

awa life

TOPIA Staff
Welcome Messages

May 2016

310

Awa Shoku:
Shoots into Spring



Kamikatsu's Leaf Business:
Empowering the Elderly

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

Last month, Kumamoto Prefecture was struck by a large earthquake, followed by numerous aftershocks. Many were injured and homes and even lives were lost. We would like to express our sincere condolences to those who fell victim to the earthquake, as well as our sincere sympathies for all those who have been affected. As there is a 70% chance that a big earthquake will hit Tokushima in the next 30 years, we need to do what we can now to prepare ourselves. For more information on how and what to prepare, please check TOPIA's website: <http://www.topia.ne.jp/english/>

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:

awalife@gmail.com

Your editors,
Till and Jenifer

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



Fresh tea leaves growing towards the sky in Kito Village

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Jenifer Tanikawa & Till Dumke

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Jenifer Tanikawa, Till Dumke, Toru Yasuda, Seiko Mori, Chie Suzue, Shintaro Inoue,
Robert Telschig, Yoko Aoki, Kazue Inoue, Lance Kita, Junko Kimura

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Kamikatsu's Leaf Business: Empowering the Elderly

By Jenifer Tanikawa (An interview with Tomoji Yokoishi Part 1)

Nestled deep in the mountains amongst the Japanese cedar trees, lies a quaint little town called Kamikatsu. This town, said to be one of Shikoku's smallest, is home to approximately 1,680 people and has been garnering attention nationally and internationally for its leaf-selling business.

The Irodori business was established in 1986 and this leaf-selling business has been running for 30 years now. Various types of leaves, such

as maple, bamboo and camellia, are sold as garnish around Japan, and there are 200 farmers, like Ms. Yukiyo Nishikage, who grow these leaves.

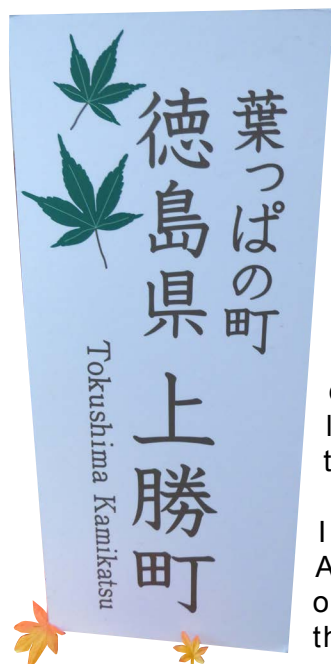
These leaves are not only beautiful but add a seasonal touch to the dishes, as the type of leaves used changes with the changing season.

In the March issue of Awa Life, we wrote about our interview with one of the Irodori farmers, Ms.

Nishikage. This month, we sat down with Mr. Tomoji Yokoishi, the President of Irodori and the master-mind behind the leaf-selling business.

I heard that you were eating at a restaurant and saw two girls admiring the garnish that came with their dishes and that inspired you. Can you tell me more about how you came up with this idea of selling leaves as a business?

You don't just get an idea out of nowhere. You come up with an idea because you're looking for a solution to some problem. It's because you are actively looking for something particular, that when you come across that situation, everything falls into place. When I first came to Kamikatsu, I soon realized that it was a patriarchal society. The thing about rural farm communities in Japan is that, the men will order the women about and women avoid taking the lead role. I thought that had to change. I saw a need to develop the local workforce more, so I began looking for a job that women and elderly people can do. Something they can do for the whole year. And that very answer was leaves. When I heard the girls excitedly exclaiming, "It's so lightweight" and "It's so pretty", I thought this was promising. It's something women can do and something that can be done in the mountains. It's lightweight, pretty and can be done all year round. It fulfilled



Kamikatsu's Leaf Business

everything I was looking for. So I knew that this was it.

What was the initial reaction like to your idea?

It was bad, not a single person was with me on it. I was even ridiculed when I first brought up the idea. That's because no one realized the true worth of it at the time. Since you can get leaves anywhere, it was like picking up garbage to them. That's why they didn't want to do it at all. They really are proud people. As an example, if there was 100 million yen piled up in front of you and you had to divide that amongst five of you, everyone there would be excited at the thought of getting 20 million yen. If they were animals instead of humans, they wouldn't care if there was money in front of them, it would mean nothing to them. Now, if the money were food, it would be a different story. Unfortunately, people in farm communities don't realize the valuable things that they have right at their fingertips.

