

# awa life

Tips for **Trekking Around Shikoku** by Train

**Awa Shoku: Dressed for (Japanese Salad) Success**

May 2018

# 332



**Slow Down and Relax:**  
Reflections on Living Abroad

**Apply Now** for the  
Tokushima Prefecture 2018  
Japanese Speech Contest



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

With the freezing cold weather of winter and the busyness of a new fiscal year, it was hard to get around and about. However, it is finally a pleasant temperature to be outside and take advantage of the warm weather. Whether it be rafting through the Yoshino River, or doing something as simple as sitting on a bench while gazing at the trees in a park, we hope that you can enjoy the nice and pleasant weather of May.

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 editors,  
Daralyn, Franzi, and Tom

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## *Slow Down and Relax: Reflections on Living Abroad*

By Daralyn Yee

As I walked through the streets of Honolulu after living in Japan for over a year, I realized that I was walking way too fast compared to everyone around me. But when I tried to adjust my walking speed to that of fellow locals, it felt as if I was walking so slow that I was walking through gelatin. This is the lifestyle that I was born in to, yet it seemed that in a short period of time, living abroad in Japan has got me living at a faster pace of life. Now, I am not saying that Tokushima is anywhere near the fast pace of large cities such as Tokyo or Osaka, but it is still faster paced compared to Hawaii. When I was back home, I had the time to gaze at the tall lush trees and the cerulean blue skies, but living in Tokushima, I find myself only looking around for clocks on my fast paced bike commute to ensure that I will make it to my destination on time. Because my days living in Japan are limited, the days go by fast and it feels like there is never enough time. This lack of time has caused me to feel mentally exhausted.

As I was sprinting through life here in Japan, I remembered something that kept me relaxed in Hawaii when I was going through university. The one thing I looked forward to after arriving at school early was sitting down and enjoying my

coffee from one of the campus coffee shops. Admittedly, it was an expensive habit to keep up with, but it gave me the time to reflect about life and relax before a busy day. This helped me to refresh and get myself mentally ready for the day. I am still able to get my fill of caffeine in the office, but I realized that I needed to purposefully make time for myself in the same way.

After realizing the importance of taking the time to sit down and take it easy, I now try to make some time at my favorite coffee shop to enjoy a latte and some reflection time at least once a week. I've been able to reflect on the events of the week, think about how I can make improvements in my life, and reevaluate the progress towards my goals. It has helped me to start off the week fresh and allows me to live in a period of time that is not restricted by appointments or errands. Being able to have time to myself while enjoying my favorite caffeinated drink brings a little joy to my life!

It is easy to become carried away with a busy schedule. If you are like me and feel like life is just going by too fast; I encourage you to slow down and take some time to relax and unwind.



## Welcoming New TOPIA Staff

By Yukari Nagata

Nice to meet you. From the middle of March, I have been passed on the baton and am now the Coordinator for International Cooperation. I was born and raised in Tokushima, and for 11 years, I stayed in developing countries. After that I engaged with international cooperation businesses back in Japan. Then, finally, I have come back to my hometown Tokushima this spring.



The type of work that I have been involved in so far includes regional revitalization and educational development initiated by means of community involvement. The key to successful development by community involvement is enhancing personal relationships with the local residents, building communication links, and cooperating together to

By Qing Liu

I returned to Japan after a trip to Shanghai in the beginning of April. The bus passed through Kobe and as the light faded while crossing the bridge, a lot of memories passed through my mind. 20 years ago on January 14th, I went to Tokyo for the first time. The people in their beautiful Japanese clothing stole my heart, and I felt that they took great pride in their traditional clothing. The next day, I found out that those people were dressed up for their Coming of Age Day ceremony. I studied abroad for three months and life was quite tough. I missed my hometown, so I decided to visit Ueno Park. In April, the park's cherry blossoms fell from the tree and the petals danced with the wind. The people taking part in cherry blossom viewing were drinking away and speaking a language that I did not understand; this made me feel out of place.

