

awa life

**Greetings From Your New
Editor Pt. 2**

**What Kind of Autumn
Will You Have?**

Oct. 2024

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Japan's Yokai: The Tanuki

**Tokushima Prefecture Disaster
Prevention Center**

Nihongo Know-it-all:

猫を被る



TOPIA

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

Happy October, everyone! I don't know about you all, but we are finally approaching my favorite time of year, where the weather cools off and it's once again enjoyable to spend time outdoors. I can't wait to see the mountains of Tokushima covered in the colors of autumn. If you go on any amazing Fall adventures, feel free to write about it and send it in to the awa life email!



When thinking about Fall in Japan, one of the first things that comes to mind for me is all of the seasonal foods and drinks that come out. Keep your eyes out and you may start to see things like roasted sweet potatoes, oden, chestnuts, persimmons, pears, pumpkins, and more popping up around you! Some places even have Fall-limited food and drink offerings, so don't miss out!

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:

Your editors,
Riley and Lisa

awalife@gmail.com

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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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Greetings From Your New Editor Pt. 2

By: Lisa Knitter

Hello, everyone! My name is Lisa Knitter and I'm from Berlin, Germany. As of August, I am serving as a Coordinator for International Relations (CIR) in Tokushima, working at the Prefectural Government Offices and TOPIA. My work mainly consists of supporting the International Exchange efforts of Tokushima, as well as supporting Tokushima's residents that came from abroad. In fact, only a week and a half after arriving here, I flew straight back to Germany for a business trip accompanying a delegation of nurses from Tokushima! The German state of Lower Saxony and Tokushima Prefecture have a long history of friendly relations, and actively participate in exchange activities in a wide range of fields, so I am sure my work will be very interesting.

Before starting this job, I studied Japanese

history, culture, and literature at the Freie Universität Berlin for both undergraduate and graduate studies. I first became interested in



Japan during my second year of junior high school, where I had the opportunity to take Japanese language classes and even study abroad two times, and I have continued learning the language ever since. As a CIR, I would like to use the things I've learned during these past 13 years, as well as new things that I am sure to learn from here on out, to work hard and do my best.

My hometown of Berlin and the surrounding region are very flat lands, so I am very happy to be able to come to Tokushima prefecture, where the ocean and mountains are both close by. I feel fortunate to be able to live and work in an area as beautiful as this one. In my spare time, you may find me hiking or continuing to travel and explore Tokushima,

Shikoku, and the whole of Japan.

But as one of the new editors of Awa Life, I am also looking forward to reading all the amazing articles you readers will send in. Please send in your submissions anytime. You can write about (almost) anything. We would love to hear about your experiences in Tokushima or any other topic you find exciting and want to share. *Also, los gehts!*

Tokushima Prefectural Disaster Prevention Center

By: Riley Henke

Recently I had the chance to go to the Tokushima Prefectural Disaster Prevention Center, and I was quite surprised by my experience there. As part of the orientation for all the new Tokushima JETs, around 40 participants hopped on board a bus at Tokushima Station and headed to the Center on August 21st, 2024. I wasn't sure what to expect when we arrived, but with the recent earthquake and typhoon warnings, I knew that I wanted to pay close attention to what we were taught. At the same time, I was rather nervous because I would be trying my hand at interpreting for the first time, taking the guide's Japanese explanations and then repeating them in English for the other JETs.

The first stop on our tour was to a room with a large projector, where we were shown footage of past natural disasters in Japan. For me, it really helped drive home how serious the damage from these disasters can be, and forced me to really imagine how I would react if I were there. Next, we went to the Earthquake Simulation Corner, where visitors experience the shaking that comes with earthquakes of various seismic intensities. We were led in groups of six to stand on a platform with handles, and were instructed to hold on tight while the simulator started its shaking. Then, the floor beneath us began shaking with tremors equivalent to that of a seismic intensity 7 earthquake. Honestly, it felt a lot more intense than I imagined, and seemed to last much longer than the 20 seconds it ran for. After the

machine's shaking stopped, I realized my legs were still shaking on their own! I think it was helpful to experience that level of shaking first hand, because now I can use that feeling as a gauge for any earthquakes I experience from now on. I hope none of them ever reach level 7 intensity, but if they do, I think I'll have a better frame of reference to guide me in what actions to take.

