

250 May

## 阿波ライフ

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## Wanderful Tabi: "Buddhas" with Bibs

Lance Kita

T'm sure many of you know  $oldsymbol{oldsymbol{L}}$ what I'm talking about already: those little stone statues on the roadside, often adorned with colorful knit caps, red bibs, and cute toys. Less known may be his name, and even more so his role on the roadside. So let me introduce you to Jizo 地蔵.

First of all, he's not actually a Buddha. Jizo is a bodhisattva (bosatsu 菩 薩 in Japanese), a Buddha wannabe. As a bodhisattva, his eyes have been awakened to the Buddhist concept that this world is impermanent and what keeps people from knowing true happiness is an attachment to worldly desires. He is working towards freeing himself of desires, achieving enlightment (satori 悟 り), and helping others achieve the same awareness.

Like most Buddhist figures, Jizo is known all over Asia. In Sanskrit, he is Ksitigarbha, and in China his name is 地 藏菩薩 (dizang pusa). Unlike other bodhisattva who are



Typical adornments on a Jizo statue (Matsushige Town).

decked out in Indian regalia, Jizo is often depicted as a simple monk in a plain robe and a shaved head, holding a staff with a bell. You would think he feels left out being on street corners, but that's part of the sacred vow he's taken. Jizo has promised to wander this world until all beings have been saved and enlightened. This image of selfless



TOPPY

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# AWAILIFE

#### This month in Awa Life

- 1 Wanderful Tabi: "Buddhas" with Bibs
- 4 New Year, New Colleagues!

TOPIA staff introductions

- 6 Siblings Celebrate:
  Tokushima and Saginaw
  Matthew Lindsay
- 7 Cooking For Spring
  Irene Wachuga
- 8 Japanese Lesson
  Shima Date
- 9 Letter from Suketo Hoikuen
  Kazue Inoue
- 10 News & Events
- 12 | Memoranda



"Spring never was so fair and dear as Beauty makes her seem this year." I think Countee Cullen was onto something when he wrote that, because spring always comes as welcome relief and is all the more beautiul after the cold winter. Not to

be hating on cold weather, which has its own share of beauty and good times, but as the winter of my first year on a new job in a strange land, it was definitely a hard one. Le printemps est arrivé! At last.

This month we have a fantastic account of Tokushima's Jizo statues from our faithful Lance, greetings from new staff and old, a recipe for you to try, and a 'tale of two cities', without the love triangle and French Revolution. I hope you enjoy reading as much as you enjoy the warm weather.

Best, Sarah

## awa life

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compassion has popularized Jizo among Japanese as a savior for children. Japanese believe that young children and babies that die early cannot cross the river into the afterlife because they caused grief for their parents and don't have enough good karma, dooming them to piling little stones along the banks for eternity as penance. Jizo finds the wayward children, hides them from tormenting demons, and helps them gain good karma. For that reason, parents will decorate Jizo statues with baby's bibs, knit caps, and toys as offerings for the safety and salvation of their children.

Jizo-ji Temple 地 蔵 寺, in Itano Town, is #5 on the Shikoku 88-Temple Pilgrimage. Its resident deity is Shogun Jizo 勝軍地蔵, clad in armor on horseback, whose original image was carved by Kobo Daishi himself and is inside the statue presently on view. There are numerous temples around the country dedicated to Jizo. In some, hundreds of statues are lined up in rows, all sporting bibs, caps and cute cell phone straps. These are often purchased by parents for mizuko kuyo 水子 供養, a ceremony to pray for the spirits of stillborn babies.

