



December 2012

student ambassadors



student exchange between tokushima's joto high school and st. joseph school in france

Every two years 20 students participate in this exchange program, which began in 1998. St. Joseph students visit Joto in late October and Joto students head to France in March. All students do a home stay for about two weeks, have lessons at each school and experience a variety of activities. This year marks the 7th exchange.

Moriwaki Shoko*Contributors: Vincent, Diallo, Marianne, Maissa, Akari, Ms. Moriwaki*

Joto High School

Vincent Di Santo

Joto high school is very large and amazing. It's incredible to see. Students clean their own classrooms, so the whole high school is clean. They are always smiling and you can practice many activities. They all wear matching uniforms. They aren't nervous or misbehaved with other students or with teachers. In class they don't talk but they can sleep! They have a home economics room, a calligraphy room and many more. They can practice baseball, Kyudo" archery, soccer, and many other sports. All students are shy but they love us, and everybody takes care of other students. You can sense a lot of respect. I don't know why but they have an elevator. They also have a sports field where they can practice all kinds of sport, as well as two gymnasiums. They have so many things that we don't have in France; it's amazing! I don't want to leave Joto high school.

student ambassadors ... con't on pages 4 & 5

inside awa life this month

page 3: irene's recipe corner; page 4: student ambassadors con't;

page 6: japanese lesson;

page 8: letter from suketo hoikuen; page 9-12: events & memoranda

awa life

is a monthly publication of the Tokushima Prefectural International Exchange Association (TOPIA)

Editors:

Emma Boardman & Martin Rathmann

Contributors This Month:

Moriwaki Shoko, Vincent Di Santo, Diallo Salena, Marianne Lespagnol, Maissa Djedaini, Katayama Akari, Shinobu Watari, Kazue Inoue, Irene Wachuga, Yoshie Motoki, Austin Smith

Tokushima Prefectural International Exchange Association (TOPIA)

Clement Plaza 6F

1-61 Terashima Honcho Nishi
Tokushima City 770-0831 JAPAN

tel: 088.656.3303

fax: 088.652.0616

topia@topia.ne.jp

http://www.topia.ne.jp/

Download a PDF file of **awa life** or view the online version by going to TOPIA's web-site!

show tokushima some love: awaglot

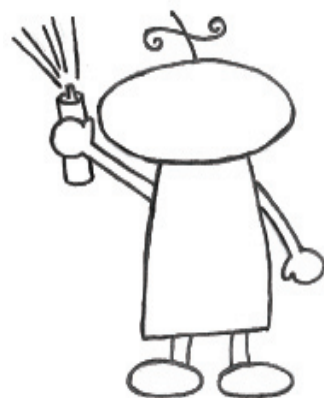
The literary corner of Awa Life, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, non-fiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

There is also a classifieds section for you, our readers, to post ads in, but a few rules do apply!

The following will not be posted: Religious, political, or commercial activities, businesses searching for clients or employees, things the Awa Life editors deem inappropriate.

BUT, you can totally submit this stuff: offers to sell or exchange personal goods, concerts, lectures, and other event information, cultural, sporting, and other community group information, etcetera.

If you have something you would like to share with the Tokushima community, email the editors at **awalife@gmail.com!**



Tokushima resident Harry Stoneley shows his support for Gay Pride in Osaka (photo by Austin Smith)

christmas cheers

Christmas is a time to share and to give. So for this joyful season, why don't you bake something and spread Christmas cheer to those around you? They'll be merry and you'll be blessed.

For vegans and those who are lactose-intolerant, this is super delicious, and uses **NO Eggs and NO milk**



SIMPLE FUDGE CAKE

Ingredients

1 cup of sugar
½ cup of cocoa
1 tsp of baking soda,
2 cups of flour
½ tsp of salt,
1 ½ tsp of vanilla
½ cup of cooking (vegetable) oil
1 ½ cups of water
1 tsp of vinegar

Directions

1. Preheat the oven to 170-180 degrees.
2. Sift all dry ingredients together.
3. Combine all liquid ingredients in a separate bowl.
4. Add the liquids to the dry and mix well.
5. Bake for 25-40 minutes depending on your pan size - the thicker the layer of batter in the pan the longer

it will take. When the edges separate from the sides and a toothpick inserted comes out clean the cake is done. The center will still be a little soft, it hardens as the cake cools but generally this is a moist cake.

