

awa life

**Japanese Reading
and Culture Corner:**
浴衣・甚平

**Interview with
Bizan Daigaku**

**Homemade
Mask Collection**

July 2020

357



**Awa Shoku:
What-a Melon!
Suika Surprises**

**Letter from
SUKETO NAKAYOSHI**

Gairaigo Galore:
バウムクーヘン



TOPIA

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

It's now summer in Tokushima, and air conditioners can finally be set on ice cave mode. How will you spend your summer? Did you know that Tokushima has some nice beaches to offer such as Ohama Beach in Minami? There are also spots where you can enjoy surfing. For those who like it a bit cooler, perhaps the higher regions in Iya Valley would be a good choice. Maybe you were also thinking about getting involved in the local community? We had the pleasure to interview the founder of the NGO Bizan Daigaku and two volunteers for this month's Awa Life. If you are interested in volunteer work, Bizan Daigaku might be a good choice for you.

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:

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Your editors,
Sydney and Nico

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Contents

Pg. 2-4: Interview with Bizan Daigaku

Pg. 4: Letter from SUKETO NAKAYOSHI

Pg. 5: Japanese Reading and Culture Corner: 浴衣・甚平 ゆ かた じんぺい

Pg. 5: Gairaigo Galore: バウムクーヘン

Pg. 6: Awa Shoku: What-a Melon! Suika Surprises

Pg. 7: Japanese Lesson

Pg. 8: Homemade Mask Collection



Pg. 9: Interview with Dong Tian Ye - Cameraman to Wuhan

Interview with Bizan Daigaku

By: Nico Bohnsack, Sydney Bartig, & Qing Liu

This month, we had the opportunity to meet and talk with Hasegawa-san, founder of Bizan Daigaku, as well as two volunteers from Bizan Daigaku: Inga and Artem. The volunteers at Bizan Daigaku are involved in a variety of activities within Tokushima to help improve the local community.

First, we spoke with Inga and Artem.

Why did you decide to volunteer in Tokushima? Is this your first-time volunteering?

This is Artem's first time volunteering, however, I have been doing volunteer work for many years now, including volunteering at the Sochi Olympics. The reason we chose Japan was because one of our dreams was to volunteer for the Tokyo 2020 Olympics. Although we'd never been to Japan, we had an interest in anime and Japanese sports such as sumo and kyūdō. When we travel, we don't like to travel just as tourists. We don't think that's a good way to experience a country.

Tokyo is a nice place too, but we chose Tokushima because it's beautiful and quiet. We wanted something more remote, quiet, and that had a local touch. We had also seen Tokushima before in one of the anime we watched where the character visited the area. From Miyazaki anime, we had this image of Japan as having a lot of

nature (forests, mountains, etc.) and Tokushima seemed to fit that description. We came across the Hana Road opportunity and decided to volunteer here.

What kind of volunteer activities do you do? What are some of your favorite projects, and what are some of the more difficult ones?

We do Hana Road (tending to flowers), help out at nurseries and elementary schools (such as helping kids cross the road in the morning), clean the Shinmachi river, help at Heart Tokushima, assist with boat rides (helping people put on life jackets and guiding them to the boat), and also do a program with FM 791 Bizan Radio. In addition, we have put together a fresh English website for the Bizan Daigaku organization, and have also started an Instagram and Youtube channel for them.

One of my favorite activities is the river cleaning. You get on the boat with a bunch of people, and it's so nice to feel the wind against your face. We also sometimes find some really interesting things in the river such as a keyboard, a bag of clothes, a bike, pillows, room dividers, grills, etc.



We sometimes see manta rays, fish, and sea birds as well.

I also enjoy doing the FM Bizan Radio program. We do it every Thursday from 6:30 to 7:00 PM. We usually talk about Tokushima or other Japan-related things in a foreign language, and it's a good chance for locals to listen to foreign languages. It's also a chance for volunteers to try out new things.

One of the most difficult projects is Heart Tokushima, which is an animal shelter, although the majority of animals there are dogs. There are close to 200 dogs, and our main job is to help walk them, as well as sometimes feeding them, carrying things, etc. We start at 10:00 AM, and depending on how long it takes to walk all of the dogs, we can end anywhere between 2:00 PM to 5:00 PM. I do really like dogs, and they each have their own character, but it is quite labor intensive and very tiring.



What places or things in Tokushima would you recommend to friends or family?