Jizo's protectorate duties take on a unique twist in Tokushima. Rather than sitting in little huts or temples, these Jizo sit atop stone bases up to three meters tall. Dozens of them are scattered throughout the flat areas near the Yoshino River, with high

concentrations in the Kokufu 国 府 district of Tokushima City, Ishii 石 井 Town, the Donari 土 成 district of Awa City, and the Kamojima 鴨 島 district of Yoshinogawa City. Called Taka-jizo 高地蔵, these statues are more than just your neigborhood safety saint. The Yoshino River is one of Japan's top three abaregawa 暴れ川, or wild rivers. In fact, the first written reference to the Yoshino River was about a flood in 886 AD. Floods have been a constant danger here, and the Takajizo were supposedly erected higher than the floodwater line after each disaster. The tallest existing one is the Higashi-Kuroda Utsumuki Jizo 東黒田のうつむき地蔵, who

true to his namesake "looks down" over the Higashi Kuroda neighborhood.

With recent disasters in the Tohoku area, there is heightened awareness of our disaster risk. Jizo statues are relics of traditional wisdom left to remind people of past hazards, provide solace for the loss of young life, and give hope for future protection. With the weather warming up for outdoor excursions, take a stroll both near and far in search of these stone saviors. Want more info on Taka-jizo? Check out the following link for a map and listing of the larger ones (only in Japanese). http://www.skr.mlit.go.jp/ tokushima/river/profile/guide/ takajizo/takajizo.htm.



The Higashikuroda no Utsumuki Jizo looks down over a low-lying area near the Yoshino River. (Photo by Hideji Okuda)

## New Year, New Colleagues!

Though we are well into the new year here, many things in Japan do not really begin until April, when students graduate or move up a grade in school, and *shakaijin*, or working members of society, do their yearly shuffle at work and take on new positions.

Here at TOPIA we have a handfull of new coworkers who are eager to meet you and introduce themselves, along with our regular staff who are adding another year to their tenure, so this month we have a few words of greeting from the whole staff. Enjoy!

#### Masao Ōtake

ear readers of Awa Dear reduced Life, greetings! I am Mr. Otake, the director of TOPIA. Last year marked the 20th anniversary of our organization, which fulfills an important role as the engine that propells Tokushima's international exchange. This year will be the beginning of another five, or even ten years in our tenure. Japan is currently enduring a great deal of strife due to the earthquake in the East, and the accompanying plant explosion, but here at TOPIA we will continue to do our best to provide our services to foreign residents and locals as they coexist as human beings, and benefit from mutual exchange.



Masao Otake, photo by Andrew Dahms

#### Keiko Kawahara

**■**ello! My name is Keiko Kawahara. I started working here at TOPIA this April. Until then I had worked at a junior high school as a teacher for more than fifteen years. Now I'm excited to work at TOPIA, which promotes further internationalization of Tokushima. I love to meet new people, to travel, and to learn about different cultures and customs. I'd like to learn a lot through exchanges with you. Also, I hope I'll be able to support your staying in Tokushima. Yoroshiku!

## Tomoko Nakagawa

Nice to meet you! I am working at TOPIA as a Coordinator for International Cooperation for JICA. Do you know what JICA is? We are mostly known for programs

that send Japanese people abroad to help with technical assistance, but we also do a lot of work around Shikoku and Tokushima. We send volunteers who have lived abroad to schools to conduct workshops and teach about the customs, language, and culture of the country where they lived. We also have programs mainly for high school and college students to study and discuss international cooperation and understanding. We also loan out materials on international education and cooperation. If you are interested, please feel free to stop by the JICA desk at TOPIA anytime!

## Junko Kimura

■ello! I have previously worked at TOPIA from 2004 to 2006. This time my ties to TOPIA have brought me back to work as a Coordinator from this spring. I am glad to be reunited with old friends and meet new ones as well. After this most recent earthquake, I had the painful realization that people cannot survive alone, and it is important that we support, help, and understand each other. I want to do all I can to support the foreign residents of Tokushima, as well as help strengthen international understanding amongst the Japanese community. Yoroshiku onegaishimasu!



Top row L to R: Akira Harada, Junko Kimura, Masao Otake, Kim Daempfling, Shoko Nomizu. Bottom L to R: Sarah Nelson, Keiko Murakami, Keiko Kawahara, Yui Fujiwara, Tomoko Nakagawa. Photo by Shoko Nomizu.