How did you get them to change their minds then?

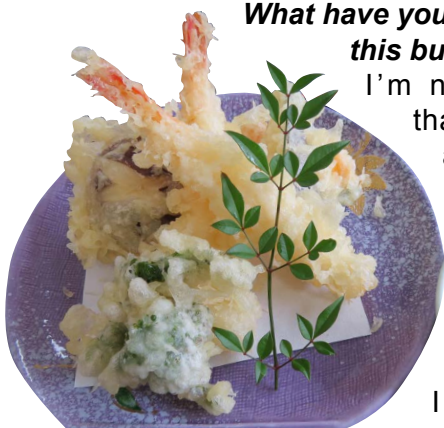
You can't just change their minds like magic. They've been living their whole lives in a certain way, so to change their minds, you need to change the environment. You just have to prove it to them by succeeding. But, unfortunately it didn't sell well at first, at all.

How long did it take you until you started making a profit?

In my first year we made 1.16 million yen. We started picking up in the second year, but it wasn't until the fifth year when we started doing well.

What have you gained from doing this business?

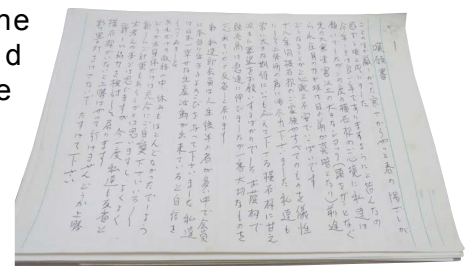
I'm not looking to be thanked by people or anything like that. I'm just happy knowing that the elderly folks in this town are glad to be doing this. I don't really want much I suppose. I guess



as a businessman that's not a good thing, but I don't ask for much.

In 1996, I was thinking of leaving this business and starting up my own company. It was great being able to do something that made people happy, but I've always wanted to start up my own company as well. I was planning on leaving this town, but this elderly lady, her name is Ms. Mikie, she went around the whole town, going door to door to all 200 Irodori farmers, and collected petitions to get me to stay. These sheets of paper are everything to me.

You'd be surprised by this woman. The day she collected all of these signatures, she asked me what I was going to do, so I told her I'll sleep on it. She told me to call her before heading home after work and I did as I was told, then she told me to wait there. She showed up at the office on her small motorbike and asked me what my verdict was. I told her I'd have to talk it over with my wife and got in the car, ready to leave. She then stood in front of my car, with her arms spread wide and said, "You're gonna have to drive over me if you want to leave." She continued on to tell me that without me here, there was no point of her living. She must've felt the weight of responsibility upon her shoulders since she was the one who went and collected all these signatures. So I told her, "Okay, I understand, I'll stay."



Kamikatsu's Leaf Business

This made me really think, what's most important to Japan, for the young and old alike, is that feeling that you have a place in the world and you are contributing something. It is important for the local economy to improve, but at the same time, I think it's good to create a society where people all have a place.

How do you keep the farmers encouraged?

Just like I mentioned, I tell them, "Only you can do this." When people feel needed and when they feel like they are making a difference, they'll work hard naturally.

Please check the June issue for part 2 of this interview.

Goodbye Message

By Till Dumke

The time has come that I have to bid farewell to all you lovely people in Tokushima. After a year and 9 months living on our beautiful island, I heard my calling to return to the big city. This time my destination will be Tokyo. I was planning on leaving this August but I really wanted to make sure that I wouldn't end my tenure without a job lined up. So I started looking for a job, and I found one way earlier than I anticipated. My last day in Tokushima will be the 22nd of April and on the 23rd I'm off to Tokyo.

I will be missing the beautiful landscapes and the nature that I was able to explore on my bike rides. Especially the mountains that I kept trying to conquer in ever faster times are something that I will be missing dearly. Mount Tsurugi almost knocked me out and Mount Bizan became my good friend for after work rides. I always loved the peace and tranquility while I went along the rivers and through the woods. One time I encountered monkeys picking each other's lice on the street, another time I went to a seemingly abandoned temple hidden in the woods. I doubt I will be able to experience anything that comes close to that when I live in Tokyo.