6. Cool in the pan until warm then cool completely on wire rack.
7. Frost with your favorite frosting and enjoy.



The heart (and stomach) of "Awa" life

Learn more about Tokushima produce whilst sharing your own food culture with local residents!

December 5th sees the launch of a unique "cross-industry exchange" in Tokushima. Foreign residents & locals alike are invited to learn more about Tokushima's agricultural and marine produce.

We'd also like to provide the opportunity for foreign participants to contribute, sharing their home country's cooking techniques, styles, unique tastes, and recipes.

When: December 5th (Wednesday)

15:20 ~ Industry opinion exchange

16:20 ~ Open discussion

Where: River View Terrace Blanc Ange
Tokushima City, Bandai-cho 7-1-2

(Accessible by bus from Tokushima station)

Info: Mr. Shibata masa@tsci.or.jp

088 - 623-2014 <http://www.tsci.or.jp>



What I think about とくしま。

Diallo Salenna

The city of とくしま, to me, is a beautiful and great city. It is one of the best places in the world. There are a lot of things to visit and to see, such as あわおどり (Awa-Odori) which is a weird but funny dance. The streets and roads are so big, much bigger than in le Havre(my town) – it's fascinating!

Moreover, restaurants here have more delicious meals and a good vibe, which gives us a warm feeling when we eat out. However, if you are not from the city, you can easily get lost, as there are so many streets. I find the houses here very beautiful and different from the European designs.

My host family is really kind hearted and warm - they do everything to make me feel at ease. They are so sweet and lovely. They gave me lots of gifts, even though they didn't have to, and they made so many Japanese meals, I was able to taste a large variety of Japanese food. I'm really thankful to them. By the way, おかあさん is a very good cook, ほんとうに !

My pen pal is kind, nice, friendly and adorable! She also does everything to make me happy and through her I was able to discover a lot of things.

Finally, とくしま is a "must visit" place - I'm sure that in the future, I will come back here again, that's for sure!

Visiting Kyoto

Marianne Lespagnol

"On Saturday October 27th we went to Kyoto. First we went to Kinkakuji: the surrounding area is peaceful and amazing to look at, full of the colors of Momiji; scarlet-tinged maple leaves.

Then we headed to the Heian Jingu Shrine. It was the shichi-go-san (753 festival), which meant there were a lot of people, young, teens and grown-ups in kimonos - it was very beautiful. We took a lot of photos of those people. The garden of the shrine was also very pleasant with the little lakes, trees, and fish...

Next we went to the Kiyomizu Temple. It's high up! I knew this spot from "Negima", a manga, but it is not exactly the same in reality. From this building we had an amazing view of Kyoto! In the afternoon we went shopping near Kiyomizu, where there are many shops selling traditional objects from Japan (chopsticks, Yukata, Sensu fans) or food (dango dumplings, green tea ice cream etc.). I bought a beautiful Yukata and a matching handbag.

To sum up it, I enjoyed this trip to Kyoto a lot!
 きょうとは とても きれいと思います
 マリアンヌ



Calligraphy (Shodo)

Why did I choose the Japanese Language?

Maissa

First of all I love Japan because Japanese culture is very beautiful. At first I learned Japanese by myself with my computer and a dictionary. When I was a child I watched a lot of anime on TV. Now I read manga, I watch dramas, anime and I listen to Japanese music. I read and watch; Naruto, Bleach, One Piece, Dragonball, Ashitane Joe, Doraemon...

I learned Japanese by myself through manga, dramas and anime. I watch drama or anime everyday on my computer. Through that, I had an image of Japanese culture based on famous characters such as Yukimura, Sonoda and Datemasamune.