#### Akira Harada

i everyone! This is my 12th year at TOPIA, and it just keeps getting better! It might seem like a long time, but I have enjoyed every minute of it. I am TOPIA's go-to computer man, so if you have any niggling technological problems you can try inquiring every now and then with *moi*. Please say hi the next time you're in TOPIA, I look forward to seeing you!

#### Shoko Nomizu

Since the Great East Japan Earthquake, I have been flooded with emails asking if I am okay. Also in Tokushima, there were some foreign residents who took action immediately to support suffering people in disaster areas. Some donated blood, and some worked to set up a project to find foster parents

for homeless children. I realized anew that Japan and its people are in the hearts and minds of people all over the world, and I would like to thank everyone for their support. At the same time, I have renewed determination to think of preparations to offer support to the foreign population of Tokushima, so they will not be victimized in the event of a disaster. Let's move forward together with the hope that Japan will recover.

#### Yui Fujiwara

ello! I am from Dalian, China. At TOPIA I mainly provide assistance with Chinese visitors' questions about tourist spots and living in Tokushima. Eight months have passed since I came to TOPIA, but I've spent every day meeting many foreigners, and while doing my job I have come to know a lot

about Tokushima, and love it all the more. At the same time, I want foreigners to love Tokushima, too. Since the Great East Japan Earthquake, I have been very impressed by the Japanese' organized and patient response to this disaster. I feel moved to do all I can to help local foreigners by putting myself in their shoes, and not forgetting how I felt when I first came here. I cherish the opportunity of meeting you all, so let's have another good year together!

#### Keiko Murakami

ello everyone! My name is Keiko Murakami. This year has been unforgettable for me, because of the earthquake and Fukushima plant explosion. I feel remorse for the people who have suffered from this disaster, but I believe that everyone will pull through little by little. Thanks and regards!

## Siblings Celebrate: Tokushima and Saginaw

Matthew Lindsay

t the summit of Mount Bizan between the ropeway terminal and the Kanpo Post Office Hotel there is a cherry blossom viewing area. Within this small, parkland area stands a hexagonal, white, timber gazebo complete with a weathercock on its roof. Although it lends a romantic air to the surrounding area, this gazebo seems somewhat of an anomaly. What led to this quaint structure being erected here? The answer lies far away in the city of Saginaw, Michigan, U.S.A. The gazebo was a gift from the people of Saginaw, one of Tokushima's sister cities, to commemorate the 100th anniversary of the municipality of Tokushima City.

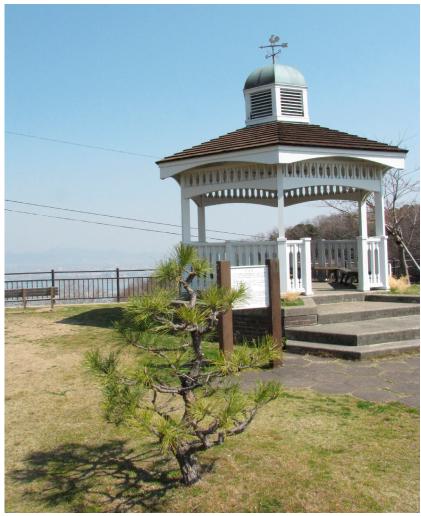
In terms of population size, Tokushima's 260,000 dwarfs Saginaw's 55,000 inhabitants, though neither city is what you might call a "thriving metropolis". Both of their most prosperous times date back to the late 19th and early 20th centuries. Saginaw developed rapidly in the second half of the 19th century through the Saginaw Pine timber industry. In the early 20th century economic development shifted to coal mining and the automobile industry. Timber was also instrumental in Tokushima's boom period during the Meiji Restoration,

when the shipbuilding and furniture industries serviced the Kansai region.

