

awa life

Gairaigo Galore:
バリアフリー

October 2022

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Golden Opportunity



**Introduction to the
Miyoshi International
Exchange Association**

**Japanese Culture and
Reading Corner: 日本の秋**



TOPIA

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

It's now October, and the temperature/weather is finally nice enough to spend some time outdoors without being drenched in sweat. Why not take some time to enjoy the outdoors and head to some of Tokushima's sightseeing spots? It's the perfect weather to visit some of the temples if you haven't taken the chance to yet. If you wait until next month then you can also enjoy some beautiful autumn leaves.

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



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Golden Opportunity

By: Abby Beers

In my time in Japan I have found that the most important word you will need to know during your time here is 'yes'. Sure, 'hai', 'arigatou', and 'toire wa doko desu ka' are up there, but when it comes down to it, your time in Japan will be most heavily influenced by your ability to say yes.

on just how I managed, in the hopes that I might offer some advice to others looking to avoid the dreaded JET loneliness, I have come to one word and one parable that hopefully I will be able to make into a cohesive piece of advice.

The word, I am sure you have guessed, is 'yes'.

The biggest fear I had, and that most people have, before coming to Japan was a fear of isolation. That you will be spending the next year of your life alone in



a country far from home with nothing to do but watch netflix and complain on reddit is an all too real possibility. I like to think that I have avoided that fate, and have made quite a nice little life for myself here in Tokushima. When reflecting

The parable is one that you may or may not be familiar with, is the parable of the bags of gold (Matthew 25:14-28 if you're curious). In this story a rich man

gives three servants bags of gold, one gets five bags, another gets two bags, and the last guy gets just one. The first two guys take their gold, put it to work, and double their money; the last guy just buries his gold in the ground for safe

keeping. After a while they are called back to the rich man and they tell them what they did with the money and return what they were initially given. The first two guys get to keep what they earned. The last guy gets called lazy because really even putting the money in a bank would have earned some interest.



In the bible this is a metaphor for God given gifts, but whether you thank Allah, Jesus, or the Japanese Government for the opportunity, our time in Japan is definitely a bag of gold. It's very easy to bury ourselves in the routines of work and forget what a unique and formative experience this truly is. It might be easy to cast yourself as the guy who only got one bag of gold when so and so got placed where you wanted and now here you are miles away from the nearest Taco Bell. What we have to remember is that every single one of us has been given the gift of a life in Japan. We can't just bury it a hole and forget about it. We have to use it and engage with it, even if it seems like less than you thought it would be, or conversely if it seems overwhelming and you don't even know where to start. We have our gold, now it's time to put it to work.

If the last guy was upset about only getting one bag of gold, burying it in a hole was a sure fire way of making sure that he stayed with one bag and one bag only. No matter what, nothing changes unless you work for it. You can't become less lonely by sitting in your house thinking about how lonely you are. I know how appealing that can be. I know how tempting it is to sit in your life

as it is, waiting for something to change, or maybe hoping that you will just learn to live with it and just survive until your contract is up. But I don't recommend that. Trust me, that was my strategy in college and it didn't work.

The true purpose of our time in Japan isn't just to be in Japan, that is only the starting point; the original bag of gold if you will. Eventually most of us will have to go back to our home countries, we will return this gift we have been given just like the men in the story. The good news is that we will also get to keep all the extra gold. The extra gold is memories, experiences, omiyage and in my case a rapidly growing supply of decorative socks. This brings us back to 'yes' because the way we make the most of our lives in Japan, and collect that sweet sweet metaphorical gold, is by saying yes to things even if we aren't quite sure why. Honestly I think this strategy works almost anywhere.



In May I made the decision to sign up for the AJET touch rugby tournament. I said yes when asked to join the team, even though I had literally never touched a rugby ball before my first practice and the tournament was in two weeks. If you know me, you know that on paper I am about as far from a rugby player as you can get. If you don't know me; Hello, my name is Abby and I am uncoordinated, relatively short, pretty weak, and fairly slow. Despite all that, I took the chance and now the Rugby Tournament is one of my favorite memories here on JET. I got to spend a weekend with friends out in beautiful Miyoshi enjoying

Golden Opportunity

the fresh air, meeting new people, eating good izakaya food, and relaxing in an onsen. I should also mention our team was undefeated on the second day of the tournament! Now, I always look forward to our weekly practices (we practice with Shikoku University on Mondays if you are interested).