I was also looking forward to dancing the Awa Odori this year but I'm sure there will be more opportunities to do that in the future.

Being a CIR I've made so many valuable experiences and met so many interesting people. During all the exchanges and my various interpreting jobs I was certainly able to develop as a person, because of all the failures and mistakes I made. But along with the character building experiences (happy little accidents) I also

had a lot of fun and good moments, like when I remembered the word "pump storage hydro power station" during an interpreting job for the vice-governor. Of course everyone in the room took it for granted that I would know such a word but in my head it was Till 1 everyone else 0.

As an editor for Awa Life I always tried to make the magazine a little bit better looking and even though I know I often failed, maybe a couple of times it even came out kind of OK. I hope my successor will do a better job and I'm sure thanks to my thorough instructions he or she will be a great CIR and PA.

I want to thank everyone who I have met along the way during my time as a CIR in Tokushima and I know I will always look back fondly on the nights at the bars in Akitamachi and the days either working for an interesting exchange project or cycling over the mountains in beautiful Tokushima. Thanks a lot and see you soon!



New Staff at TOPIA

By Toru Yasuda, Seiko Mori, Chie Suzue, Shintaro Inoue

Toru Yasuda

Hello everyone, my name is Toru Yasuda. I officially began my post as the executive director of the Tokushima Prefectural International Exchange Association on April 1st.

Up until now, as a prefectural office staff, I have been in charge of the spread of and maintenance of ICT (Information & Communication Technology), large-scale events run by the prefecture, among others. I believe that both ICT and events are a great tool to help make communication become more smooth and to create a space for people to learn more about each other.

Hikari Fiber (fiber-optic internet) has been set up all across the prefecture and so Tokushima has one of the nation's leading telecommunication infrastructures. Furthermore, as Tokushima is home to several temples of the 88 Temple Pilgrimage, it has fostered a culture of warmly welcoming many people such as the pilgrims, a custom known as *ossettai*. Finally, Tokushima is home to the nationally famous dance, the Awa Odori and Tokushima truly has a beautiful natural surrounding and the food is delicious here.

Seiko Mori

Hello everyone! My name is Seiko Mori and I am a middle school teacher. I'm really grateful for this opportunity to work at TOPIA, as I believe it will give me a chance to broaden my mind through interacting with people from around the world and by learning about many other cultures.

Chie Suzue

Hello everyone, my name is Chie Suzue and I joined the staff at the Tokushima Prefectural International Exchange Association on April 1st of this year.

I have always had an interest in cultural exchange and when I was a student, I had the chance to study abroad in the United States of America. Through this exchange, I had lots of opportunities to learn about and experience other cultures from the locals and from the other exchange students.

I personally love Tokushima and everything that it offers. I really do hope that I can use the skills and experiences that I have gained through my job to provide support to all of the foreign residents and visitors.

More than anything, I want more people to know about Tokushima and to fall in love with it.

I will try and be involved in lots of things, so I would love to work together with all of you to make your life and your trip to Tokushima an amazing one!



The 2020 Tokyo Olympic and Paralympic Games is just around the corner and it is becoming even more pertinent to learn about and understand the world around us from a more global perspective. So, as a teacher, I will work hard to be a liaison between various schools and the individuals who are involved in international understanding education.

Interacting with people from all over the world became an important part of my life then. With the increase of visitors from abroad to Tokushima, my hometown, I hope I can use the experience that I have gained to help relay all of the amazing places that Tokushima has to the visitors so that they can have an even better experience.

Furthermore, adjusting to a new living environment isn't easy, so I hope that I can help give good advice and information to help ease the transition to Tokushima of as many people as I can. I look forward to meeting and working with you all.