Although Tokushima and Saginaw may not have the cosmopolitan appeal of larger cities, their natural surroundings compensate for this. Tokushima offers the unique Naruto whirlpools, scenic Pacific Ocean coastline and mountainous landscapes with crystal clear river waters. Saginaw also has a great deal of natural appeal. The Saginaw River has great fishing and is an ideal place for recreation or exercise,

while Ojibway Island is an invitingly close getaway. There is also the nearby Shiawassee National Wildlife Refuge that is a very important, protected migratory stopover area for birds.

These days Tokushima and Saginaw are both suffering from declining population trends. To counter this, the cities are pursuing projects to foster community spirit and revitalize their downtown areas. In downtown Tokushima the area is brightened at night by LED lights from Nichia, one of Tokushima prefecture's most



Gazebo

6

prominent corporate entities. The prefectural government also provides valuable support for cultural events such as art exhibitions and musical performances at *Bunka no Mori*. In Saginaw, the Celebration Square area is the focus of cultural activities and events. This area includes the Saginaw Children's Zoo, Hoyt Park, Andersen Enrichment Center and the Japanese Cultural Center and Tea House and Garden.

The Japanese Cultural Center and Tea House and Garden is "a visible symbol of the Tokushima-Saginaw sister city relationship" according to Yoko Mossner, the center's executive director. Half of the center actually stands on land that was deeded to the city of

Tokushima. The fund raising and labor for the construction of the tea house was shared by both cities. This year marks the 50th anniversary of the friendship between Tokushima and Saginaw as well as the

25th anniversary of the tea house. Between May 10th and 13th representatives from Tokushima led by mayor Hideki Hara will join the people of Saginaw to celebrate this historic occasion.



## Cooking For Spring

Irene Wachuga

Spring. New beginnings. New life. A time when shoots spring to life.

In Japan, takenoko (bamboo shoots) is a popular vegetable with many varied dishes. A kind of takikomi gohan, this dish is healthy, simple to make and delicious hot or cold. Happy eating!

#### **Ingredients:**

- \*2 cups, Japanese rice.
- \*2 1/4 cups dashi (stock)
- \*1 tbsp sake (cooking wine)
- \*2 tbsp light soy sauce
- \*1/4 tsp salt
- \*1 tbsp mirin
- \*200g takenoko, diced into

small pieces (usually sold pre-cooked, vacuum packed or freshly boiled). Either way, blanch in boiling water to remove scum.

\*1 abura age (fried tofu) also blanched in boiling water for a minute, then drained of excess oil. Cut into very thin strips.

\*Spring onions thinly sliced for garnishing.

#### Cooking:

- 1. Wash rice until water runs clear. Drain in a colander and set aside for 30 minutes.
- 2. In a bowl mix stock and seasonings together.

- 3. Put rice in the rice cooker, pour the stock over the rice, stir gently and put the *takenoko* on top.
- 4. Switch on start and cook rice until done. Add the *abura age* and let steam for 10 minutes.
- 5. Mix it all together and serve, garnish with the spring onions.

This dish also goes well with chicken, skinned, sliced finely and added with the *takenoko*. It's a very variable dish. Hope you give it a try this spring!

## Japanese Lesson

## 今月の日本語

Shima Date

\*\*Due to errors in last month's Japanese lesson, it has been reprinted here.

Are you good at katakana? Many advanced students of Japanese believe that they are not good at katakana. In addition, compared to hiragana or kanji, not much attention is given to it. But the number of foreign loan words in *katakana* increases everyday! So this month's Japanese lesson deals with *katakana*.

\*Is it really important to learn *katakana*?

Let's take a look at the following writing. Please guess what is written here by reading the parts written in hiragana.

\_\_いたら、まず \_\_\_\_\_で \_\_\_\_\_します。 \_\_\_\_の \_\_\_\_に \_\_\_、\_\_、\_ \_ は \_\_\_\_\_\_ を \_\_ せます。\_\_\_\_\_\_ するときは、\_\_ れ \_\_ がないか、\_\_\_ の \_\_ をよく ましょう。

Isn't it difficult to understand the content? Next, let's look at only the katakana of this sentence.

