



An Information Magazine for the International Community in Kochi

在住外国人のための生活情報冊子「Tosa Wave」44号(2011年12月発行) 発行:公益財団法人高知県国際交流協会

When driving long-distance in Japan, most people make stops at “roadside stations.” That goes to show that there are many roadside stations in this country where you can take a break, shop, eat and gain traffic and tourist information.

There are twenty-one roadside stations in Kochi, and for this edition, we KIA staff and CIRs of Kochi Prefecture and Kochi City have gone out to experience two: Tosa Washi Kogei Mura “QRAUD” and Shimanto Towa.

QRAUD is located beside the beautiful Niyodogawa River, thirty minutes by car from central Kochi City. Surrounded by abundant nature, this unique roadside station provides various hands-on learning opportunities.

The first thing that came into sight when we arrived was the JA shop selling locally grown produce. Not only can you find fresh, tasty-looking vegetables here, with prior reservation you can try your hand at making soba or konnyaku, or pick your own juicy tomatoes.

We made our way to a quaint traditional Japanese house up on higher ground with a magnificent view of the Niyodogawa River and lush mountainside behind it. With an outdoor terrace, it is a wonderful place to spend a quiet moment and take in the surrounding beauty. Inside the house is a number of wooden weaving looms at which you can learn to weave, as well as a little shop. Before we knew it, we had spent quite a bit of time just wandering around inside.

We tried our hand at weaving a little table mat. Though it was slightly difficult at first coordinating both hands and feet on the loom, it was a creative experience as we had fun choosing and changing the color of thread. Time moved at a relaxing pace, as though to the harmonizing sound of the loom and nature. Making a small piece does not take much time at all, but you may want to set aside more time to make a larger item like a luncheon mat or scarf, or try natural dyeing.

Ino Town where QRAUD is located is well-known for its Tosa Washi (Japanese paper) and at this roadside station one can experience the traditional craftwork of making it. Within the building are many stands for paper screening, and peering into its opaque water we could see floating white fibers. A skilled paper-making craftsman showed us how these fibers transform into paper.

Roadside Stations

みちのえき
道の駅



With a concentrated look, the craftsman skillfully dunked his screen into the fiber-filled water and lifted it, swaying it back and forth to create an even layer. He peeled away the thin sheet of intertwined fibers and created a stack of sheets that would later be compressed and dried. When you make your own paper, you can choose to add an assortment of flowers and plants to create a decorative postcard, or choose to dye this paper to make an original fan. Recently, there are schools where students come and make paper for their own graduation certificate! Including drying time, it takes about an hour to make. You can roam around the rest of the facilities while you wait for your masterpiece to dry. The staff will kindly teach by demonstration, so Japanese language ability is not required.

A little walk away, we found some old but beautiful, traditionally built storehouses. Inside, we were surprised to find a small gallery. Displayed was a collection of items based on the theme of botany. At the time of this visit, there was an exhibition of artwork made from hemp and cotton. Wrapped in the warm atmosphere and relaxing background music, we found ourselves immersed in this quiet artistic world. The exhibit changes periodically, so we are looking forward to seeing what is next.

Besides these facilities we have

introduced, this roadside station also has a restaurant that provides seasonal dishes using locally grown fresh vegetables and herbs, as well as a popular spa bath and hotel. In the summer, you can take a canoe trip, swim in the river and camp out. It is a place where you can experience not just the above, but also the warm hospitality of the staff. Instead of making QRAUD just a rest stop, we highly encourage you to plan a day's excursion of it!

Another roadside station we went to conduct an interview at was “Shimanto Towa,” located in Towa, Shimanto Town. “Shimanto Towa” opened in July of 2007, and currently has about 150,000 visitors annually, which is almost 50 times the population of the town it is located in. With some of the foremost tourist facilities in the area, the appeal of “Shimanto Towa” lies in its proximity to the nationally renowned Shimanto River, as well as in the love and care that has been put into the various local foods from the mountain (chestnuts, tea, etc.) and river (sweetfish, eel, etc.) served by the passionate staff that work there.