I personally like Mt. Bizan as well as the local shrines. It's nice to climb Mt. Bizan in order to see the sunrise, and there are often many of the same locals who do the same thing. From the top you can look out over Tokushima, and it's a great sight.

In China or Thailand, shrines often have many people visiting at the same time. At the shrines here you can either come to take photos, pray, think, or just enjoy the quiet time. The shrines I had a chance to visit in Tokushima were all filled with the sounds of nature and had a more authentic feel.

What do you plan to do when you return home?

We work as English teachers in Thailand, so we

are planning to continue doing that. We were also selected as field volunteers for the Tokyo Olympics (kyūdō), and if possible, we would like to volunteer when they are held next year.

Next, we spoke with Hasegawa-san, the founder of Bizan Daigaku.

What made you decide to establish Bizan Daigaku?

Originally, I was a business owner, and in thinking of ways to attract customers I figured that if we made the shopping district livelier and more people gathered there, then it would be good for business. I came to know people working at NPOs in Tokushima, and realized I could engage in both business and something beneficial to society, and so one part of my time became business and the other part became volunteer work. This is Bizan Daigaku.

When and why did you decide to start recruiting foreign volunteers? How do you recruit them?

We started recruiting foreign volunteers 5 years ago. At first, we only had 8 volunteers, but over these 5 years we've had a total of 290 volunteers. There were too many flowers to tend to, which is why we decided to start recruiting them. There is an NPO that helped introduce us to volunteers from foreign countries.

How many Japanese and foreign volunteers do you currently have?

We have 2 Japanese volunteers who are studying for half a year to learn about the management of NPOs. Additionally, we have 13 foreign volunteers who are from 5 different countries including Russia, Belgium, Germany etc. Many of our volunteers come from Russia, although lately we have also had many people coming from Mexico. Over these 5 years we have had people from 34 different countries come to volunteer.

Has working with foreigners changed your views in any way? What things have you learned?

I'd like to travel abroad, but I'm unable to, and all

Interview with Bizan Daigaku

the people that have come here make me feel very happy. Working together with foreigners has opened my eyes to differences in culture and societal diversity. My heart has truly grown. I've become a more curious person, and I always look forward to meeting new volunteers. I've happily continued with my volunteer work for a long time now, all the while working together with volunteers from other countries. I don't receive any money, and there is of course a pressure similar to that of visiting a foreign country for the first time, but this has given me confidence, and is the path that I chose to walk.

Moving forward, do you think there is a need for Tokushima to change and become more international?

The clothes we are wearing, the fruits we eat, and even the energy used to power our lights all come from foreign countries. Since many of the

things we use in our daily lives come from foreign countries, I feel it is unreasonable for people to say things like "I have no interest in foreigners" or "I have no interest in foreign countries." People all around the world are working hard in order to support our daily lives. I believe keeping this thought in mind is one of the first steps to internationalization.

Finally, is there anything you would like to say to all of the Awa Life readers?

In Japan, meeting someone from Tokushima is just as exciting an experience as finding a rare Pokemon. I hope that everyone can discover more about the wonders of Tokushima and enjoy a fulfilling Tokushima Life.



Letter from SUKETO NAKAYOSHI

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

When children observe butterflies, rhinoceros beetles, and other bugs, and interact with small animals such as rabbits and guinea pigs, they come to realize that these things are living creatures. These kinds of formative experiences help to nurture a child's heart in various ways. For example...

* *Nurtures a Caring Heart:* As children realize that other people are living creatures, they become able to guess how others are feeling even when words do not get through, and they become able to understand other's points of view. When considering other people's feelings, they become a more caring and considerate person.

* *Fosters a Curious and Inquisitive Spirit:* Children naturally become more curious and want to observe the different colours, shapes, movements, etc. of living creatures.

* *Soothing Effects:* Just watching cute animals and their charming movements creates a soothing effect, and naturally brings a smile to children's faces. It's a good way to bring happiness to children when they are feeling lonely or down.

* *Causes Children to Think About Life:* By

interacting with other living creatures, children learn how fleeting and important life is.

Try taking your child to the park or other places where they can experience nature and observe living creatures!

Homemade Wagashi (Sweet Rice Jelly)

Ingredients (For 1 Person): Rice Flour 8.5g, Sticky Rice Flour 1.5g, Table Salt 0.1g, Dry Red Bean Powder 7.5g, Water 20g, Sugar 10g



Instructions: (1.) Mix the rice flour, sticky rice flour, and table salt and then sift. (2.) Pour the water, sugar, and dry red bean powder into a pot. On low heat, stir and thicken into a paste for 20 minutes. (Be careful not to get burned.) (3.) While pouring the ingredients from step 1 into the pot, mix together. (4.) After mixing, spread into a rectangular shape. Cut into thin rectangles and steam for 15 minutes at 100° C.

