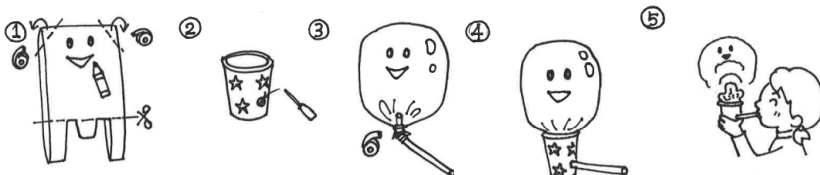
In early summer all the sweet potatoes which were planted on the fields grew really big. Every year the children harvest, grill and eat the sweet potatoes in the garden. In this season, there are lots of delicious flavors in Tokushima. Especially the sweet potato called *Naruto Kintoki* has a soft and flaky texture like a chestnut and fine sweetness, which makes it so unique. Raw Shiitake is meaty and has a strong flavor. It is also rich in minerals and vitamin B, which can prevent colds. The *Ito Green Onion* which is cultivated in Okinosu and Ito district, is a sweet and smelly long green onion which can bring down a fever and take away fatigue. October is also a season of sport and outdoor amusement. Please eat many fresh foods and enjoy every day.

* * *

Rising Ghost

Materials: plastic bag, paper cup, flexible straw, permanent pen or marker

- 1) First, turn the plastic bag inside out. Then, fold the two upper ends of the plastic bag to the back and attach them with adhesive tape. Draw the face of the ghost with a permanent pen or marker.
- 2) Draw a picture on the cup. After making it colorful, make a hole in the lower part of the cup, large enough that a straw can fit through.
- 3) Now, take the straw and put the upper part in the plastic bag. Close the part around the straw and fix it with adhesive tape (it is important, that no air can flow out).
- 4) Pierce the straw from the inside part of the cup to the outside and place the plastic bag on the top of the cup.
- 5) If you blow air through the straw, the ghost will appear and become bigger and bigger. Have fun with the ghost by letting air in and out.



Japanese Lesson

By Michi Mori

「V た / V ないほうがいいです」

This month we will be learning how to give advice to someone by using the expression 「V た / V ないほうがいいです」.

れいぶん

例文 Example:

A: どうしたんですか、たいへんそうですね。(Is something wrong? You look troubled.)

B: 今日も仕事が多くて・・・。(I have a lot of work today...)

A: そうですね、でももう遅いですから、帰ったほうがいいですよ。

(Is that so. But since it is already late you should go home.)

B: そうですね。でも終わらないんです。(You are right, but I won't finish.)

A: 明日にすればどうですか。無理をしないほうがいいですよ。

(How about doing it tomorrow? Don't overwork yourself.)



You can use 「V た / V ないほうがいいです」 like in 「帰ったほうがいいですよ。」 or 「無理をしないほうがいいですよ。」 when you want to give a warning to somebody or advice about what you think would be best to do. If you add 「よ」 you emphasize to your opponent that you strongly recommend to do so. Also, when using negation say 「V ないほうがいいです。」 instead of 「V なかったほうがいいです。」.

つく かた

作り方 How to use the sentence pattern:

どうし けい
動詞た形+ほうがいいですよ。
Verb ta-form +ほうがいいですよ。

どうし けい
動詞ない形+ほうがいいですよ。
Verb nai-form +ほうがいいですよ。

れんしゅうもんだい

練習問題 Practice:

A さんにアドバイスをしてください。Please give advice to A as shown in the example.

A: 風邪をひいてしまいました。

B: 病院へ行きます→ 病院へ行ったほうがいいですよ。



1) A: 花粉症で大変です。

B: (マスクをかけます→) _____

2) A: 炒飯が上手に作れません。

B: (炒めるとき、火を強くします→) _____

3) A: ダイエットをしているんですが、なかなかやせません。

B: (甘いものを食べません→) _____

4) A: 最近目が疲れるんです。

B: (寝る前にスマホを使いません→) _____

5) A: 今日も飲み会があるんですよ。

B: (あまり飲みすぎません→) _____



参考資料：日本語表現文型（ナツメ社）

答え：1) マスクをかけましたほうがいいですよ。2) 炒めるとき、火を強くしましたほうがいいですよ。3) 甘いものを食べないほうがいいですよ。4) 寝る前にスマホを使わないほうがいいですよ。5) あまり飲みすぎないほうがいいですよ。

Awa Shoku: Bowl-ed Over by Seafood Donburi

By Lance Kita

Who needs separate plates and dishes... heap your meal on top of a bowl of rice and you get **donburi** (丼), one of the easiest ways to eat a meal in Japan. Although the standards include **oyako-don** (親子丼 chicken and egg) and **katsu-don** (カツ丼 breaded pork cutlet and egg), **donburi** is also a great vehicle for showcasing seafood. Think about how well fish and rice balance out in sushi, and you'll agree that **donburi** topped with fish is a heartier version of that harmony.