The Japanese culture is very beautiful and different. The food is delicious. I love Sushi, Sashimi, Onigiri, Green tea, Yakitori, and Takoyaki. There is a lot of Japanese food that I love.

However, the biggest reason why I chose Japanese is sports. I love baseball - it's my passion and my favorite sport. I play softball (because I am a girl.), but I really want to play baseball like the boys. In Japan the baseball is very, very famous. In Japan there are many stadiums, batting centers and school baseball clubs. The Giants and the Fighters teams are doing very well. My favorite Japanese Manga is "Major". It's a baseball manga.

To finish, the culture, food and sports of Japan are very beautiful and amazing!! That's why I chose Japanese.

Hosting a student from France

Katayama Akari

A girl named Juliette came to my home. Before she came, I had been in contact with her by e-mail. I was looking forward to seeing her. When I first met her, I was a little nervous. "Can she understand my English?" I worried.

However, she was very friendly and my anxiety soon disappeared. I belong to a gardening club and we held a Halloween party for the French students. At first it was difficult for us to talk to them but when one of us drew some anime characters on the blackboard, everyone started to talk about anime. Eventually we talked about many topics and had a really good time. At the party, I didn't think communication was so difficult.

At home my family only spoke broken English but we could communicate with each other. We laughed and smiled every day. Thanks to Juliette I made both Japanese and French friends. Juliette is cute and was loved by everyone. We sometimes had unexpected incidents but we enjoyed them. Being part of a host family gave me good memories. I hope Juliette has them too. I want to see her again someday.



"Quand j'étais jeune, mon père et ma mère m'ont dit de rendre service aux autres et des les rendre heureux. De cette façon, j'utilise mon temps à bon escient."

"When I was small, my mother and father told me to do something for other people and make them happy. So I use my time productively."



Shinobu Watari

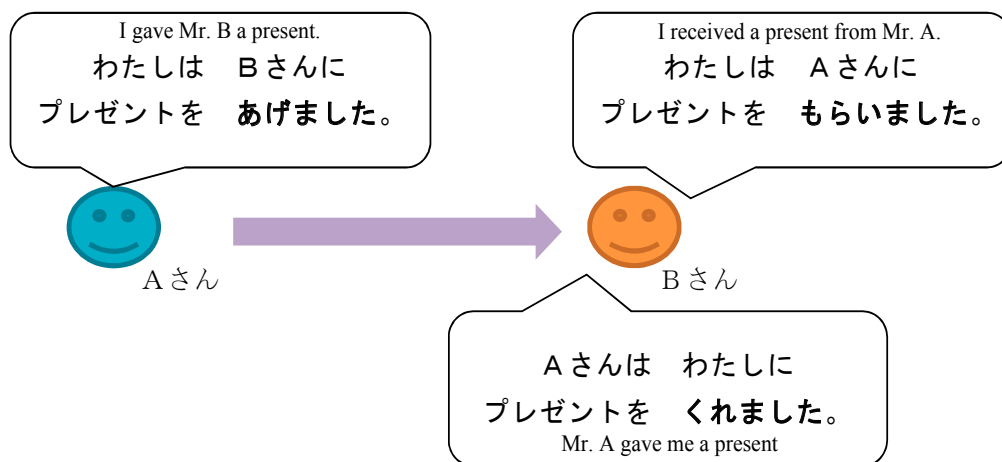
Expressions of Giving and Receiving あげる, くれる, もらう

Rule1 Use もらう for acts of “receiving.”