Japanese Culture and Reading Corner: 浴衣・甚平

By: Chie Suzue

日本には、夏に^{なつ}着る^{きる} オシャレな^{わそう}和装^きがあります。浴衣^{ゆかた}と 甚平^{じんぺい}です。
元々は、浴衣は お風呂^{ふろ}上がり^{あがり}に 着て^{きて}いました。甚平は、家でくつろぐ^{くつろぐ}時に 着て^{きて}いました。浴衣は、
大人^{おとな}、子供^{こども}、男性^{だんせい}、女性^{じょせい} 誰でも^{だれ}着られます。甚平は、大人^{おとな}の男性^{だんせい}、子供^{こども}は男の子^{おとこ}、女の子^{おんな} 両方^{りょうほう}
が着ます。最近では、甚平が 着やすい^{きやすい}ので、女性も好んで 着る人もいます。浴衣は、袖が長く
袂^{たもと}があり、着物^{きもの}と同じように、帯^{おび}を 結びます。甚平は、袖が短く 袂^{たもと}はなく、紐^{ひも}で 結びます。
夏の時期^{なつ}に、お出かけ^{しき}、花火大会^{はなびたいかい}、夏祭り^{なつまつ}、盆踊り^{ぼんおど}などの イベント^{イベント}に 着ていく人が、たくさんいます。
浴衣^{ゆかた}と甚平^{じんぺい}には、色^{いろ}、柄^{がら}が 豊富^{ほうふ}にあります。皆さんも、自分^{じぶん}に似合う^{にあう} 浴衣^{ゆかた}か甚平^{じんぺい}を着て、日本^{にほん}の
夏の気分^{なつ}を味わって^{あじ}みてください。

浴衣



甚平



たもと
袂

Vocabulary List

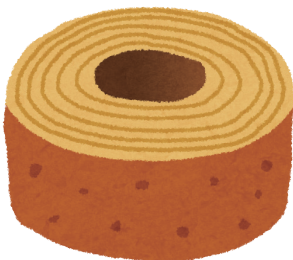
オシャレ	Fashionable	たもと 袂	Tamoto	ぼんおど 盆踊り	Bon-Odori
和装	Japanese Clothing	きもの 着物	Kimono	イベント	Event
元々は	Originally	おび 帯	Obi	がら 柄	Design
お風呂上り	After a Bath	ひも 紐	Himo	ほうふ 豊富	Abundant
家でくつろぐ	Relax at Home	なつ 夏の時期	Summer Time	じぶん 自分に似合う	Looks good
着やすい	Easy to Wear	はなび 花火大会	Fireworks Display		on you
袖	Sleeve	なつまつ 夏祭り	Summer Festival		

Gairaigo Galore

バウムクーヘン (Baumkuchen)

By: Nico Bohnsack

How about a piece of baumkuchen? This cake, which literally means "tree cake" in German because of its tree ring appearance when sliced, and which is also known by its German name in English speaking countries, is widely available in Japan. In Japan it's called バウムクーヘン, バームクーヘン or just バウム and you can basically find it at any supermarket or convenience store. It also comes in different flavors, such as plain, chocolate, matcha, strawberry or caramel. In other words: people in Japan are crazy for baumkuchen. Indeed, it's actually more popular in Japan than it is in Germany.



But how did this German specialty find its way to Japan? It all started when Karl Joseph Wilhelm Juchheim, a German pastry chef, came to Japan as a prisoner of war during the First World War after Japan and Britain defeated the German troops in its colony in Qingdao, China. After presenting his baumkuchen at an exhibition in Hiroshima in 1919, he moved to Yokohama, and then he later opened a pastry shop in Kobe which was very successful, although the cake was first known as ピラミッドケーキ (pyramid cake). Juchheim died one day before Japan's surrender in WW2, and his wife had to go back to Germany, but came back after a few years to reorganize the company which, along with other companies, is still selling baumkuchen under the same name. By the way, "Baumkuchen Day" is always celebrated on March 4th, the day when Juchheim introduced his baumkuchen for the first time at the Hiroshima exhibition.