After the shaking in my legs stopped, we then traveled upstairs to the Fire Extinguishing Corner. There, we got to practice using real fire extinguishers to "put out" a fire projected on the wall. The fire extinguishers we used were filled with water instead of the fire-fighting solution they normally contain, but aside from that everything was just as it would be in a real fire emergency. We pulled the safety pin, grasped and aimed the hose, and squeezed down on the handle to release the water inside. We even shouted 「火事だ！」 or, "Fire!" to practice alerting the people around us to the fire. Out of all the experiences we had that day, I think this one will prove the most helpful in a practical sense. In a crisis, the mind is in a state of panic, but now that I have the muscle memory of having done it once, I feel more confident that I would be able to properly use a fire extinguisher were it a true emergency. Following that, we went to the Smoke Evacuation Corner, where



Tokushima Prefectural Disaster Prevention Center

the guide explained how to stay low and cover your face while you evacuate from a fire. I think this one was a shock for many people, and I won't spoil why exactly, but it definitely made me realize that smoke inhalation is much more dangerous more quickly than I had imagined.



The last stop on our tour was the Wind and Rainstorm Corner, although due to our tour slot, we only experienced the wind part of it. But trust me, just that was more than enough for me. We all lined up eight at a time to stand in front of a giant fan, and then stood there as the winds gradually got stronger and stronger, eventually

reaching up to 30m/s (or 67mph). I have never experienced winds even close to that strong, and I was not mentally prepared for how powerful they were going to be! I couldn't help but see how dangerous that would be if you were outside, especially if rain were added into the equation. I certainly won't underestimate the wind again after that experience, and if the news tells me to stay inside, you can bet I'm listening.

That's where our tour concluded for the day, although there were still a few more exhibits separate from the tour that can be viewed as well. Overall, the trip to the Disaster Prevention Center was a very impactful experience for me. It provides a very rare opportunity to have first-hand experience with some of the sensations in a natural disaster, as well as teaches important protective measures that should be taken in emergencies. If I ever do experience any of the natural disasters we discussed, I think it'll be easier to stay calm and figure out the best course of action after having experienced the sensations once before.

What Kind of Autumn Will You Have?

By: Riley Henke



Have you ever heard the Japanese phrase 「食欲の秋」? How about 「読書の秋」? Or maybe 「スポーツの秋」? If you're not familiar, all these phrases describe the different "types" of autumn one can have. 食欲の秋 means that autumn is the season of appetite, or the best season for eating. If one has a 食欲の秋, they plan on eating well and enjoying all the tasty foods that are in season in autumn. 読書の秋 mean that that autumn is the season of reading. Even if you aren't a huge bookworm, it's hard to say that the cool nights and warm tones of

autumn don't make for a perfect atmosphere to curl up with a good book. If someone has a 読書の秋, they plan on cozying up and knocking some books off their "to-read" list this fall. Lastly, スポーツの秋 means that autumn is the season of sports! As the weather finally begins to cool off, many people are ready to get back outdoors and burn off some of the energy they've stored up over the summer. Many sports leagues start their seasons in fall, and in fact the Japanese professional soccer league, or J.League, is shifting its season, and starting in 2026 will switch its start from early March to August to avoid the worst of the summer heat. To many, Japanese summers are simply too hot to enjoy playing outdoor sports, so when autumn finally arrives many are more than ready to have a スポーツの秋. Walking, mountain climbing, and cycling were some of the most popular sports people were ready to partake in in the fall, according to a survey conducted by Navit Co. Ltd.

While these three are the most popular examples, there are many others types of autumn as well, such as 芸術の秋 (an autumn of art), 行楽の秋 (an autumn of outings, excursions, hiking, etc.) and a personal favorite of mine, 睡眠の秋 (an autumn of sleep). It's interesting to me that even across cultures, the types of activities people enjoy doing in autumn seem fairly consistent. Although, I think if you asked people in America, many of them would say that autumn is the perfect season for scary movies, haunted houses, and bonfires as well. Everyone, what kind of autumn do you hope

or plan to have this year? What fall activities are popular in your country?