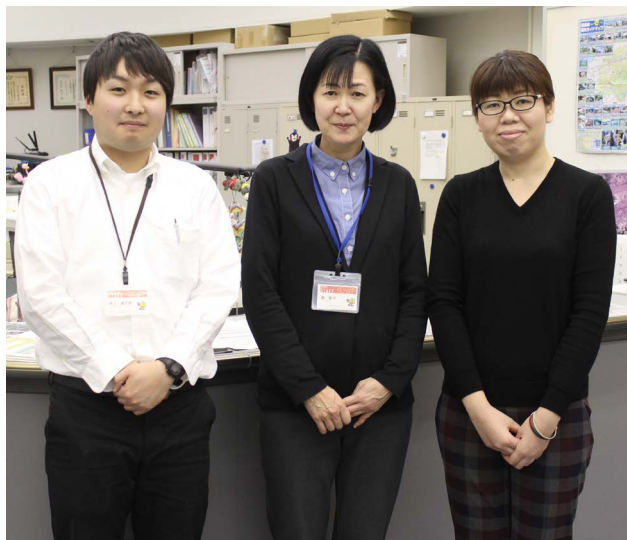
New Staff Introductions

Shintaro Inoue

My name is Shintaro Inoue and as of April 1st, I have been employed at the Tokushima Prefectural International Exchange Association (TOPIA). I am still new to the job and still learning the ropes, so every day I'm breaking out into a cold sweat, not knowing what to do. The warmth of the people at TOPIA and the visitors keep me going.

I have always been interested in other countries and understanding other cultures, so I feel honored to have this opportunity to help the foreign visitors and residents in my own hometown, Tokushima, through working at TOPIA.

I will work hard to meet the needs of each individual by seeing things from their perspective and try and



L to R: Inoue, Mori, Suzue

provide useful information to all of the visitors from abroad and to the foreign residents, all the while being willing and ready to learn along the way.

Celebrating "Joy" in Naruto

By Robert Telschig

One of the few factoids about life in Japan that is often cited outside of it in media across the world is the popularity of Beethoven's Ninth Symphony in general and its ending music piece "Ode to Joy" in particular. Hopefully, most of you reading this already know that Naruto City is the home of the first known performance of this classical piece of music within Japan. The City of Naruto celebrates this by organizing a big concert on the first Sunday of June every year, which will fall on the 5th of June of this year.

As always since this concert started in 1983, joined by the local Tokushima Orchestra, there will be a huge choir singing the Ninth Symphony on stage at the Culture Hall in Naruto City, just around the corner where the annual fireworks display happens as well.

Since this piece of Beethoven has also been recognized as one of the cornerstones defining Tokushima prefecture itself, the prefectural government has started to organize its very own concert, the first of which happened in January of this year and featured a choir of 2000 people, with certainly more to come in the future.

Currently, many in Japan are looking to the year 2020, with the Tokyo Olympics coming up fast. However, people not only in Tokushima, but all of Japan should also be aware of the year 2018, which will mark the 100th anniversary of the first performance of the Ninth Symphony by German POWs in the POW camp of Bando. This anniversary will be celebrated by a big concert right here in Naruto City. Details are still in the planning stage, but if you want to know how it might feel like, go attend the upcoming 35th concert on June 5th to get an idea.

Tickets can be purchased on the day for 2500 Yen for adults and 500 Yen for students, but also before at several places, including, among other places, the Naruto German House, the Naruto Culture Hall, all stores of the company "Kurosaki Gakki" and the Koyama Jyogakukan book stores.

The concert starts at 13:30 and will close around 15:30. Since there is no reserved seating, it might be wise to be there a bit early to grab a good seat.

See you there in June.

Japanese Lesson

By Yoko Aoki

1. 「～てくれて ありがとう。」 / 2. 「～てくださって ありがとうございます。」

こんげつ かんしゃ き も あらわ ひょうげん まな しんせつ ひと こうい たい れい い
 今月は感謝の気持ちを表す表現を学びましょう。親切にしてくれた人や行為に対してお礼を言いたいとき：
 This month, we will be learning how to express gratitude in Japanese. Use the following expressions
 for when you want to thank someone for being kind to you or if they have done something nice for you:

1. 友だちや家族、親しい人には

Use the expression below with those you know well like a friend or family member.

「動詞～て形+くれて ありがとう。」

れい とも
 例) 友だちに てつだってもらいました

Ex. Your friend helped you out with something.

「てつだってくれて ありがとう。」



2. 目上の人や あまり親しくない人には 1 より ていねいなことばで

Use this more formal expression with those that are in a higher position than you or to those that you don't know well.