So far I've had many rich experiences in Tokushima

make a better community. Actually, I was raised in a rural area rich in green and nature surrounded by the mountains and rice paddies, and was watched over by the warm people of the local community. I believe that this was the beginning of the work that I have been involved in so far.

Did you know that many groups of people from developing countries in Africa or in Asia supported by JICA have been visiting Tokushima recently? They visit on a study tour to become inspired for their community planning. They admire that even Tokushima, such a small rural region in Japan, is giving their best efforts in businesses or volunteer activities.

Our Tokushima has rich nature, and unique cultures and people. I hope to share the great charms of our home to the world, in order to expand connections between the world and Tokushima with the global challenge of sustainable development. I will continue to upkeep the duties of the Coordinator for International Cooperation position. I am looking forward to working with everyone.



such as praying at the temple, hearing the mass of a church, and being gifted vegetables by my neighbors. Now, I started working here at TOPIA since April as a multilingual support staff.

I will be sure to learn a lot through this job and cooperate in order for all of you to have an easy time living here. I will put in my best effort so that Tokushima becomes well known around the world and people will visit and come to love it.

## Tips for Trekking Around Shikoku by Train

By Daralyn Yee



*Shimonada Station in Ehime Prefecture is famed for its beautiful seaside view.*

The island of Shikoku has an area of 18,292 km<sup>2</sup>, and Tokushima encompasses about 4,147 km<sup>2</sup> of it. That means that if you have never crossed the borders of Tokushima and haven't seen the other three prefectures of Shikoku, you are missing out on about 14,145 km<sup>2</sup> of awesome adventure! If you are looking for a way to fully enjoy Shikoku, you can purchase the JR Shikoku Free Ticket (四国フリーきっぷ), which is available for purchase by long term overseas residents and Japanese nationals alike. A 3-day pass costs 16,140 yen and gives access to all lines of JR trains. This past November, I was able to utilize this pass to visit Matsuyama City (Ehime), Shimonada Station (Ehime), Takamatsu (Kagawa), and the Iya Vine Bridge (Tokushima). I was able to take in the beautiful natural sights and unique culture of each area. Here are some tips that I would like to share from my experience.

### Before Departure

#### **Decide on a route and make reservations if necessary**

Decide on a route and book accommodations along the route that you are interested in taking. It is possible to return home by train every night, but going back and forth can be time consuming and tiring. There are many affordable options such as hostels and pensions available to stay overnight. For those who are on the spontaneous side and are looking to secure a room while on the road,

be sure to have some information on possible accommodations you could reserve or at least know where the nearest tourist information center is so they can give you a few accommodation recommendations.

#### **Download your favorite map/public transportation application**

This is a necessity when travelling in an unknown area. It can tell you when the train will come and how to get from the station to the destinations you would like to visit.

#### **Find out what is famous in each respective prefecture**

Shikoku is a lesser-known gem compared to major regions such as Kanto and Kansai. Use online resources to find beautiful scenic sights, exciting experiences, and one-of-a-kind local specialties. In my travel experience, Shikoku has something to offer for everyone, from the artist to the adventure seeker. Each area has its own individual flair despite being on the same large island.



#### **Pack light**

My mantra when it comes to travelling is "Pack only what is minimally necessary". I want to be as flexible as possible when I travel so I don't waste time trying to grab or organize extra luggage. When travelling on a train, it is difficult to maneuver and store large luggage. Try to travel with a backpack or a duffle bag.

**On the road again!****No english? No problem!**

Language can be a large problem when taking the train, but don't let that stop you from travelling around. Open up your favorite transportation application and plug in the route that you would like to travel on to find out train times and platform numbers. When on the train, keep track of the stations that you have travelled through and make sure that you are not passing through a station that is not supposed to be on the route. This is the best way to figure out if you are heading the right way. If not, do not panic. Either get off and reroute on the map application or seize the opportunity to discover a new corner of Shikoku.