It took us about two hours by JR to visit this roadside station situated in the mountains of western Kochi. Since we visited on a weekday, the parking lot was emptier than it usually is during holidays, but nearly every car that drove by the station ended up visiting, as if there was some kind of incredible power drawing in the passing vehicles.

We visited and talked with the manager of the station, Mr. Morioka of the Shimanto Drama Company. When we asked him what the source of Shimanto Towa's appeal was, he said that it derives from the station's unchanging principles, as well as the station's continual introduction of new products and its well-established forward thinking attitude.

The station operates under the concepts of retooling and development of regional resources, careful consideration of the environment, and cultivation of the region's human resources. Regional materials are dug up and polished into products to be sold, creating a business model that does not put a burden on the environment. This framework cultivates a local populace that also adheres to the same principles.

The station actively holds internships and training. Last year they accepted a trainee from Afghanistan. There are even

日本を車で旅行するとき、必ず「道の駅」に立ち寄るはず。それだけ全国には多くの道の駅がある。道の駅では、休憩、買い物、道路交通情報、観光情報、そして食事などの色々なサービスが得られる。高知にも21の道の駅があるが、今回、その中の「土佐和紙工芸村くらうど」と「四万十とおわ」にKIA職員と県と高知市の国際交流員が実際に行ってみた。

「・・・くらうど」は、高知市内から車で約30分のところにあり、清流・仁淀川沿いに位置し、恵まれた自然環境の中で、ほかの道の駅と比べて個性的で多様な体験型観光ができる施設である。

「・・・くらうど」に到着してすぐ目に入ったのが、地元のとれたての農産物を販売しているJAショップ。早速、店内に入ると新鮮な野菜を吟味しているお客さんを何人か見つけた。こちらの店では買い物だけでなく、手打ちそば、こんにやくの調理実習や、トマトの収穫体験など農産物加工体験ができる。これらは要予約制となっている。

次に向かったのが、仁淀川を見渡せる高台の上品な古民家だった。そこからの景色は最高で、その古民家の縁側にはテラスがあり、そこに座って川を眺め、ちょっと一息つけるような落ち着いた空間があった。その古民家で「はた織り」体験ができる。室内にははた織り機が並び、完成品を売っているコーナーもあり、見ていただけでも時間があつという間に過ぎていった。

今回運よくはた織りを体験することができた。はた織り機に座りテブルセンターを作ってみた。両手・両足を同時に動かして織っていかなくてはならないのが大変だったが、途中で仕上がった時の色合いを考えながら何度も糸の色を変えることができたので楽しかった。織っている時ははた織り機の音が川の音と調和し快く響いた。時間はそれほどかからなかったので誰でも簡単に挑戦ができそう。その他に、ランチョンマットやマフラー、草木染め体験もある。外国人も大歓迎のようなので是非挑戦してみては？



A weaving loom. Choose your own thread colors to make a one-of-a-kind piece!

(はた織り体験。自分で糸を選んで作るので作品すべてが世界にたった一つ！)

「・・・くらうど」があるの町は土佐和紙で有名だが、この道の駅で県内では数少ない伝統工芸を自ら体験することができる。施設内には多くの紙漉き機が並び、水の中を覗き込むと紙の原料である白い繊維のようなものが浮かんでいた。これが一体どのように和紙に変身していくのかを和紙職人に見せていただいた。

職人は真剣な眼差しで、手早く紙漉き機を水の中に入れ繊維をすくい左右に揺らして均一に漉いていった。その後、漉かれた薄い紙を脱水して型から外し、乾燥へと進んだ。ここの紙漉き体験では、作ったハガキなどに自分の好きな草花を入れたり、染めたオリジナルのうちわを作ったりすることもできる。最近では、卒業証書を作る学校もあるようだ。紙漉き体験の所要時間は1時間。他の施設を回っている



Paper-screening machines. If you are lucky, maybe you can meet a craftsman!