Japan's Yokai: The Tanuki

By: Qin Yao

The tanuki, sometimes called the raccoon dog, is a well-known creature in Japanese folklore. In addition to being a real creature you may see in the wild, the tanuki is also one of Japan's yokai (妖怪), a class of strange and supernatural creatures and phenomena of Japanese folklore. The tanuki yokai shares similar characteristics to those of a kitsune (fox yokai), both being powerful shape-shifters with the ability to deceive humans. The Nihon Shoki, published in 720 A.D., contains the first written mention of tanuki, describing tales of how they would disguise themselves as humans and sing.



Short and plump, reddish-brown, and with dark fur around their eyes (sometimes said to resemble eyebags), tanuki are loved by many for their adorable appearance. According to folklore, these critters

are wise, witty, and humorous, living in harmony with the people of mountain villages. Famed Studio Ghibli director Hayao Miyazaki portrayed tanuki in the film *Pom Poko* which, according to IMDB, depicts how "A community of magical shape-shifting raccoon dogs struggle to prevent their forest home from being destroyed by urban development." *Pom Poko* humorously depicts the wisdom and efforts of the tanuki, and explores the conflict and harmony between nature and human society.

To the island of Shikoku, sometimes called the kingdom of tanuki, these raccoon dogs are an especially important presence. In the past, it is said

that there were both many tanuki and kitsune on the island. However, Buddhist monk Kukai, famed for establishing the 88-temple pilgrimage route in Shikoku, drove the cunning and sneaky kitsune off the island with a curse, leaving only the honest tanuki behind. For this reason, there are many tales about tanuki in Shikoku, such as the "Kizaemon Danuki," "Awa no Tanuki no Hanashi," and, "Kasazashi Danuki." Of course, other regions in Japan have their own tanuki tales as well, with some of the most famous being the Bunbuku Chagama (Gunma Prefecture), and Sho-Jo-Ji (The Hungry Raccoon) (Edo, Tokyo).

Tanuki are viewed as objects of worship to some in Japan, and various festivals, temples, and shrines have even been dedicated to those considered to have particularly strong divine powers. As one of Japan's yokai, and an especially clever and crafty one at that, these shape-shifters are an important and unique part of Japanese folklore. From their representation in animated works to local legends and festivals, the tanuki has a diverse range of appearances in Japanese culture, showing just how revered they are.



Tokushima Culture and Reading Corner: Japan Blue 藍染め

By: Akira Harada

皆さんは、東京オリンピック・パラリンピックの公式エンブレムに使われた藍色を覚えていますか。ジャパングルーと呼ばれ、世界の注目を集めました。藍という植物を使って染めた、藍色の事です。

明治時代に日本を訪れた、ロバート・ウィリアム・アトキンソンという英国人化学者が、日本の街で見た、藍染の美しい青が印象に残ったことから、「ジャパングルー」と名付け賞賛したそうです。また、パトリック・ラフカディオ・ハーン（小泉八雲）は、「日本は神秘的なブルーに満ちた国」と言って賞賛しています。浮世絵にも、印象的な青が多く使われています。

藍は、紀元前3000年のインダス文明から世界に広がったと言われています。日本へは、1500年程前に中国（唐）から朝鮮半島を経て伝わったそうです。

徳島県を流れる吉野川流域は、栄養が豊かで藍の栽培に適しており、日本で一番の藍の産地となっています。

徳島県にはたくさんの美しいブルー（自然）があります。時には、Japan Blueを感じながらゆっくり過ごされてはいかがでしょうか。きっといい時間が過ごせますよ！

Vocabulary List

公式 official エンブレム emblem 藍色 indigo (color) 注目 attention 染めた dyed
 英国人 Englishman 化学者 chemist 印象 impression 名付け naming 賞賛 praise
 神秘的 mysterious 満ちた to be filled with 浮世絵 ukiyo-e, Edo-period woodblock
 print 印象的 impressive, memorable 紀元前 B.C. era インダス文明 Indus valley
 civilization 経て through, by way of 流域 drainage basin 栄養 nutrition
 豊か abundant 栽培 cultivation 適している suitable 産地 producing

猫を被る

Nihongo Know-it-all

By: Riley Henke

I thought we'd talk about something on theme for the month of October, so this time, we're talking about cats and masks! Spooky, right? Our phrase this month is 「猫を被る」 with the noun form being 「猫被り」 and it translates to something akin to the English phrase, "a wolf in sheep's clothing." If you're not familiar, both phrases mean to hide one's true nature to appear docile or harmless. However, the literal translation of the Japanese phrase is "to wear a cat (as one would wear a mask)." There are a few different theories on how this phrase came about, but I'll share the most popular explanation with you all.