「動詞～て形+くださって ありがとうございます。」

れい せんせい ほん か
 例) 先生に 本を貸していただきました＊]

(＊「～ていただきました」は「～てもらいました」の ていねいな言いかた)

Ex. Your teacher lent you a book.

「～ていただきました」 is the more polite form of 「～てもらいました」

「本を貸してくださって ありがとうございます。」

【会話例】～先生にお礼を言います (Saying thanks to your teacher) ～

田中： 先生、いい本を貸してくださって ありがとう
ございました。この本で たくさん
日本語の勉強をしました。

先生： そうですか。7月に 日本語能力試験
受けますか。

田中： はい、受けます。

先生： じゃ、がんばってくださいね。

田中： はい、がんばります。ありがとうございます。

Tanaka: Thank you for lending me this book, it was really useful. I learned a lot about Japanese with this book.

Teacher: That's great. Will you be taking the Japanese-Language Proficiency Test in July?

Tanaka: Yes, I will.

Teacher: Best of luck to you.

Tanaka: I will work hard, thank you very much.

Exercises

【練習してみましょう】「～てくれて ありがとう」

「～てくださって ありがとうございます」

1. (友だちに) ① うちまで 送ります → _____
 ② 駅まで 迎えに来ます → _____
 (家族に) ③ 新しいゲームを 買います → _____
 ④ USJ に 連れて行きます → _____
2. (先生に) ⑤ 日本語のまちがいを 直します → _____

Japanese Lesson

- ⑥ パーティーに ^{しょうたい}招待します → _____
 ⑦ 日本の文化や習慣を ^{おし}教えます → _____
 ⑧ おいしい料理を ^{りょうり}ごちそうします → _____

* ごちそうします To treat someone to

- Answers
 1. おうちまで送ってあげてください。2. 駅まで迎えに来てあげてください。3. 新しいゲームを買ってあげてください。
 4. USに連れて行ってください。5. 日本語のまちがいを直してあげてください。
 6. パーティーに招待してあげてください。7. 日本の文化や習慣を教えてください。
 8. おいしい料理をごちそうしてあげてください。

Letter From Suketo Nakayoshi By Kazue Inoue

It is that time of year when we are blessed with the clear blue skies and fresh verdure colors our surroundings. In Japan, May 5th is Children's Day. On this day, it is customary for families to put out carp streamers, or *koinobori* (鯉のぼり). Families will also put out samurai dolls. This is done to celebrate and wish for the healthy growth and development of their child. Just like the carp streamers waving through the air, making the carps look like they are gallantly swimming through the air, I really do hope that all of your kids will continue to grow big and strong.

During May, though you might want to encourage your child to go out and play in the sun more, you should be careful of the UV rays from the sun! Back in the days, having a nice golden tan was a sign of health but these days, more attention is being given to the harmful effects of UV rays, such as premature aging of the skin and damage to the eyes. If you are going to let your child play outdoors, make sure you take precautionary measures to avoid UV rays, such as using sunscreen, avoiding the time of day when UV ray is the harshest (10 a.m. to 2 p.m.) and playing in shaded areas. Another thing to look out for is dehydration. Make sure your child stays hydrated. When you sweat, you lose minerals, so you need to make sure your child replenishes those lost minerals. You can create a sports drink that has been diluted or mix 200ml of water with 1/4 salt, honey and lemon.

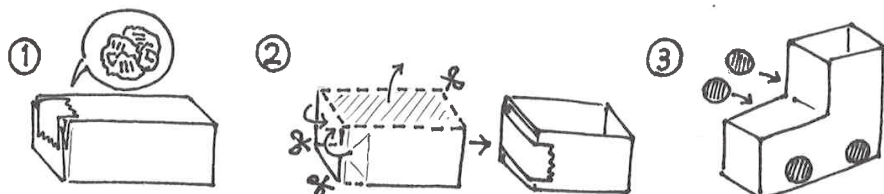
* Handmade Toy: Milk Carton Truck *

Materials

- 1000ml milk carton
- 2 sheets of newspaper
- Duct tape
- 500ml milk carton
- Scissors
- 500ml milk carton
- Wrapping paper or cloth
- Black construction paper

Directions

- 1) Stuff a 1000ml milk carton with 2 sheets of balled up newspaper. Fold up the top of the carton and tape it down so it lies flat.
- 2) Cut off one side of a 500ml milk carton. Create two cuts on the corners of the open side of the carton to create flaps. Fold up the flaps and tape it up to close off the side. You should now have a box with an open top.
- 3) Tape the small box (open side facing up) on top of the big box. Cover up both boxes with wrapping paper or cloth. Cut out four tires from black construction paper and stick it on the sides of the bottom box and there you have it, your very own handmade truck. You can even put things in the top box as well.