(紙漉き体験ができる。時間によっては和紙職人に会えるかも？！)

うちに乾燥が終わり、その日に持ち帰れる。紙漉き体験に言葉は要らない。スタッフに手取り足取り教えていただける。日本語が苦手な方も是非お試しあれ！

道の駅周辺で昔風の蔵を見つけた。その蔵はなんとギャラリーだった。ギャラリーでは植物をテーマにしたコレクションが展示されている。取材当時は麻や木綿などの布を使った創作押絵の企画展示が行われていた。画廊内はとても温もりを感じる空間で、室内のBGMにも癒され、いつの間にかアートの世界に入り込んでいた。企画展示は随時行われているようで、次に訪れた時は何に出会えるのか楽しみになった。



An old preserved storehouse stands nearby. Inside is a gallery.

(近くには昔の古い蔵があり、その中はギャラリーとなっていた。)

これらの施設の他にも道の駅には周辺で採れた新鮮な野菜やハーブを使った四季折々の食事を提供するレストラン、好評のクアハウス、ホテルも利用できる。夏には、カヌー、川遊び、キャンプもできる。これまで紹介した施設や工芸体験とスタッフの心からのおもてなしはきつと皆さんに満足いただけるはず。ここでは少しの寄り道にせず、少し長い滞在時間を楽しんでみてはいかが？

もう1つ現場取材した道の駅、四万十町十和にある「四万十とおわ」は、2007年7月にオープンし、現在、年間来客数15万人以上と地元住民の人口の約50倍の数を集める、町で有数の集客施設である。その集客の牽引力となっているのが、全国的に有名な四万十川を抱く豊かな自然、その自然と地元住民が育てる愛情こもった山の幸(栗やお茶など)・川の幸(鮎やウナギなど)、そして道の駅で働くスタッフの創造力と行動力だ。

今回、我々は高知市からJRで2時間ほどかけ県西部の山間にあるこの道の駅を訪ねた。

訪れた日は平日とあって駐車場は休日より空いていたが、国道を走る車の大部分が道の駅に入っていた。車を引き寄せる何かとてつもないパワーを感じた。

道の駅を運営する(株)四万十ドラマの森岡さんにお話を伺った。集客力の源は？と尋ねると、揺るぎない理念、切れ目のない新商品開発、数年先を見据えた積極性だった。

地域資源の見直しと展開、環境への配慮、地元住民の人材育成という理念の下、地域資源を掘り起こし磨き上げ商品化し、自然に負荷をかけないビジネスモデルを構築し、それらを担う地元住民を育てる体制を整えている。

インターンシップや研修も積極的に行っている。昨年はアフガニスタンからの研修生を受け入れた。インターンシップ体験後そのまま定住する若者もいる。



A café where you can enjoy the view of the Shimanto River while eating.

(川の景色を見ながら食事を楽しめる食堂)

young people who settle down in the town after their internship period has ended.

This roadside station does not currently have any facilities aimed towards foreign customers, but if you come here you will surely be able to find something interesting!



You can even make bags out of newspaper!
新聞紙バッグを作る体験もできる

Tosa Washi Kogei Mura QRAUD
Location: 1226 Kashiki, Ino Town
TEL: 088-892-1001
Hours:
JA Shop 10:00am-4:30pm, closed during year-end and New Year holidays
Restaurant 10:00am-9:00pm (Last order at 8:30pm), closed Wednesdays
Weaving 9:00am-5:00pm, closed Wednesdays and during year-end and New Year holidays
Paper making 9:00am-5:00pm, closed Wednesdays
Spa 11:00am-9:00pm
Directions: From Kochi City, take the Ken Kotsu bus to "Yananose" and get off at Iwamura bus stop (about 1 hour). 30 minutes by car from Kochi City.
<http://www.qraud-kochi.jp/> (Japanese only)