\_\_、\_\_\_\_\_\_パスポート \_\_\_\_\_。チェックアウト \_\_\_\_\_、\_

Different from hiragana, katakana helps a lot to understand the sentence. Now let's read the entire sentence. This shows that katakata is very important to read!

ホテルに着いたら、まずフロントでチェックインします。受付のカードに名前、住所、電話番号を かかった。 書いて、外国人はパスポートを見せます。チェックアウトするときは、忘れ物がないか、部屋の中 をよく見ましょう。

Understanding kanji is usually very important to read as everyone knows. But this is the same as katakana.

"Increasing One's Activity with Katakana"

Katakana carries the burden of representing foreign words. In current day society, the use of katakana abounds in fields such as business, medical care, and information technology. Even in the world of anime and manga, so representative of Japanese culture, there are many phrases that use katakana and fill an important role. Due to katakana's "new", "modern", and "hip" image, it is increasingly used in relation to fashion and makeup, and there are new words being created all the time. Katakana is not just used to write foreign words, but also to express Sino-Japanese words in a way that is a little more familiar, and to give a lighter feeling to some words and phrases that come off as serious when written in hiragana or kanji.

These are some katakana exercises!

[Practice] Choose the most appropriate word among a~f to complete the below sentences.

a. メモ b. マーク c. シャンプー d. アピール e. パンク f. ファックス

①自転車のタイヤが ( )している。

②急いでいますので、すぐにこの資料をわたしの家に ( ) してください。

③来週の予定を言いますので、(

) してください。

④美容院では、(

) するとき、頭のマッサージもしてくれる。

⑤見たいテレビ番組があったら、赤ペンで(

)しておいてね。

⑥あなたの一番いいところがみんなにわかるように、大きな声で(

)してください。

Reference: カタカナ語スピードマスターJリサーチ出版 Answers: ① e ② f ③ a ④ c ⑤ b ⑥ d

## Letter from Suketo Hoikuen

Kazue Inoue

For children who enter kindergarten or nursery school in April, this is a time when they have to adjust to a new environment. At nursery they will make new friends and accumulate many new experiences, and you can see them growing up more every day. One of those experiences will likely include a ubiquitous part of Japanese food culture: learning to use chopsticks!

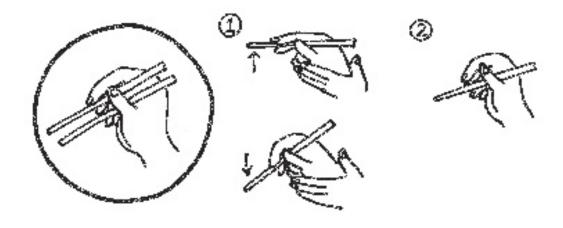
By the time they become toddlers they usually begin imitating the nursery staff and their friends as they watch them use chopsticks. At first imitation is about all they can do, but when they reach the age of 3 or 4 they develop more dexterity in their fingers, and this is when we start teaching them the correct way to hold chopsticks. The way one uses chopsticks can have a great impact on the development of one's hands and arms, so here is a good way to practice using them with your child:

1. Hold the top chopstick lightly between your thumb, index and middle fingers. Use

your other hand to suppress your ring and pinky fingers while you practice moving the chopstick up and down.

2. Hold the bottom chopstick between your thumb and index finger and rest the tip on the nail of your ring finger.

\*When practicing initially, it is good to have them start with small sponges and other objects that are easy to grip, rather than launching straight into food.



## newsevents

May 1 - July 11

For the most recent news and event information, check Living in Tokushima at *our.pref.tokushima.jp/e\_living/*. To post an event of your own, send the details via email to Awa Life at *awalife@gmail.com*.