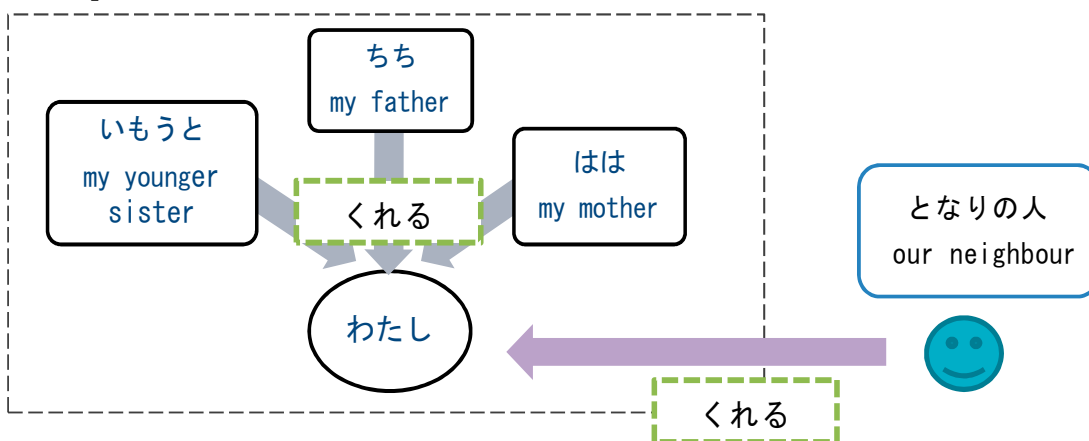
Rule2 Use あげる for acts of “giving”, except when the recipient is you, or a family member (くれる).

Rule3 Use くれる when the recipient is you, or a family member.

① あげる／もらう／くれる



Example[1]

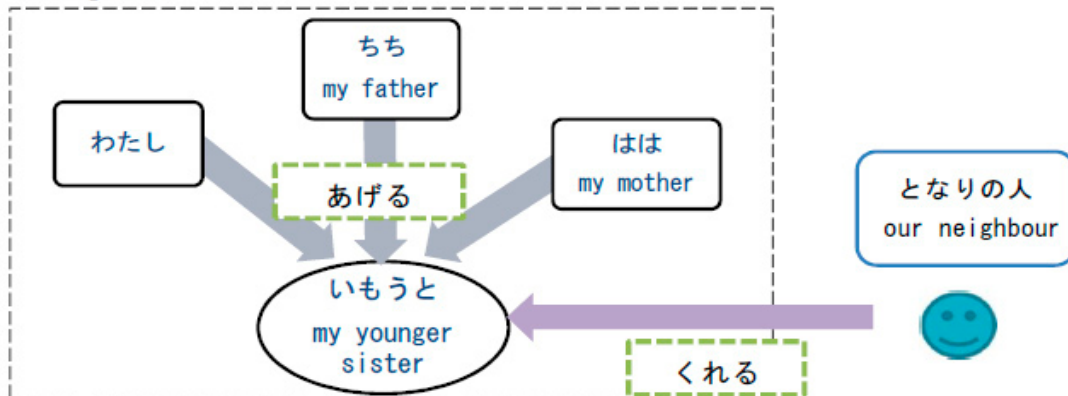


わたしは クリスマスに いろいろな人から プレゼントを もらいました。 At Christmas, I received presents from a lot of different people.

- (1) 父は (わたしに) 時計を くれました。 My father gave (me) a watch.
- (2) 母は (わたしに) てぶくろを くれました。 My mother gave (me) a pair of gloves.
- (3) 妹は (わたしに) さいふを くれました。 My younger sister gave (me) a wallet.
- (4) となりの人は (わたしに) クッキーを くれました。 Our neighbour gave (me) cookies.

* You can't use 「あげます」 in sentences (1)~(4).

Example[2]



いもうと 妹は 誕生日に いろいろな人から プレゼントを もらいました。 On her birthday, my younger sister received presents from a lot of different people.

(5) 父は 妹に かばんを あげました。 My father gave my younger sister a bag.

(6) 母は 妹に セーターを あげました。 My mother gave my younger sister a sweater.

(7) わたしは 妹に ソックスを あげました。 I gave my younger sister socks.

(8) とりの人は 妹に ハンカチを くれました。 Our neighbour gave my younger sister a handkerchief.

* You can't use 「あげます」 in a sentence (8).

くれる is particular case, and あげる is more general. Associate くれる with くる, imagining that a gift is coming toward you as a speaker or your family member, etc.