Practicing with the AJET team has helped me build friendships and helped give me the confidence to join the tag rugby practices at one of my elementary

schools, something I was originally too shy to do. I ultimately ended up joining tag rugby by simply walking up to some fourth graders and asking them to throw me the ball (via gestures my Japanese is still not good enough to practice without charades). In case you didn't believe my earlier assessment of my skills, you should know I still practice with the fourth graders and they often score on me. I would be holding back the 6th graders if I joined them.

The initial 'yes', that to be clear I was hesitant to give, has led to so much more than I had originally thought. It has helped give form and fun to my life here in Japan, and this is just one example. It's no

coincidence that in the parable both our investors doubled their money, metaphors, of course, exist outside of the volatility of real world economies. The more you get involved the more opportunities will present themselves and the more confident in

yourself you will become. To be honest, my Japanese and my coordination have not improved all that much, but when I first arrived I let those things stop me from trying things that I wanted to try. Now, even if I struggle to understand



some instructions or drop the ball, I feel comfortable enough to laugh it off and just have fun. I'm comfortable because I risked, and suffered through, the discomfort.

While you are here, there will be so many things for you to do and see, in truth saying yes to all of them would be impossible. However, I really do encourage you to say yes as much as you can. To reach into your bag of gold and pull out a yes, even if you are worried or scared. It is quite often the things that are the scariest that are the most important and most rewarding. This is a golden opportunity to try new things and to grow. All you have to do is say yes.

NOTICE

Check out the Tokushima 2022 Japanese Speech Contest that is now available for free to view on Youtube!

Congratulations to all of the winners!

Link: <https://www.youtube.com/watch?v=IWwm8MO271Q>



Japanese Culture and Reading Corner: 日本の秋

By: Shoko Nomizu

日本には、春夏秋冬の四季があり、9月から11月が秋です。秋は、ほかの季節とは比べものにならないくらい〇〇の秋という言い方をします。

代表的なものには、「実りの秋」や「食欲の秋」、「読書の秋」、「スポーツの秋」、「芸術の秋」、「行楽の秋」などがあります。

この季節には、たくさんの作物が収穫できるので、多くの人が、おいしい物を食べたくになります。また、過ごしやすい時期になるので、読書や、スポーツを楽しみます。そして、音楽や絵、芝居、ミュージカルなどさまざまな芸術を楽しんだり、旅行やハイキング、キャンプ、もみじ狩りなどのアウトドアも楽しんだりしますね。あなたは、どんな秋にしたいですか？秋をぜひ楽しんでください。



Vocabulary List

四季	Four Seasons	食欲	Appetite	収穫	Harvest
季節	Season	読書	Reading	過ごしやすい	Pleasant
比べものにならない	Can't Compare To	芸術	Arts	芝居	Play
代表的なもの	Representative	行楽	Excursion	もみじ狩り	Autumn Leaf Viewing
実り	Harvest	作物	Crops	アウトドア	Outdoors

Gairago Galore



バリアフリー (Barrier Free)

By: Sydney Bartig

When I first came to Tokushima, many of the people at the prefectural office were preparing for the Olympics and Paralympics in one way or another. There were also some pregame training camps for Paralympic teams. During this time I heard the word バリアフリー (barrier free) come up quite a lot. I didn't think too much of until one day a coworker asked me if バリアフリー was an English word. My immediate thought was "yeah, of course it is", but when I started to think about it, I couldn't remember any cases of hearing it in English.

If you haven't heard the word before, barrier free means to make or design places so that they are accessible to those with disabilities. This can be used for things such as wheelchair ramps, or with making places such as bathrooms at a hotel, or even entire locations, accessible. Naturally with the Olympics and Paralympics taking part in Japan, this word came up quite a lot. When I looked into it to see if it actually was an English word, I did find a fair number of cases of it being used in English, although there were quite a few times where it was used and then an explanation was added. What about you? Did you know this word before reading this article?