## German House Railroad Festival

#### ドイツ館の鉄道会

Everyone from children to adults can enjoy this event about railroads. Four different kinds of fun are waiting for you, from seeing, riding, and learning, to driving. "If it has anything to do with trains and railroads, leave it to us!" say the Ph.D. professionals who will be teaching about railroads and models at this event. Come have a ball with us at the Railroad Festival!

When: May 22 (Sun), 2011

10:00 a.m. - 4:00 p.m.

Where: Naruto German House, 1st FL Hall

**Info:** Naruto German House

**TEL:** 088-689-0099

Cost: free!

子どもから大人までみんなで「鉄道」を楽しめるイベントです。「見る」「乗る」「学ぶ」「運転する」という4つのお楽しみが皆さんを待っています。会場には鉄道のことならおまかせ!という「鉄道博士」たちが、鉄道のこと、模型のことを何でも教えてくれます。さぁ皆で鉄道を楽しもう!

日時: 2011年5月22日(日)

10:00 ~ 16:00

場所: 鳴門市ドイツ館1階ホール

問合せ: 鳴門市ドイツ館 TEL: 088-689-0099

入場料: 無料!

#### Spring Rose Festival

#### 春のバラまつり

In this rose garden there are 1000 roses of 270 different kinds in bloom, and during the event there will also be stalls selling local specialties of Aizumi.

When: May 3 (Tues) - 15 (Sun), 2011

Where: Itano-gun, Aizumi-cho, Yakami Azahara 263-88

Aizumi Rose Garden

Info: Aizumi Construction and Industry Division

**TEL:** 088-637-3120

Cost: free!

バラ園では、270種類・1,000株のバラが植栽され、期間中には、 藍住町の特産品等の販売を行います。

日時: 2011年5月3日(火)~15日(日)

場所: 板野郡藍住町矢上字原 263-88

藍住町バラ園

問合せ: 藍住町建設産業課 TEL: 088-637-3120

入場料: 無料!

## Japanese Lessons at Suketo Hoikuen (free)

#### 助任保育園の日本語教室 (無料

When: Every Thursday, 11:00 - 12:00

**Cost**: Free, and child care is also available!

Info: Call TOPIA at

TEL 088-656-3303

**日時:** 毎週木曜日、11:00 ~ 12:00

**金額:** 託児付き (無料) **問合せ:** トピアまで

TEL 088-656-3303

## Kamiyama Hot Spring Festival

#### 神山温泉祭り

The annual Hot Spring Festival held in Kamiyama includes Awa Ningyo Joruri puppet performances, games for the kids such as a fish-catching contest, and specialty food vendors, among others. After the day's festivities you can take a breather in the Kamiyama hot spring.

When: May 22 (Sun), 2011

10:00 a.m. - 4:00 p.m.

Where: Myozai-gun, Kamiyama-cho, Jinryohonuetsuno

Kamiyama hot spring region

Info: Kamiyama Hot Spring Festival Committee

**TEL:** 088-676-1117

Cost: Free!

毎年恒例の温泉まつりです。人形浄瑠璃・小学生を対象にした「あめごのつかみどり大会」・特産品販売など、多種多彩の催しがあります。祭りの後は、神山温泉で一風呂浴びて、リラックスできます。

日時: 2011年5月22日(日)

10:00 ~ 16:00

場所: 名西郡神山町神領本上角

神山温泉一帯

問合せ: 神山温泉まつり実行委員会

**TEL:** 088-676-1117

入場料: 無料!

## 32nd Annual Charity Festival

#### 第32回博愛祭り

The motto of this event is all about letting participants have fun while learning about social services with the members of the social welfare institution at Hakuai no Sato. There will be goods for sale made by the members, as well as a bazaar for various organizations, and food stalls with yakitori, udon, and more!

When: May 22 (Sun), 2011

9:45 a.m. - 2:00 p.m.