Awa Shoku: What-a Melon! Suika Surprises

By: Lance Kita

Hot summer, cool fruits... and nothing says summer like eating a big slice of watermelon (suika 西瓜), spitting out the seeds while juice dribbles down your chin. Of course, there is a lot of water in watermelon (91%), but you can also get good amounts of potassium and an amino acid called citrulline, which are said to help with relieving fatigue. There are a few more surprising facts about this hefty melon, so read on!

As an American, Japanese watermelons surprised me because of their shape and color. We're used to huge, oval fruits with a light green striped pattern. There are lots of striped watermelons in Japan, but they're smaller (think bowling ball), round, and are striped with dark green. There are also varieties like Densuke that are solid black. No wonder my kindergarteners grab a black crayon first when drawing them.



Small, round, and very dark green... how do Japanese watermelons compare to the ones in your country?

The second is that we only seem to eat the red part of the flesh, spitting out the seeds and discarding the rind (the harder white layer just under the hard green/black skin. In Vietnam and China, watermelon seeds are roasted and eaten as a snack (makes sense since watermelons belong to the same family as pumpkins, gourds, cucumbers, melons and zucchini.)

And... you can eat the rind as well!! Don't throw it away, just slice off the outer skin and use it like a hard cucumber. In the American South, watermelon rind pickles are a kitchen staple, and

Japanese also make tsukemono 漬物 with a soy sauce based pickling liquid (sanbaizuke 三杯漬). You can also braise the sliced or julienned rinds in sweet soy sauce, similar to kinpira gobo きんぴら牛蒡 (braised burdock root and carrots).

The Japanese even developed a tiny watermelon variety that is pickled whole in sake lees and mirin lees (Nara-zuke 奈良漬) until it turns a beer bottle golden-brown hue.

One of the most surprising things is that watermelon finds its way into savory dishes. If you order a bowl of reimen 冷麺 at a Korean yakiniku restaurant, the chilled noodles and tart broth will often be garnished with a small slice of watermelon along with beansprouts, roast pork, etc.

Watermelon also goes well with raw seafood, as a crispy juicy accent in a carpaccio. Try white-meat sashimi like Naruto sea bream (tai 鯛) with thin slices of watermelon.

Finally, one of my favorite recipes is a Middle Eastern salad. Top chunks of watermelon with feta cheese, fresh mint, olive oil, fresh cracked black pepper, and salt. This is truly an eye opener to the savory possibilities of this summer fruit.

Enjoy your watermelon culinary adventures!



Pepper and olive oil over watermelon? The recipe for this salad will surprise you.

Basic Verb Forms

This month, let's study 4 basic verb forms.

1.) Verbs: 4 Basic Forms (Example: 「いきます」 = “go”)

[Non-Past] Affirmative	–	Negative	[Past] Affirmative	–	Negative
いきます		いきません	いきました		いきませんでした
(To Go)		(Not Go)	(Went)		(Did Not Go)

2.) [Practice] Using 1.) as a reference, fill in the blanks.

みます (To See)		みました	
かいます (To Buy)	かいません		
ききます (To Listen/To Ask)			ききませんでした
たべます (To Eat)			
かえります (To Return)			

3.) Particles: Placed after a noun. Example: [みずを のみます] (To drink water)

「～^」 Used to indicate destination:

コンビニへ 行きました (Went to the convenience store)

くにへ かえります (Return to a country)

「～を」 Indicates the object of a transitive verb.

くるまを かいます (Buy a car)

ひるごはんを たべました (Ate lunch)



- 4.) 1. らいしゅう おおさかへ いきます。
1. I will go to Osaka next week.
2. きのう スーパーへ 行きました。
2. I went to the supermarket yesterday.
3. ぶたにくを たべません。
3. I don't eat pork.
4. きのう あさごはんを たべませんでした。
4. I didn't eat breakfast yesterday.
5. まいばん テレビを みますか。 — はい、みます。 / いいえ、ときどき みます。
5. Do you watch TV every night? — Yes, I do. / No, I only watch it every once in a while.
6. せんしゅう スマートフォンを かいました。 7. ごご8じごろ うちへ かえります。
6. I bought a smart phone last week. 7. I'll return home at about 8:00 PM.



5.) Q : こんばん なにを しますか。

* 「それから」 = _____

A: (れい) ごご7じごろ　うちへ　かえります。それから　ばんごはんを　たべます。

Q: What do you plan to do tonight?

A: (Example) I will return home at about 7:00 PM, and then eat dinner.

Q: みなさんは あした なにを しますか。

Q: Everyone, what do you plan to do tomorrow?