と さ わ し こうげいむら
土佐和紙工芸村くらうど
所在地: いの町鹿敷1226 TEL: 088-892-1001
営業時間:
JA直産市 午前10時～午後4時30分 はた織り体験 午前9時～午後5時
レストラン 午前10時～午後9時 紙漉き体験 午前9時～午後5時
(ラストオーダー午後8時30分) クアハウス 午前11時～午後9時
休館日:
JA直産市 年末年始 染織工房 はた舎 毎週水曜日、年末年始
レストラン 毎週水曜日 手すき体験館 毎週水曜日
アクセス: 高知市中心部から県交通バス「柳の瀬」行き「岩村」下車
約1時間、または高知市内から車で約30分
<http://www.qraud-kochi.jp/> (日本語のみ)

外国人観光客を受け入れる準備はまだ出ていない。それでも、この場所に来れば何かを感じられるはず。是非訪ねてほしい。

Shimanto Towa
Location: 62-9 Towa Kawaguchi, Shimanto Town
TEL: 0880-28-5527
Hours:
Towa Market <Summer> 8:30am - 6:00pm
<Winter> 8:30 am - 5:00pm
Towa Café 9:00am - 4:00pm (Last order at 3:30pm)
(Morning service 9:00am - 11:00am)
Every Wednesday from 11:00am to 2:00pm a buffet is offered
Ice Cream <Summer> 10:00am - 4:00pm
<Winter> 10:00am - 3:00pm
Bicycle Rental 8:30am - 5:00pm 1hr/¥200
Newspaper bag making: 2hrs/ ¥2,000 (Reservations necessary)

Directions: From Kochi Station, transfer at Kubokawa Station and walk 30 minutes from Tokawa Station. 2 hours and 30 minutes by car from Kochi City.
<http://www.shimanto-towa.com/> (Japanese only)

四万十とおわ
所在地: 四万十町十和川口62-9 TEL: 0888-28-5527
営業時間:
とおわ市場 <夏期> 午前8時30分～午後6時
<冬期> 午前8時30分～午後5時
とおわ食堂 午前9時～午後4時 (ラストオーダー午後3時30分)
(モーニングサービス午前9時～午前11時)
毎週水曜日は午前11時から午後2時までバイキング
アイスクリーム <夏期> 午前10時～午後4時
<冬期> 午前10時～午後3時
自転車レンタル 午前8時30分～午後5時 1時間200円
新聞紙バッグ作り体験: 2時間 2,000円 要予約
アクセス: 高知駅からJRで窪川駅乗り換え、十川駅下車、徒歩30分、または高知市内から車で約2時間半
<http://www.shimanto-towa.com/> (日本語のみ)

Roadside Station Otsuki

Otsuki Town, located at the most western edge of Shikoku Island, is a treasure trove of nature. The town is famous for its sublime and beautiful scenery of granite and coral, and is considered a mecca of marine sports. Popular experiences are sea cruising, snorkeling and sea kayaking.

The town is also blessed with the beautiful and famous island of *Kashiwajima*, which is situated in the southernmost part of the town. Since the *Kuroshio* current and the *Bungo* channel cross around the island, the sea is rich enough for almost 1000 species of fish to inhabit. Therefore, many people from all over the country visit there for surfing, fishing and scuba diving.

Roadside Station Otsuki has another name, "Fureai Park Otsuki," or "Furepa" for short. It is popular among local people and tourists. "Fureai" means warm communications between people. You can buy locally hand-made lunch boxes, fresh vegetables and seafood, dried marine products and souvenirs at the "Otsuki Fureai Market" in the roadside station.

Otsuki Soft Serve is also very popular because it is made from only fresh milk from the town and tastes very good. In addition, another thing that makes Furepa more interesting and different than other roadside stations is that it has a park that not only kids but also adults can enjoy. There is even a 100 meter long roller slide!