The main theory for this phrase's origin is pretty straightforward, or at least it probably is for anyone that's interacted with a cat in their lives. Many believe that this phrase alludes to the mannerisms of our feline friends; namely, how they can be cute and snuggly one moment and the next they're out for blood (literally or figuratively). Cats will often appear calm and relaxed on the outside, until the moment they decide they've had enough, in which they reveal their "true nature" that was hiding underneath the surface. So if one is a 猫被り, they, just like a wolf in sheep's clothing, are putting on a cute or harmless outside appearance (or mask), all the while hiding their true ferociousness underneath. I'm sure if you did try to wear a cat like a mask, you probably would get scratched, but who could blame the poor cat for that?



「すごく」「かなり」「すべて」

Japanese Lesson

By: Fusa Tamaki

Everyone, I'm sure you may have already studied adverbs such as 「とても」「よく」「あまり」 and 「ぜんぜん」. Adverbs are used to describe an action or the state of things, and can provide information such as scale or to what extent/degree. Japanese is said to be a language that has a very large number of these adverbs. Unlike verbs or nouns, a sentence can be formed without the use of adverbs, however, they are still very important since they help the speaker provide more detailed information. Many adverbs have similar meanings, and you may find it difficult to distinguish between them. Today, let's learn a few more adverbs that you can add to your repertoire.

In this lesson, we will study adverbs that describe things of large degree or quantity.

1. 「すごく」 means that the degree of something is surprisingly large. It is often used in everyday conversation. * 「すごい」 is an adjective.

- ・「田中さんが結婚すると聞いて、すごくびっくりしたよ。」
- ・「今年の夏は、すごく暑い日が続いてるけど、大丈夫？」
- ・「AI って、すごく難しい日本語でも、あっという間にいろいろな言葉に翻訳できるんだね。」

2. 「かなり」 means that the degree of something is above average. It is often used in everyday conversation.

- ・「田中さん、遅いね。」「もう、かなり待ったよね。先に行こうか？」
- ・彼は、クラスの中でもかなり成績はいいです。
- ・彼女のランニングタイムは、チームの中ではかなり速いですね。



3. 「すべて」 means “everything” or “all”, with nothing left out.

- ・今日の宿題はすべて終わりました。
- ・台風で、今日の日本語のクラスはすべてキャンセルになりました。
- ・良いことも、悪いことも、すべて大切な思い出です。

Now, let's practice. Choose the appropriate word from the following and finish each sentence: 「すごく」「かなり」 or 「すべて」.

1. この問題について、ここにある資料を（ ）確認しましたか。
2. このケーキは（ ）おいしいです。今までの食べたケーキの中で一番です。
3. 「え、これ全部食べるの?」「（ ）多いけど、大丈夫?」
4. わたしはお母さんに褒められて（ ）うれしいです。
5. 彼の意見は他の人の意見より、（ ）説得力があります。
6. 今日の仕事は（ ）終わりましたので、しつれいします。

ことば いみ
言葉の意味

- ・ ほんやく Translation
- ・ せいせき Grades
- ・ せつとくりよく Persuasiveness

Events & Memoranda

TIA Japanese Language Evening Classes TIA 夜の日本語クラス（初級・中級）

If you want to join, please contact the TIA office. 勉強をしたい人は、電話かFAX、メールで申し込んでください。無料です。
The class is free. There are two levels:
- Elementary Class: Every Tuesday, 5:30p.m. - 7:00p.m. - 「初級クラス」：毎週火曜日 17:30 ~ 19:00
- Intermediate Class: Every Tuesday, 7:10p.m. - 8:40p.m. - 「中級クラス」：毎週火曜日 19:00 ~ 20:40
Term: October 15, 2024 - February 25, 2025 期間：2024年10月15日から2025年2月25日まで
Location: TIA office 場所：徳島市国際交流協会 2階 会議室
Inquiries: Tokushima International Association お問い合わせ：徳島市国際交流協会 / TIA
Phone 088-622-6066 Tel: 088-622-6066 Fax: 088-624-3169
Fax: 088-624-3169 E-mail: info@tia81.com
Email: info@tia81.com