**Keep track of time**

Most trains do not run as frequently or as late as they do in larger cities. Be sure to start your journey early and keep an eye out for the time. Also, be on time to your train. Japan is notorious for running everything on the minute. You wouldn't

**Tips for Trekking Around Shikoku by Train**

want to waste your time waiting for the next train.

**Omotenashi: The heart of Shikoku**

Omotenashi, or hospitality, is one of the qualities that Japan which is especially known in the Shikoku area due to the culture of serving the pilgrims taking part of the Shikoku Pilgrimage. People are very kind and outgoing here and many will even start up a friendly conversation with you. Embrace this unique travel experience and hear what the locals have to say about the area that they live in. *What are some of your travel tips? Feel free to share with us at [awalife@gmail.com](mailto:awalife@gmail.com)!*

**Letter from SUKETO NAKAYOSHI**

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

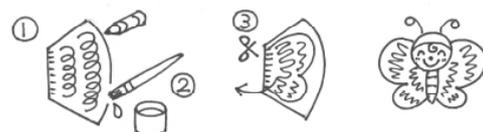
Recently, the decrease of physical ability in elementary school students, and the large impact of outdoor activities during childhood on physical ability have been large topics. At the Center, there are a lot of families who drop off and pick up their child by car or bicycle, and the opportunities for children to walk are decreasing. Because there are a lot of working parents, this can't be helped. However, a little walking every day can add up and help to improve the physical ability of your child. I recommend that you make opportunities to walk on a daily basis.

Additionally, the benefits of walking are not limited to building physical strength. It can become a chance to interact closely with nature, such as the beautiful scenery and colorful flowers, and the small bugs and cute animals. Walking can also give your child the opportunity to experience nature such as the rain and wind, rainbows and clouds, and give real experiences that photographs are unable to provide. It is also a

chance to practice traffic manners, and a way to meet people of the community.

May is the season when the green leaves are a vivid color, and beautiful flowers bloom. It's the perfect season to go out for a walk. Be sure to take your child around the neighborhood and embrace nature.

\* \* \*

**Watercolor Butterfly**

- 1) Draw a picture on a white coffee filter with a water-based felt tip pen.
- 2) Drop water on top of the picture and use a brush to make the color run on top of the paper.
- 3) After drying the filter, cut it in the shape of wings. Cut out a face and body with construction paper, then open up the coffee filter and paste them on.

Japanese Lesson

By Yoko Aoki

ください

In this month's and next month's Japanese lesson, the theme will be 「ください」 and 「おねがいします」. This month we will be learning about 「ください」.

(1) 「Noun (を) ください」

① When you want to buy a specific item or when you are ordering food

- これ(を)ください。
- このりんごを 3つ ください。
- カレーライスと オレンジジュースを ください。



② When you want to receive something

- すみません。{ お水 / 部屋のかぎ } を ください。
- この { パンフレット / 申し込み用紙 / 地図 } を ください。

(2) 「Verb- てフォーム+ください」

① When offering food and drinks

- どうぞ 食べて / 飲んで / \* 召し上がって ください。
- \* 「召し上がってください」 is the honorific version of 「食べて / 飲んで ください」



② When you want someone to do something, make a request, or give directions

- すみません、ちょっと てつだってください。
- { ひらがなで / ローマ字で / 漢字で } 書いてください。
- もう少し ゆっくり 話してください。
- パスポートを 見せてください。



(Practice) Let's make sentences with 「~ください」.