Awa Shoku: Shoots into Spring

By Lance Kita

Spring has officially sprung, and many people are hiking into mountains in search for the king of edible sprouts, bamboo shoots (*takenoko* 筍). The kanji consists of bamboo 竹 (which is the general kanji component meaning “plant”) over 旬 which means “in season.” Indeed, the harvesting season is limited to a couple of months with a peak window of a fortnight.



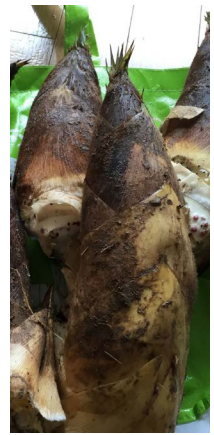
Bamboo forests are one of my favorite places... swishing leaves, swaying stalks, cool fresh air

For several years, I've been invited to go digging for shoots (*takenoko-hori* たけのこ掘り) at my friend's grove. The best harvesters are said to be able to see the shoots just pushing up soil among the leaf litter. A cautious unearthing ensues to dig deep around the shoot without damaging the outer sheath as you try to get as much of the tender stem base as possible.

Bamboo shoots start developing an alkaline bitterness as soon as they're harvested, so fanatics will build a fire and roast them on the spot. Normal folk will take them home, split them in half, and boil them in a big pot of water with a handful of rice bran (*nuka* 糠) and a whole dried chili pepper to leach out the unpleasant flavors. The key is to let the shoots come to room temperature in the water-filled pot, resulting in a sweet, tender vegetable that's best enjoyed in simple dishes.

My favorite is tempura of the thin slices, with just a sprinkle of salt in lieu of the dipping sauce. *Wakatake-ni* (若竹煮), which combines the late spring bamboo shoots with the early spring wakame seaweed in a popular *dashi*-simmered side dish. Perfect with Naruto's incredible wakame! Without the seaweed, the dish is called *Tosa-ni* (土佐煮), deriving from its use of bonito stock (bonito's the major catch in Kochi, formerly Tosa). Some will slice them thin and eat them sashimi-style with a dab of wasabi and soy sauce. Other people will chop the shoots into their rice cooker with a splash of soy sauce for simple bamboo shoot rice (*takenoko-gohan* 筍ご飯), which is the perfect ending to a meal with the other dishes.

With the season for bamboo shoots running into June, there's still time to enjoy them at their sweetest and crispiest, so visit your local izakaya for some good spring eats, or find a friend and go dig some up for yourself (get permission from landowners before entering groves or forests). Happy hunting!



Freshly-dug shoot... Look how much awaits the patient digger underground!



Sliced bamboo shoots make the perfect crunchy addition to rice

Events & Memoranda

Tokushima Prefecture 2016 Japanese Speech Contest Apply Now!

1. PURPOSE True internationalisation cannot be achieved without first coming 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 cross-cultural understanding and fostering multiculturalism.
2. DATE & PLACE July 10th, 2016 (Sunday), 13:30 - 16:30
Awagin Hall (Tokushima Prefecture Kyodo Bunka Kaikan)
Small Hall (5F)
3. ELIGIBILITY Only foreign residents whose native language is not Japanese are eligible to apply.
(However, foreign residents who have had over three years of compulsory education in Japan and those who have previously won the Grand Prize or the Tokushima Prefectural Assembly's Chairman of the Federation of International Exchange Assembly Members Award are not eligible to apply.)
4. SELECTION Application will be open to all foreign residents of Tokushima Prefecture that fulfil the eligibility requirements. We will ask all applicants to submit an outline of their speech (between 400-800 words), and after reviewing all of the applications, roughly 10 or so applicants will be chosen to proceed to the final contest.
5. THEME The topic is left to your discretion, but it should relate to the event's purpose of fostering cross-cultural understanding and multiculturalism.
6. LENGTH Speeches should be no more than 6 minutes in length.
7. HOW TO APPLY Submit your application form by mail or fax. Alternatively, you may submit your application in person.
8. DEADLINE May 17th, 2016 (Tuesday)
Applications must be turned in by 17:00.
9. WHERE TO APPLY Tokushima Prefectural International Exchange Association (TOPIA)
〒770-0831 1-61 Terashima Honcho Nishi, Tokushima City, Clement Plaza 6F
TEL: 088-656-3303 FAX: 088-652-0616