Introduction to the Miyoshi International Exchange Association

Now that I think about it, it has been 37 years! We started with some small activities in 1980 and then founded the “Miyoshi-gun Youth International Exchange Association” in 1984. Afterwards we ended up changing the name to the “Miyoshi City International Exchange Association”. We’ve then since continued our volunteer activities.

At the time, Ikeda Town held the annual “Jumbo’s English Seminar” and was known as an English town. However, we didn’t see many foreigners walking around the town, and we had few chances to speak English with foreigners. Our association was formed with the hope of somehow creating more chances to interact with foreigners, use native English, and learn about foreign cultures. At the time we visited China, the east coast of the US, Southeast Asia, Europe, etc. to continue cross-cultural exchange. While continuing our activities, we decided to take the next step and search for a sister city in order to foster long-term cultural exchange. In 1986 we met The Dalles, Oregon, which is very similar in topography to us, and began annual, reciprocal sending and receiving of adults, middle schoolers, and high schoolers.

In 2016, a 1 month, short-term study abroad



Children listening to a presentation about Myanmar

program for middle schoolers in Miyoshi City began, and we worked to provide full support through advance training and coordination with the host city The Dalles. It brings us great joy to help foster a sense of internationalism in the middle school students of Miyoshi City.

Many foreigners have had the chance to enjoy traditional Japanese culture such as karate, kendo, ikebana (flower arranging), sadou (tea



Enjoying Myanmar cuisine

ceremony), Japanese food experiences (making Iya soba, udon, natto, konnyaku, etc.). They have also enjoyed Japanese New Year events such as learning hagoita (battledore) and otedama (beanbags) games from the local people, as well as beigoma (spinning top), menko (card game), and koma (spinning top).

Additionally, we have had a French artist come and work with local kindergarten students to make a joint project using large sheets of Awa washi paper, cooperated with the Daiwa Anglo-Japanese Foundation on a project to help nurture skilled British personnel, and held a “Course to Foster Japanese Volunteer Instructors” in the western part of Tokushima after being asked by TOPIA in 2011.

In a small way, we worked to help at the World Rafting Tournament through interpretation and knowledge about lodgings. This year the World Wakeboarding Tournament will be held, and there should be many chances to talk with foreigners.

In 2020 we started an English class for adults and children with the help of an American teacher. While continuing their work, I’m sure there have been many troubles for our volunteers, but we’re very grateful that we have had the help of so many people and have been able to continue our activities.

We hope to continue moving forward for Miyoshi City, Tokushima, and to a larger extent, Japan. We hope for everyone’s continued guidance and support.

～ています／～てあります

雨の日、AさんがBさんの家に来ました。Bさんの部屋の窓を見てAさんが言いました。

A: あ、窓が開いていますよ。

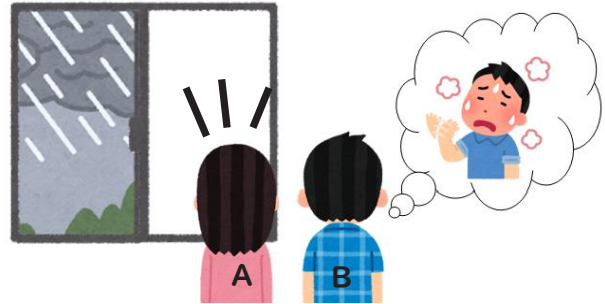
雨が中に入るかもしれません。閉めないんですか。

B: ええ、暑いから開けてあるんです

A: そうですか。

Both A and B talked about the condition of the window.

What did each of them say?



Aさん「窓が開いています」

A looked at the window and spoke about how they were surprised that it was open.

Bさん「(窓が) 開けてあるんです」

B talked about how it was hot and he wanted it to cool down, which resulted in the current state of the window.

窓が 開いています

N が 自動詞+います

The current state of a noun when it is seen.

窓が 開けてあります

N が 他動詞+あります

Used when someone did something for a reason, resulting in the current state of something. Not used for bad things.