- 1) バスを待ちます → バスを ( ) ください。
- 2) テレビを見ます → テレビを ( ) ください。
- 3) 本を読みます → 本を ( ) ください。
- 4) 名前を書きます → 名前を ( ) ください。
- 5) エアコンをつけます → エアコンを ( ) ください。



Vocabulary:			
カレーライス Curry and rice	オレンジジュース Orange juice	パンフレット Brochure	
申し込み用紙 Application	パスポート Passport	バス Bus	テレビ Television
エアコン Air conditioner			

## Awa Shoku: Dressed for (Japanese Salad) Success

By Lance Kita

Spring means a bounty of vegetables for your table. Tokushima enjoys an earlier harvest than you would expect for certain vegetables thanks to their use of plastic hothouses to grow crops during the winter and early spring. Tomatoes, cucumbers, and green beans that other countries associate with summer are at their peak in May here. Broccoli, cauliflower, and baby bok choy are also being shipped out to supermarkets in the Kansai area.

The Japanese has a classic cooking technique that matches perfectly. Introducing... **aemono** (和えもの), often translated as “dressed salads.” Often, the vegetables will be blanched in hot water or *dashi* stock and then mixed with a dressing with a thick or chunky consistency, coating them just the right amount of flavor without the fermentation of pickling or marinating. These aemono are sometimes served at room temperature or slightly warm, and are good for both **bento** (弁当, box lunches) and **kaiseki** (懐石) meals as an amuse-bouche or appetizer. This technique is used with seafood as well, but many veggie-based *aemono* recipes are vegan by nature.

Two of the most common aemono are so simple (and totally vegan). The first is **sumiso** (酢味噌), or vinegar *miso* (fermented soybean paste). Just mix two parts *miso* and one part vinegar. That’s all! It’s best to use **shiro-miso** (白味噌,



Asparagus and cucumbers with sumiso.

white miso) or **Saikyo-miso** (西京味噌) so that the dressing maintains a light sweetness. Some people will add sugar, and others will add **karashi** (からし, Japanese mustard) for a pungent kick. With this *aemono*, you can mix the dressing and vegetables together or pour the dressing over the top. This goes well with blanched dark-green leafy vegetables like spinach, **nanohana** (菜の花), and **wakegi** (わけぎ, tree onions). It is also paired with octopus, squid, or shellfish like **hokkigai** (ホッキ貝, surf clams).



Goma-ae of fruit tomatoes and snap peas

The other *aemono* is called **goma-ae** (胡麻和え), and starts with 3-4 parts **goma** (胡麻, sesame seeds) in a **suribachi** (すり鉢), a ceramic bowl with small notches all over its surface that act as a grinding mortar. Grind the sesame seeds with a wooden pestle until half crushed, then add one part soy sauce and one part sugar. Add blanched veggies and toss well (this one should always be mixed). From green beans to broccoli, spinach to **komatsuna** (小松菜), *goma-ae* is a wonderfully flavorful side dish to any meal.

So instead of a Western salad, try these simple *aemono* recipes to create a side dish dressed to the nines. Any beginner chef can make them, and they are incredibly versatile. Happy cooking!

# Events & Memoranda

## Tokushima Prefecture 2018 Japanese Speech Contest - Apply Now!

1. PURPOSE True internationalization cannot be achieved without first coming in touch with other cultures and ways of life, fostering a sense of international awareness and gaining mutual understanding with people of the world to create a society in which we can all work and live together in harmony. This speech contest seeks to give a voice to the international residents of Tokushima Prefecture and engage them in a dialogue to further discourse on cross-cultural understanding and fostering multiculturalism.
2. DATE & PLACE July 22nd, 2018 (Sunday), 13:30 - 16:30  
Awagin Hall (Tokushima Prefecture Kyodo Bunka Kaikan), Small Hall (5F)
3. ELIGIBILITY Only foreign residents whose native language is not Japanese are eligible to apply. (However, foreign residents who have had over three years of compulsory education in Japan and those who have previously won the Grand Prize or the Tokushima Prefectural Assembly's Chairman of the Federation of International Exchange Assembly Members Award are not eligible to apply.)
4. SELECTION Application will be open to all foreign residents of Tokushima Prefecture that fulfill the eligibility requirements. We will ask all applicants to submit an outline of their speech (about 800 characters), and after reviewing all of the applications, roughly 10 or so applicants will be chosen to proceed to the final contest.
5. THEME The topic is left to your discretion, but it should relate to the event's purpose of fostering cross-cultural understanding and multiculturalism.
6. LENGTH Speeches should be no more than 6 minutes in length.
7. HOW TO APPLY Submit your application form by mail or fax. Alternatively, you may submit your application in person.
8. DEADLINE May 29th, 2018 (Tuesday)  
Applications must be turned in by 17:00.
9. WHERE TO APPLY Tokushima Prefectural International Exchange Association (TOPIA)  
〒 770-0831 1-61 Terashima Honcho Nishi, Tokushima City, Clement Plaza 6F  
TEL: 088-656-3303 FAX: 088-652-0616