*For more information please check TOPIA's website: <http://www.topia.ne.jp/english/>

Misato Firefly Festival 美郷ほたるまつり

Back in 1970, the Misato region located in Yoshinogawa City was designated as a Natural Monument of Japan for being the home to and breeding ground of fireflies. During this festival, lots of different events will be planned such as, a Misato firefly shuttle bus, Misato firefly clean-up activities, firefly viewing groups and much more! Local goodies and other food will also be available for purchase.

When: May 30 (Mon) - June 14 (Tue) 17:00-22:00

*Fireflies can generally be seen from late May to mid-June.

Where: Kawata River, Misato, Yoshinogawa City

Info: Misato Firefly Museum

TEL: 0883-43-2888

URL: <http://www.misato-hotarukan.jp/>

吉野川市美郷地区は1970年に地区全域が「美郷のホタル及びその発生地」として国の天然記念物に指定されています。美郷ほたるシャトルバス、美郷ほたるクリーンアップ活動、ほたる観察会等、イベントが盛りだくさんです！物産販売・軽食販売などしております。

開催期間：5月30日（月）～6月14日（火）

17:00 - 22:00

*ホタル観賞期間 5月下旬～6月中旬

開催地：吉野川市美郷

川田川周辺

問合せ：美郷ほたる館

TEL：0883-43-2888

URL: <http://www.misato-hotarukan.jp/>

Events & Memoranda

Takegashima Shrine Festival 竹ヶ島神社祭り

Fireworks will be lighting up the sky from 7 p.m. on Saturday. On Sunday, the abare mikoshi event will take place, where a mikoshi (portable shrine) will be gallantly carried into the ocean waves.

When: May 21-22 (Sat-Sun)

Where: Takegashima Shrine

Kaiyo Town, Kaifu County

Info: Kaiyo Town Tourism Association

TEL: 0884-76-3050

土曜日には午後7時から花火が打ち上げられ、夜空を色鮮やかに染めます。日曜日は海中へ入っていく暴れ神輿が見ものです。

開催期間：5月21日・22日（土・日）

開催地：海部郡海陽町

竹ヶ島神社周辺

問合せ：海陽町観光協会

TEL: 0884-76-3050

Labor Consultation 労働相談会

If you are experiencing any problems at your workplace, such as dismissal from work, power harassment and non-payment of wages, please feel free to consult us. Services are provided for free and will be kept confidential.

When: Every Thursday from 14:00-16:00

May 12, 19, 26

June 2, 9, 16, 23, 30

Where: Tokushima Prefectural Office 11F

* Please make a reservation by 3pm the day before.

* Please bring an interpreter with you if you cannot speak Japanese.

Contact: Tokushima Prefectural Labor Committee Office
TEL: 088-621-3234

URL: <http://www.pref.tokushima.jp/soshiki/roudouinkai/>

賃金未払い等、労使関係のトラブルでお困りの方は、お気軽にどうぞ！

相談無料、秘密厳守です。

開催日時：毎週木曜日 14時～16時

5月12日、19日、26日

6月2日、9日、16日、23日、30日

場所：徳島県庁 11階

* 前日の午後3時までに予約してください。

* 日本語が話せない方は、通訳できる方と一緒にお願いします。

お問い合わせ：徳島県労働委員会事務局

TEL: 088-621-3234

URL: <http://www.pref.tokushima.jp/soshiki/roudouinkai/>

Yorisoi Hotline・よりそいホットライン

Helpline for Foreigners / 10AM~10PM

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

The available languages vary depending on time.

0120-279-338

<http://279338.jp/yorisoi/foreign> / <https://www.facebook.com/yorisoi2foreigners>

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.

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

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