Where: Miyoshi-shi, Ikeda-cho, Hashikura Kinrin Park

Info: Ikeda Hakuai Association

**TEL:** 088-372-3150

**Cost:** Free!

集う人が楽しみながら福祉を体感できる祭りをモットーに 博愛の里にある福祉施設利用者とともに、各催しを楽しみ ます。また、施設利用者が作った作品展や各種団体のバザー、 焼鳥やうどんの屋台村など催しがいっぱいです。

日時: 2011年5月22日(日)

9:45 ~ 14:00

場所: 三好市池田町 箸蔵近隣公園一帯

問合せ: 池田博愛会 TEL: 088-372-3150

入場料:無料!

## Japanese Course for Finding Employment

#### 就職のための日本語講座

Aim for employment that is suited to you by learning manners and language skills that will help you at work! This course is for people who have attained intermediate level Japanese, have finished the textbook "Minna no Nihongo II" or have passed JLPT 3. Up to 15 participants are allowed. Please submit applications by May 12th, Thursday.

When: May 17 (Tues) - July 11 (Mon), 2011

5 times a week, Mon - Fri, 9:30 a.m. - 12:30 p.m.

Where: Tokushima-shi, Showacho 3 chome 35-2

Human Workpia Tokushima, 4F

**Info:** Tokushima Labor and Social Welfare Inc.

**TEL:** 088-625-8387

Web: http://tokushima.rofuku.net/

**Cost:** 20,000 yen

自分らしい就職を目指して仕事に行かせる日本語やマナーを身につけましょう!初級の学習を終了した人(「みんなの日本語」||を終了したレベルの人)、または日本語能力試験3級に合格した人は15名まで参加できます。5月12日(木)までにお申し込みください。

日時: 2011年5月17日(火)~7月11日(月)

週5回(月曜日~金曜日)9:30~12:30

場所: 徳島市昭和町3丁目35-2

ヒューマンわーくぴあ徳島4階

問合せ: 社団法人徳島県労働者福祉協議会

**TEL:** 088-625-8387

サイト: http://tokushima.rofuku.net/

受講料: 20,000 円

## Tokushima Prefecture 2011 Japanese Speech Contest!

**Purpose:** True internationalisation cannot be achieved without first getting 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 international understanding and cooperation.

Date and Place: July 18th, 2011 (Monday, a public holiday), 13:30 - 16:30

Awagin Hall (Tokushima Prefecture Kyodo Bunka Kaikan)

Main Conference Room (4F)

**Contestants:** A total of 10-12 contestants will be chosen from the applications. Only foreign residents of Tokushima

Prefecture whose native language is not Japanese and who have not previously participated in this speech contest are eligible to apply. Also, to provide the event with as much international character as possible, only one person from any one country is permitted to take part (a maximum of two people are

permitted to take part if there are many applicants from one country).

**Theme:** The topic is left to your discretion, but it should relate to the event's purpose of international

understanding and international cooperation.

**Length:** Speeches should be no more than 7 minutes in length.

Where to Apply: Tokushima Prefectural International Exchange Association. (TOPIA)

770-0831 Tokushima-shi, Terashima-honcho, Nishi, 1-61,

Tokushima Clement Plaza 6F TEL: 088-656-3303 FAX: 088-652-0616

**How to Apply:** Please fill out the application form available for download online at the TOPIA website:

http://www.topia.ne.jp/e\_index.htm

Alternativey, please visit TOPIA for an application, then submit it in person, or mail it to the above

address, or fax it to the above number.

**Deadline:** May 27, 2011 (Friday) (Applications must be turned in by 5:00 p.m.)

**Awards:** Grand Prize --- one person

The Tokushima Prefectural Assembly's Chairman of the Federation of International Exchange Assembly

Members Award --- one person Runner Up Awards --- to be decided Special Awards --- to be decided

**Sponsor:** Tokushima Prefectural International Exchange Association (TOPIA)

## 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 a.m. - 16:30 p.m.

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

## 人権守って輝く明日