参考図書 (Reference) :

『基礎日本語文法教本 Understanding Basic Japanese Grammar English edition』アルク

地域日本語指導ボランティア養成講座受講生募集 外国人の方に日本語を教えるノウハウを勉強しませんか？

now recruiting volunteer japanese language teachers!

前期日程：①1月12日(土) ②1月19日(土) ③2月2日(土) ④2月9日(土)

後期日程：⑤2月16日(土) ⑥2月24日(日) ⑦3月2日(土) ⑧3月9日(土)

[2月24日のみ日曜日 他土曜日開催]

時間：午前 9:30 ~ 12:30 午後 13:30 ~ 16:30 (1日6時間)

場所：吉野川市文化研修センター 2階 研修室5 (JR 鴨島駅北側)

吉野川市鴨島町

教科書：前期「みんなの日本語Ⅰ(改訂版)」要購入(協会で一括購入もできます)

後期「みんなの日本語Ⅱ(2月末発行予定の改訂版)」要貸し出し

(改訂版が発行されるまでは、第1版のテキストを貸出可。ただし改訂版が出版されたら要購入)
(各スリーエーネットワーク発行・2500円)

定員：20名程度 参加費：無料 締切：1月5日(土) 講師：元木佳江先生

問合せ・申込：吉野川市国際交流協会(担当) 萩森

TEL / FAX : 0883-24-8653 MAIL : ken248653@nxyzbb.ne.jp 携帯 070-5543-2842

*詳細は TOPIA ホームページをご覧ください。(なお、この事業は県・TOPIA の事業です)

*また徳島県立総合大学校「まなびーあ徳島」の生活環境学部の講座でもあります。(48単位取得可)

December is upon us, and with it comes a variety of events for children to enjoy. However, these fun events such as Christmas aside,

December also marks the season where colds and the flu run wild.

Protective measures such as washing your hands and gargling are a must and it's also important to allow your child plenty of rest if they seem under the weather.

Few children are fond of taking medicine, so this month I'd like to introduce some tips for making those bitter pills a little easier to swallow:

Syrups

- Use a dropper to administer the medicine bit by bit

- Freeze the syrup into a popsicle (check with a doctor first that this will not alter the properties of the medicine).

Powdered medicines

- Form a paste by mixing the powder with a small amount of water. Rub the paste into the inner cheek or upper jaw area (this avoids the taste buds). Have the child wash it down with a drink of water.

- Mix the powder into food

... *Recommended foods:* sweet or cold foods (i.e. pudding, maple syrup, sugar syrups or ice cream). There are also commercially available jellies made especially for this purpose.

Note: Don't mix medicines into foods that feature regularly in your child's diet (i.e. in Japan, creamy rice, udon noodles, milk etc.) - if the association with medicine causes the child to develop a dislike of such foods it can prove problematic.

Also, be aware that certain foods can cause the chemical composition of antibiotics to alter.

Hand-held drum

Materials:

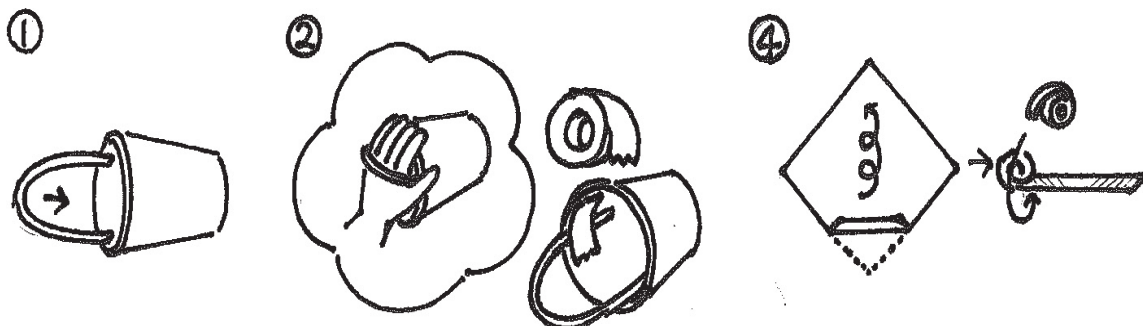
- Paper cup
- Lace
- Thick tape (Duck/Masking)
- A flyer/thick paper
- Pen/Pencils for decorating

Instructions:

1. Form a U shape with the lace over the mouth of the cup.
2. Adjusting the U shape to a size into which your hand fits snugly, secure the lace using the tape (see picture 2).
3. Decorate the paper cup as desired.
4. Make a drum stick by rolling the leaflet/thick paper into a tube and stiffening it with tape.