A : _____



Chart Answers: みません、たべました、かいました、かえりません、ききました、たべません、たべました、かえりません、かえりました、かえりませんでした

Homemade Mask Collection

Contributors: Miraku Miyachi, Junko Kimura, Volunteers



A collection of everyone's creative masks!



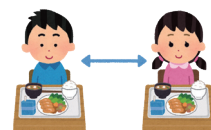
Tokushima has introduced the "Tokushima Smart Life Proclamation", detailing new lifestyle habits.

Avoid the Three Cs

- * Maintain a distance of 2m (at least 1m) between yourself and others.
- * Avoid close-range conversations.
- * Make sure rooms are well ventilated.

Practice Good Daily Habits to Protect Against Infection

- * Rest or receive medical treatment when you have a fever or other symptoms.
- * Promote the wearing of a mask even when one doesn't have any symptoms.
- * Thoroughly wash and disinfect one's hands, and disinfect places that people touch.
- * Minimize the use of shared items.



Interview with Dong Tian Ye - Cameraman to Wuhan PT.2

Interview By: Qing Liu

In March, when his work was finished and he was to return to Shanghai, Dong Tian Ye remarked that “For some reason, I felt that I did not want to part with Wuhan.” Having taken documentary photographs for 11 years, and having been a professional cameraman for 3 years, he had a passion for photography. However, those 58 days in Wuhan had changed his view on life, and had helped him “understand his worth as a photographer”. In recent years, with technological advances, anyone can go out and take photographs. However, actually serving witness to such an important event, and risking one's life to carefully take photographs that portrayed the themes he wanted, and expressed hidden elements, proved his ability as a cameraman. In order to become a good news photographer, he had undergone rigorous training, and had studied a variety of composition techniques. He learned the best ways to utilize light and shadows to express the themes he wanted. This was a valuable experience, and helped prove his worth as a cameraman.

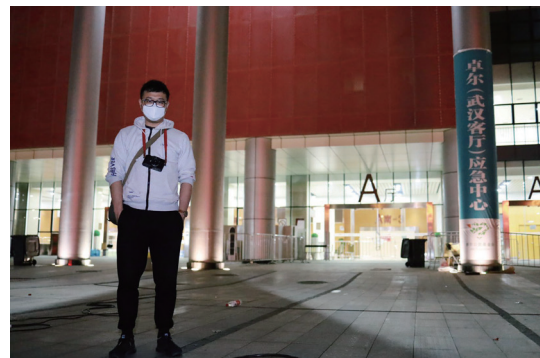
While Wuhan was dealing with such a chaotic and explosive situation, he was able to face the situation head on and, with a calm mindset, decide how to frame each photograph as to best convey the dire situation of the hospitals as they fought to keep patients alive. Throughout his 58 days in Wuhan, he continued to think and consider about how to improve his photography.

After returning to Shanghai, he looked through the photographs taken by Fabio Buciarelli, who had photographed Italy during the epidemic. “We are lucky. This is because we have a “language” that everyone in the world can understand just by looking at these photos.”

These moving photographs, taken with careful thought and consideration, not only provided information about the situation, but would remain eternally in documentaries. Dong Tian Ye plans to continue taking photographs forever. For him, it is an extremely important task.

After the interview was over, I asked Dong Tian Ye what he planned to do next. He responded that he first planned to pay his rent and utilities, which had been unpaid for over 70 days. He also plans to diet as, although his work in Wuhan was quite difficult, he actually gained weight. Now that he has returned to his normal life, he is also able to do things such as watch movies or read. Once everything is over, he would like to go visit his parents. He also expressed interest in visiting an epidemic sight overseas, such as Italy, to take photographs, but this is impossible.

What he worries about most now is conflict. This virus has caused a lot of disruption and fear to people's lives, and it's necessary that people show each other love and kindness. In the face of this virus, people need to put their strength together and band together. If they do this, they will be able to understand each other better, and if they understand each other better, then many misconceptions will disappear.



Counselling Service at TOPIA・トピアの相談窓口

TOPIA provides consultation on everyday life, education, labor, medical institutions, and disaster prevention; and information on sightseeing spots to overseas residents and visitors. When necessary, we will refer you to the appropriate organization that can assist with your needs. Counselling is available in English, Chinese, Vietnamese, and Japanese. Please note that although every effort will be made, we may not be able to deal with all cases.

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Tel: 088-656-3312 or 088-656-3313 (allows for three-way conversations with an interpreter)