Climbing Mt. Tsurugi 剣山に登りましょう！

TIA will climb Mt. Tsurugi, the highest mountain in Tokushima. Only 40 applicants will be accepted. In the case that there are more than 40 applicants, participants will be chosen by lottery. The application deadline is 5:00pm October 23. 徳島市国際交流協会（TIA）では、高さ1,955m、徳島県で1番高い剣山に登ります。40人参加できます。40人以上の申し込みがあった場合は、抽選します。

DATE & TIME: October 27, 2024 (Sunday) 6:30am (meet at TIA) - 6:00pm (arrive back at TIA)

開催日時：2024年10月27日（日）6:30にTIAで集合、18:30に帰る。

To apply or for inquiries please contact:
Tokushima International Association (TIA)
Phone: 088-622-6066
Fax: 088-624-3169
Email: info@tia81.com

申込み：10月23日（水）17:00までTIAに連絡してください。
Tel: 088-622-6066 Fax: 088-624-3169
E-mail: info@tia81.com

India's Diwali Festival インドのディワリー祭り

TIA will organize a workshop on India's Festival of Lights called Diwali with the Coordinator of International Relations - Rishmita Siyal (from India). The workshop will be conducted in Japanese, English, and Hindi.

TIAでは、インドの明かりの祭り、ディワリーのワークショップを行います。徳島市国際交流員のリシミタシヤルさん（インド出身）と体験してみましょう。説明は日本語、英語とヒンディー語で行います。

Date: 3rd of November (Sunday)

開催場所・日時：11月3日（日）

Further details including location will be released soon on the TIA website, Facebook page etc.

（詳細は後日、TIA web サイト、フェイスブック等でお知らせします）

Events & Memoranda

Ozato Hachiman Shrine Autumn Festival 大里八幡神社秋祭り

Don't miss this year's traditional Ozato Hachiman Shrine Autumn Festival! The night of October 19th, nearly 1300 fireworks will light up the night sky near the Kaifu River mouth. Then, October 20th, seven majestic sekibune boats and danjiri carts will kick up clouds of dust as they run through streets, filled with the sounds of bells and taiko drums. This year, too, we hope everyone will join in on this experience!

Location: Ozato Hachiman Shrine, Kaiyo, Tokushima

Date: Fireworks the night of October 19th (Saturday), Festival October 20th (Sunday)

Inquiries: Kaiyo Tourism Board
Phone: 0884-76-3050

海部川流域の総氏神を祀ってある八幡神社の祭で、2隻の関船とだんじり5台が、4キロにわたる松原海岸を練りひく豪快な祭です。砂煙あげて駆け抜ける勇壮な7台の関船やダンジリ。鉦や太鼓の音に心浮き立つ伝統の秋祭り。前夜には、海部川河川敷で花火大会も行われます。

開催期間: 2024 年 10 月 19 日 (土)・20 日 (日)
19 日 (土) 花火打ち上げ予定

開催地: 海陽町 大里八幡神社

お問い合わせ: 海陽町観光協会
Tel: 0884-76-3050

Tokushima Culture Bus Tour 日本語や徳島の文化にふれるバスの旅

Join us for a bus tour of Tokushima full of Japanese culture and language! We will be going to Ai no Yakata to do traditional indigo dyeing, and then Jurobe Yashiki to watch a ningyo joruri puppet theater performance. Spots are limited so make sure to sign up fast!

藍染め体験と人形浄瑠璃の観賞をしましょう！藍の館と十郎兵衛屋敷へのバスツアーを開催します。徳島と日本の伝統的な文化と一緒に経験しましょう。

開催日: 11 月 24 日 (日)、9:15 ~ 16:00

Date: Saturday November 24th, 9:15a.m.-4:00p.m.
For more information please check the TOPIA website: <https://www.topia.ne.jp> or call us at 088-656-3303

申し込み方法や具体的な情報は TOPIA のホームページから: <https://www.topia.ne.jp/>



Counseling 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)