How to Use:

Enjoy your new musical instrument by hitting the base of the cup with the stick and singing to the rhythm !



art museum christmas

美術館のクリスマス

The Otsuka Museum of Art is offering couples, friends and families the opportunity to "spend a merry Christmas together at the Museum.

There will also be a Christmas concert on Sunday the 23rd.

When: 2012/12/18 (Tues) ~ 12/24 (Mon)

Where: Otsuka Museum of Arts,
Naruto City Naruto Park

Info: Otsuka Museum of Art

Tel (English): 088-687-3737

Cost: General ¥3,150
University Students ¥2,100
School Students ¥520

大塚国際美術館では、“美術館で過ごすクリスマス”をコンセプトに、大切な恋人や友人・家族たち…訪れる全ての人々が幸せになれるようなクリスマスイベントを開催します。

12/23日にはクリスマスコンサートも予定しています。

日時: 2012/12/18 (火) ~ 24 (月)

開催地: 鳴門市鳴門町鳴門公園内 大塚国際美術館

問合せ: 大塚国際美術館

TEL: 088-687-3737

料金: 一般 3,150 円、
大学生 2,100 円、
小中高生 520 円

※ 10% discount for groups of over 20!

※ 20 名以上の団体は 10%割引

tokushima festival 2012

とくしま祭り 2012

The Tokushima Festival 2012 sees the entire Prefecture act as the stage for a "stamp rally", where you can collect stamps from 10 different themed "festivals, including hot springs or gourmet food celebrations.

Each festival category features registered tourist attractions or events and you only need to visit one to get the respective stamp. Collectors of 3 or more stamps are eligible for entry in a lottery, with prizes up for grabs! These prizes will depend on the number of stamps collected, so be sure to get involved with plenty of the fun!

Also, at each festival there will be special offers and campaigns!

When: 2012/10/6 - 2013/1/14

Where: Across Tokushima Prefecture

Info: Tokushima Prefecture Tourism Association/ Tokushima Prefecture Tourism Policy Division

Tel: 088-621-5140/088-621-2356

徳島県全域を舞台に、「グルメ」や「温泉」など、いろんなテーマでつくる 10 の “まつり” をスタンプラリーで巡る「とくしま祭り」。

各まつりには、観光施設やイベントなどが登録されていて、その中から好きな一つを選んで参加すれば、スタンプが 1 個もらえます。スタンプを 3 つ以上集めると、集めたスタンプ数に応じて豪華賞品が当たる抽選に応募することができます。

また、各まつり毎にも、スタンプラリーやキャンペーンなどを実施しています。

日時: 2012/10/6 (土) ~ 2013/1/14 (月・祝)

開催地: 県内各地

問合せ: (財) 徳島県観光協会・
徳島県観光政策課

TEL: 088-624-5140・
088-621-2356

英語

This project is a model project receiving an official grant from the Social Welfare and War Victims' Relief Bureau of the Ministry of Health, Labour and Welfare.



Toll-Free Call

0120-279-338

よりよいホ・トライン
Helpline for Foreigners

We will provide help for any problem that you may encounter.
Our staff will work with you to find a solution.

Toll-Free



Call the toll-free number and after the Japanese guidance, press 2.

*The toll-free number is accessible from anywhere within Japan

*Your privacy will be protected

Our specialists are waiting to answer your calls.

Please don't take the entire burden on yourself, and call us for help.

We have a special line for suicide prevention, domestic violence, sexual violence and sexual minorities.

一般社団法人 社会的包摂サポートセンター

<http://279338.jp/>

helpline for foreigners

よりそいホットライン

Here to answer any troubles that you may have.