You can also see some field sculptures made of regional granite dotted around the park. Moreover, there is a grand staircase with 334 steps made of regional granite and you can enjoy watching beautiful azalea in full bloom alongside the staircase in late April. Why don't you drop by the exceptional roadside station "Furepa" when you visit Otsuki Town?

Information:

Location: 2610 Hiromi, Otsuki Town Closed: Dec31-Jan2.
Hours: Shop: 8:30am-5:00pm Restaurant: 9:00am-9:00pm
(Parking, restrooms and telephones are available 24 hours.)
TEL: 0880-73-1610

道の駅「大月」

四国の最西端に位置する大月町は大自然の宝庫！花崗岩の美しい景観やサンゴの産地、マリンスポーツのメッカと



しても有名で、クルージングやシュノーケリング、シーカヤック体験が人気です。また、大月町の最南端に浮かぶ柏島周辺は黒潮流と豊後水道が交差する為、魚類が約千種類にも上ります。その為、磯釣りやダイビングを求めて全国から人々が集まります。

道の駅・大月は別名「ふれあいパーク大月（ふれば）」として観光客や地元の人たちから親しまれています。道の駅の中にある「大月ふれあい市」では地元の人たちが作ったお弁当、新鮮な野菜、獲れたての魚介類、干物、お土産などを購入できます。また地元の牛乳のみを使った大月ソフトクリームは必食の美味しさですよ！！さらにこの道の駅が他の道の駅と違って面白いことは、大人も子供も楽しめる公園を併設しているという点です。公園内には全長100メートルにも及ぶ大型ローラーすべり台や大月町より産出される花崗岩を使った野外彫刻が置かれています。さらにこの花崗岩で作った334段の壮大な大階段があります。こちらは4月下旬になるとつつじが満開になって大変綺麗です！大月町に行った際は、ただの道の駅ではない「ふれば」に是非立ち寄ってみましょう！

施設情報 所在地: 大月町弘見2610 TEL: 0880-73-1610
休館日: 12月31日～1月2日
営業時間: 物産店: 午前8時30分～午後5時、レストラン: 午前9時～午後9時 (駐車場・トイレ・電話は24時間)

Roadside Station Konoka

Roadside Station Konoka stands along National Road No.194 leading to Saijo City, Ehime Prefecture. It is an excellent station for drivers traveling to Ehime and is also a good starting point for climbers because it is surrounded by the Shikoku mountain range.

At this roadside station, there is a hotel called “Konoka Onsen” which has all Japanese-style rooms, a restaurant and an *onsen* (hot spring spa) with an open air bath. The restaurant serves dishes using locally caught fresh wild vegetables and river fish. The open air bath provides you a wonderful view especially in the season of colored leaves. A room per night for an adult with dinner and breakfast is available from around ¥7,000. Hotel guests can enter the *onsen* freely and the bath is also open for day trip visitors for a limited time.

Information:

Location: 225-24 Kuwase, Ino Town

Hours: 11:00am-8:00pm (Parking and restrooms are available 24 hours)

Bath for day trip visitors: 11:00am-9:00pm, except Tuesdays 3:00pm-9:00pm (Last entry at 8:00pm)

Cost: ¥600 for adults, ¥400 for children

Closed: Tuesdays from January to March

TEL: 088-869-2300

Hotel website:

<http://www.orienthotel.jp/konoka/html/english.html> (English)

Roadside Station Bios Ogata

Bios Ogata is located in Ukibuchi, Kuroshio Town, and it takes about two and a half hours by car from Kochi City. “Hinataba Market” and “Restaurant Hinataba” are two must-see locations in the roadside station.

There are various special local products at “Hinataba Market,” where you can purchase locally harvested fresh vegetables and freshly caught fish. One of the representative products, “Tosa Jiro,” is an egg whose yolk is round and well-seasoned, and it is more nutritious and slightly more expensive than common eggs. Another product is “Dorayaki,” made in Kuroshio Town, which includes red bean paste with plenty of brown sugar.