<練習> () の中の、正しい方を選びなさい。

1. A: あのう、かばんが開いて (います・あります) よ。

B: あ、ありがとうございます。

2. A: パソコン、消さないの？

B: (ついて・つけて) あるのよ。まだ仕事するから。

3. A: 見て！受付にきれいな花が飾って (いる・ある) よ。

B: 本当だ。でも1本折れて (いる・ある) よ。

4. A: 会議室の準備はできましたか。いすは？

B: (並んで・並べて) あります。

A: 机の上は？

B: 拭いて (います・あります)。

A: でも、あの机は汚れて (います・あります) よ。

B: すみません。すぐに拭きます。

Events & Memoranda

We want YOU to tell TOKUSHIMA about your country!
在住外国人の国際理解支援講師を募集しています！

★ 内容 日本語を使って、自分の国の文化紹介・日本の印象や徳島での生活 などについて
プレゼンテーションや デモンストレーションを しませんか？内容について アドバイスもします。
Give presentations or demonstrations to people in Tokushima. Talk in Japanese about topics such
as your country's culture, traditions, language, etc.. If you need help planning a presentation, our
coordinator will give you guidance.

◆ 民族衣装や民芸品 ◆ 食べ物や料理 ◆ 音楽や踊り ◆ 伝統行事や祭り
◆ 美しい風景や人々 ◆ 子どもたちの遊びや学校の様子 ◆ お国のあいさつや かんたんな言葉
Talk about your country's food, music, dance, traditional events and festivals, beautiful views, etc.!

★ 対象 学校の子どもたちや、国際交流のイベント参加者
Presentations will be given to school children or people at international exchange events.

★ 日時 学校や団体から TOPIA に 希望の日時や国など 連絡が来たら みなさんの都合を聞きます。
活動は 年に数回で、移動を含めて 午前か午後の 3～4 時間です。
We will ask you when we receive requests from schools or organizations.
Each event takes takes 3~4 hours including travel time, and you will be asked to participate a few times
a year.

★ お礼 1 回 ¥4,000.- ぐらいと 交通費 が別にです。
Honorarium is about 4,000 yen, plus transportation expenses.

★ 問い合わせ先
Contact Information
公益財団法人 徳島県国際交流協会 TOPIA
E-mail: coordinator3@topia.ne.jp
TEL: 088-656-3303



Notice

Enjoy African Music! B.B. Mo-Franck アフリカ音楽を楽しもう

When: October 30th (Sun.) Experience Class: 10:30 -11:30

Concert: 13:30 - 15:00

Where: Bunka no Mori 21 Seikikan, Event Hall 1F

Please check out TOPIA's website for more details!



Events & Memoranda

Autumn Awa Odori 秋の阿波おどり

For two days (November 5th & 6th), you can enjoy Awa Odori performances for free. There will be splendid joint performances by famous groups, performances by student groups, performances of Awa deko sanbaso mawashi, and many other events. ♪ On the 5th (Sat.) there will be a concert by Takeshi Kitayama, the tourism ambassador for Miyoshi City.

When: November 5th (Sat.) & 6th (Sun.)

10:00 – 16:00

Where: Asty Tokushima

Fee: Free

Inquiries: Asty Tokushima

TEL: 088-624-5111

URL: <https://www.asty-tokushima.jp/docs/2022062200011/>

11月5日(土)・6日(日)の2日間、入場無料で阿波おどりを楽しむことができます。

有名連による豪華共演や、学生連の演舞、阿波木偶三番叟まわしと盛り沢山の内容です♪

5日(土)は三好市観光大使・北山たけしさんによるコンサートもお楽しみ！

日時：11月5日(土)・6日(日)

10:00～16:00

場所：アスティとくしま

料金：無料

お問い合わせ：アスティとくしま

Tel: 088-624-5111

URL: <https://www.asty-tokushima.jp/docs/2022062200011/>

Notice

Rakugo in Simple Japanese! やさしい日本語での落語会

On October 30th (Sun.) from 14:30 - 15:45, a Rakugo in simple Japanese event will be held at the Anan Himwari Kaikan.

Please check out TOPIA's website for more details!



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.

Japanese, English, Chinese: Everyday, 10:00 - 18:00 (closed during the New Year's holidays)

Vietnamese: Mondays, Wednesdays, Thursdays, Fridays, 10:00 - 14:00

Saturdays, Sundays, and holidays, 10:00 - 18:00 (closed during the New Year's holidays)