Recently, I had the privilege of joining "Experience Tokushima," a series of tours organized by JCI (Junior Chamber International 青年会議所) Tokushima to introduce Tokushima's tourist sites to foreign visitors. On two separate tours, I enjoyed some delicious **kaisen-don** (海鮮丼 seafood rice bowls) that showcased local products and attracted visitors to fishing ports.

Naruto's **uzushio** (渦潮 tidal whirlpools) are at their peak in autumn, and a drive up the Naruto Skyline after that will take you to the fishing town of Kitanada (北灘). The local fishing cooperative runs an **Umi-no-Eki** (海の駅) adjacent to the actual fish market, the portside version of a roadside **Michi-no-Eki** (道の駅) with a parking lot, restrooms, retail shop, and most importantly, an eatery featuring local seafood. I had the weekday lunch special, with my choice of **mini donburi** and a side of **sashimi** or **tempura**. My **donburi** was topped with slices of **kanpachi** (カンパチ mature yellowtail), rich and fatty as the fish prepare for the winter months. The regular **kaisen-don** features over a half-dozen varieties of seafood, and the deluxe (**jyo kaisen-don** 上海鮮丼) version has sea urchin, salmon roe, and other delicacies. These **kaisen-don** often use seasonal fish, so you're getting seafood at a reasonable

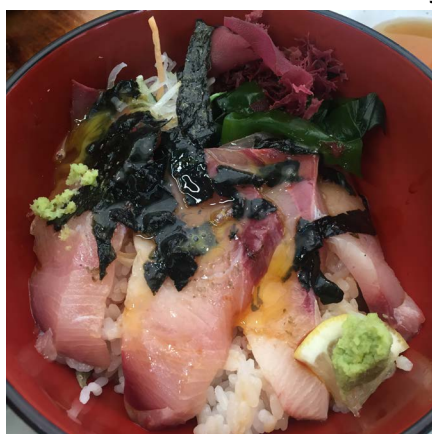
cost during their peak of flavor.

During the city center tour, the organizers suddenly drove us to the southern edge of Komatsushima City to the tiny port of Wadajima (和田島). This port is the prefecture's #1 harvester of **shirasu** (しらす whitebait), which are baby anchovies, sardines, and herrings. That can only mean one thing: **shirasu-don** (しらす丼) for lunch! To my surprise, my rice bowl came two-toned...the pristine white layer

was **kama-age shirasu** (釜揚げしらす), which is steamed or boiled whitebait. Its light, soft texture and dashi-like saltiness is often the standard for any **shirasu-don**, but there was also a silvery, clear layer of **nama shirasu** (生しらす), fresh raw whitebait with the refreshing taste of sea foam. This can only be found near ports who can bring it in on the day it's caught. With a squeeze of **sudachi** and a splash of **shoyu**, I dug into the mounds of tiny fish, savoring each bite and searching for the elusive scoop of rice hiding underneath the generous layer of **shirasu**. Fish and rice...there's nothing more satisfying.

For all you seafood lovers (and seafood lovers-to-be), check out your neighborhood **izakaya** or seafood restaurant. They will sometimes offer **kaisen-don** as a lunch special, and you'll get more fish for your yen. Wadajima and Kitanada are becoming local

hotspots, but the southern part of the prefecture is also promoting tourism to the region with a campaign of **Minami-Awa Don** (南阿波丼), rice bowls that use local seafood and more. So if you're driving through Anan, Minami, Mugi, or Kaiyo Towns, you just might get a mouthful of tuna, pike conger, baby abalone, squid, or even moray eel. Enjoy a bowl for lunch on one of your weekend outings!



Though most kaisen-don have an assortment of seafood, this mini one is only kampachi (yellowtail).



Being close to a port means generous servings of shirasu (whitebait) on your rice bowl.