Life, Work, Housing, Suicidal Thought, Mind and Heart, Family, Money, Illness, Handicaps, Crime, Sex, Domestic Violence/Sexual Violence, Children, Law and Legal Procedures, Administration and Various Official Procedures, Education, Human Relations, Foreign Nationality, Disaster Stricken Area/Nuclear Reactors, Others.

0120-279-338

Hours of Service (English)

Monday	10:00 to 22:00
Tuesday	10:00 to 22:00
Wednesday	10:00 to 16:00
Thursday	16:00 to 22:00
Friday	10:00 to 16:00
Sunday	10:00 to 22:00

queries concerning the new foreign resident system...?

外国人住民の住民基本台帳制度に対しての問い合わせ窓口

July 9th, 2012 saw the introduction of a new foreign registration system in Japan. The government has provided information on various aspects of this in a number of languages, so if you have any concerns, don't hesitate to take a gander at the websites or make a telephone enquiry.

Ministry of Internal Affairs and Communications Call Center

TEL: 0570-066-630 (Navi Dial); 03-6301-1337 (IP Phone/PHS Calls)

Opening Hours: Monday - Friday (excluding public holidays) 8:30 - 17:30

02.04.2012 - 29.03.2013

Available Languages: Japanese; English; Chinese; Korean; Spanish; Portuguese

Procedures applicable to foreigners who recently entered Japan:

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/english03.pdf (English)

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/espanol18.pdf (Spanish)

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/portugues23.pdf (Portuguese)

Procedures applicable to foreigners changing residences within Japan:

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/english04.pdf (English)

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/espanol19.pdf (Spanish)

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/pdf/portugues24.pdf (Portuguese)

General Information:

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu_english.html (English)

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu_espanol.html (Spanish)

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu_portugues.html (Portuguese)

Santa's River Cruise

Throughout the event cruising Santa's will be handing out around 3000 bags of presents to children.

When: December 23rd - 25th (Sun - Tues)
18:00 - 21:00

Where: From Ryogoku Bridge to Hyotan Island

Cost: Free!

Info: Shinmachi River Protection Committee

Tel: 090-3783-2084

Website: <http://www2.tcn.ne.jp/~nposhinmachigawa/>

川からサンタがやってくる

イベント期間中、川から船に乗ったサンタクロースが子供達に約 3000 袋のプレゼントを持ってやってきます。

日時: 2012/12/23 - 25 (日 - 火) 18:00 - 21:00

開催地: 両国橋北詰をスタート後、ひょうたん島を一周

料金: 無料

問合せ: 新町川を守る会

090-3783-2084

<http://www2.tcn.ne.jp/~nposhinmachigawa/>

Food Exhibition #2

5 regional hot-pot dishes battle to be crowned the most delicious and there will be wide selection of South Awa rice bowl dishes. Come and get your fill of Southern Awa tastes!

When: December 8th & 9th (Sat/Sun) 10:00 ~

Where: Maze no Oka Auto Campsite,
Nishifukura, Asakawa, Kaiyo Town,
Kaifu-Gun

Cost: ¥ 500

Info: Shikoku no migishita/migiagari Committee
(Kaiyo Town Commerce & Industry
Association Shishikui, Branch Office)

Tel: 0884-76-3803

Website: <http://shikokunomigishita.jp/>

第 2 回 食博覧会

だいにかい しょくはくらんかい

どれが一番おいしいか競う「5つの地域鍋」のほか、南阿波丼も大集合します！
南阿波の美味を満喫しよう！

日時: 2012/12/8 & 9 (土・日) 10:00 ~

開催地: 海部郡海陽町浅川字西福良 43
まぜのおかオートキャンプ場

料金: 500 円

問合せ: 「四国の右下」右上がり協議会(事務局:
海陽町商工会穴喰支所)

0884-76-3803

<http://shikokunomigishita.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.

Monday to Friday, 10:00 - 16:30

Tel. 088-656-3303 or 088-656-3320 (allows three-way conversations with an interpreter)

人権守って輝く明日