\* For more information please check TOPIA's website: <http://www.topia.ne.jp/english/>

## Awa Open Garden 阿波オープンガーデン



Locals who enjoy gardening are opening their wonderful gardens to the public for a limited time. A shuttle bus running in a circular route between the gardens is scheduled to run.

ガーデニングが大好きな市民たちが作りあげた素敵なお庭が期間限定で公開されます。今年にはガーデン間を走る循環バスが運行される予定です。

When: May 19th (Sat) & 20th (Sun)  
9:00-15:30

日時： 5月19日(土)・20日(日)  
9時～15時30分

Where: Various gardens in Awa town

場所：阿波市阿波町各ガーデン

Fee: Free

料金：無料

Info: Awa City Tourism Association

問い合わせ：阿波市観光協会

Tel: 0883-35-4211

TEL : 0883-35-4211

# Events & Memoranda



## Misato Firefly Festival 美郷ほたるまつり



In 1970, Misato area, Yoshinogawa city was registered as “Misato Fireflies and Their Birthplace” and designated as a natural monument. It is considered to be a distinguished area nationwide for the size of the river basin area that the fireflies fly around, amount of fireflies, and period that you can see them.

When: May 26th (Sat) – June 10th (Sun)  
 Period to see the fireflies: End of May-  
 Middle of June  
 Where: Misato, Yoshinogawa city  
 Kawata River Area  
 Fee: Free  
 Info: Misato Hotaru-kan  
 Tel: 0883-43-2888

吉野川市美郷地区は1970年に地区全域が「美郷のホタル及びその発生地」として国の天然記念物に指定されており、ホタルが飛ぶ流域面積、数、期間とも全国でも有数の地域です。

日時：5月26日（土）～6月10日（日）予定  
 ホタル観賞期間 5月下旬～6月中旬  
 場所：吉野川市美郷 川田川周辺  
 料金：無料  
 問い合わせ：美郷ほたる館  
 TEL：0883-43-2888

## Local Japanese Volunteer Teaching Course in Aizumi 地域日本語指導ボランティア養成講座 in 藍住

～外国人の方への日本語の教え方を  
 一緒に勉強しませんか？～

藍住町国際交流協会では、「日本語指導ボランティア養成講座」を開催します。「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。ボランティアとして日本語支援の活動をしてみませんか？

日程：土曜日 10:00～12:00 13:00～16:00  
 （1日原則5時間）  
 前期：青木 洋子先生  
 6/2 6/9 6/16 6/23 6/30  
 後期：山田 多佳子先生  
 7/7 7/14 7/21 7/28 8/4

会場：藍住町福祉センター2F  
 (088-692-9951) ほか

参加費：無料（テキスト要購入）

\* 詳細は TOPIA ホームページをご覧ください  
 （この事業は文化庁事業です）

お問い合わせ・申込先：

藍住町国際交流協会

●事務局 担当：松田

〒771-1203 藍住町奥野字矢上前 32-1

藍住町社会福祉協議会内

TEL 088-692-9951 FAX 088-692-1626

E-Mail aizumi\_kokusai@yahoo.co.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)