Events & Memoranda

Japanese Volunteer Teacher Training in Miyoshi 地域日本語指導ボランティア養成講座 IN 三好

三好市国際交流協会では、日本語指導ボランティア養成講座を11月中旬より開催します。「みんなの日本語」I・IIのテキストにそって、48時間で日本語の教え方を勉強します。詳細は、TOPIAホームページをご覧ください。(日時・会場は若干変更することがあります。)

日程(土曜日): 前期 青木 洋子先生 11月18日、25日 & 12月2日、9日、16日
後期 山田 多佳子先生 1月13日、20日、27日 & 2月10日、17日

会場: 三好市池田町「保健センター」ほか

時間: 9:30 ~ 15:30 (1回原則5時間)

参加費: 無料

(この事業は文化庁事業です。)



Tokushima Free Wi-Fi とくしま無料Wi-Fi

Tokushima Free Wi-Fi is available at 112 tourist attractions and emergency areas all over Tokushima Prefecture at high speeds of 1Gbps. Register your Email address and you can use the Wi-Fi service for 30 minutes, and can reconnect an unlimited amount of times after. More explanations are available online in Japanese, English, Korean and Chinese. In case of an emergency you can use Tokushima Free Wi-Fi without registration and time limit.

* www.tokushima-wifi.jp *



Autumn Awa Odori 秋の阿波踊り

If you still didn't get enough Awa Odori, you can visit the Autumn Awa Odori, which has been held every year since 2008 in Tokushima City for free. In addition to an Awa Odori Contest, there will be a corner where you can experience some of Tokushima's specialty products and famous handicrafts, such as Otani Pottery, paper craft, and Indigo dyeing. If you want to travel around Tokushima or go on the 88 temple pilgrimage, there will also be plenty of information provided at the tourism booth.

When: November 3rd (Fri, holiday) - 5th (Sun)
10:00-16:00 (Doors open: 9:30)

Where: ASTY Tokushima, 1 Higashi Hama Boji,
Yamashiro-cho, Tokushima City

Cost: Free

Info: www.asty-tokushima.jp

TEL: 088-624-5111

2008年から毎年秋に開催している「秋の阿波おどり」！今年は3日間の開催で、様々なイベントが入場無料でお楽しみいただけます。阿波踊りコンテストの他に徳島の海山里の幸や特産品の展示販売、和紙細工・藍染め・遊山箱づくりなどの体験コーナー、四国観光の達人による観光や四国88ヶ所の案内・展示コーナーがあります。

日時: 11月3日(金・祝) ~ 5日(日)

10:00 ~ 16:00 (開場 9:30 ~)

場所: 徳島市山城町東浜傍 1-1
アスティとくしま

料金: 無料

情報: www.asty-tokushima.jp

TEL: 088-624-5111



Events & Memoranda

Kamiyama Artist in Residence 2017 Exhibition 神山アーティスト・イン・レジデンス 2017 作品展覧会

The Kamiyama Artist in Residence is an international art project which started in 1999.

3 to 5 artists from in and outside of Japan are invited annually to Kamiyama Town to strengthen the exchange with the local citizens through the creation and exhibition of art. On the first day of the exhibition, there will be an art tour in which the artist will present and discuss their works. For more information, please visit the homepage.

When: October 29th (Sun) - November 5th (Sun)

Where: Various places in Kamiyama Town

Cost: Free

Info: www.in-kamiyama.jp/art

Tel: 088-676-1177

神山アーティスト・イン・レジデンスは、1999年からスタートした国際的なアート・プロジェクトです。毎年、国内外の芸術家3～5人を神山町に招いて、地域住民との協働による創作活動などで交流を深め、作品展覧会を実施します。展覧会初日には、アーティストと共に作品を巡るアートツアーが実施される予定です。今年度の招聘アーティストなどの詳細情報は公式ホームページをご覧ください。

日時: 10月29日(日)～11月5日(日)

場所: 神山町 各地

料金: 無料

情報: www.in-kamiyama.jp/art

TEL: 088-676-1177



Machi ★ Asobi Volume 19 マチ★アソビ vol. 19

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 that gives people a tour of the area at the same time. There will be famous actors hosting talk shows, and a very colorful and impactful display of cosplay, filling the whole city with anime! For more details visit the Machi ★ Asobi website.

When: September 23rd (Sat, holiday) -

10th (Mon, holiday)

Main event: 7th (Sat) - 9th (Mon, holiday)

Where: Various places around the city &

Aibahama Park

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！詳しいイベントの情報は「マチ★アソビ」HPをご覧ください。

日時: 9月23日(土・祝)～10月9日(月・祝)

メインイベント期間: 10/7(土)～9(月・祝)

場所: 徳島市内中心部および藍場浜公園

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

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)