Above all, “brown salt,” made from seawater gathered off the shore of the town is very well-known, and used for all the cuisines at the restaurant, “Hinataba,” which was introduced on a NHK TV program, “Asaichi (morning market)” in October. The market opens at 7:00am and closes at 7:00pm.

Since Kuroshio Town is famous for its bonito, Restaurant Hinataba serves “Roasted Bonito Burger,” a local burger created by students of Ogata High School. The restaurant is open from 7:00am to 7:00pm, and until 9:00pm if reserved.

Bios Ogata includes a viewpoint which overlooks Irino-Matsubara, a famous picturesque landscape with white sands and green pines in Tosa Seinan Large Scale Park, which is also open to visitors. Unique events are held year-round, such as the “T-shirt Art Exhibition” and the “Barefoot Marathon” in May, as well as the “Seaside Gallery” in August and the “Shallot-blossom Viewing” in October.

<http://hinataba.biz/index.html> (Japanese only)



道の駅「木の香」

道の駅「木の香」は、愛媛県西条市に抜ける国道194号線沿いにあり、愛媛に行く途中の休憩地としての役割の他、四国山地に囲まれている。

ため、登山客の起点ともなっている。

併設の宿泊温泉施設「木の香温泉」では新鮮な山の幸や川魚料理が味わえる。温泉は露天風呂を備え、そこからの眺望は、特に紅葉シーズンは大変素晴らしい。ホテルは全室和室で、大人一人1泊2食付で約7,000円から利用できる。宿泊客は温泉に自由に入れる。限られた時間で日帰り入浴も可能。

施設情報 所在地: いの町桑瀬225-24 TEL: 088-869-2300

営業時間: 午前11時～午後8時 (駐車場・トイレは24時間)

日帰り入浴: 午前11時～午後9時

(受付は午後8時まで。火曜日は午後3時から入浴可)

料金: 大人600円、子供400円

休館日: 1月～3月の毎週火曜日

ホテルのHP: <http://www.orienthotel.jp/konoka/html/english.html> (英語)

道の駅「 Bios おおがた」

黒潮町平郷にある「Bios おおがた」は高知市内から車で約2時間半で行くことができ、「ひなたや市場」や「ひなたや食堂」があります。

「ひなたや市場」には、県内の様々な特産物が取り揃えられており、地元でとれた新鮮な野菜や魚介を買う事が出来ます。ふつくらとした黄身でコクがあり、普通の卵よりも栄養価が格段に高い「土佐ジロー」や黒潮町産の黒砂糖をたっぷり使ったオリジナルあんこをはさんだ「黒糖どらやき」などがあります。中でも黒潮町の海水から生まれた黒い塩、「黒潮町の黒塩」は話題を集めています。レストラン「ひなたや食堂」では全ての料理にこの「黒塩」をはじめとする黒潮町産の塩が使われています。これは10月にNHKの「あさイチ」でも取り上げられました。(営業時間: 午前7時～午後7時)

Kinkon Tosanikki

A series of four-panel comics called Kinkon Tosanikki appears in the evening edition of the local Kochi Shimbun newspaper.

Woman: On no! I left my umbrella on the train!

Old lady: Uh oh!

Woman: And I hung it up so I wouldn't forget it too!

Old lady: It'll be okay.

Woman: Everyone's going to be mad!

Old lady: I think she's overreacting



「ひなたや食堂」の「カツオたたきバーガー」は黒潮町のご当地バーガーです。黒潮町といえばカツオのまちで、大方高校の生徒たちが開発したそうです。(営業時間 朝食: 午前7時～11時、昼食: 午前11時～午後7時、要予約で午後9時まで営業)

「Bios おおがた」は、土佐西南大規模公園(大方地区)内の白砂青松として有名な景勝地「入野松原」を眺望できる場所に建設されており、公園を訪れた人も利用できます。公園では5月には「Tシャツアート展」、「大方シーサイドはだしマラソン」、8月には「シーサイドギャラリー」、10月には「らっきょうの花見」など年間を通してユニークなイベントが開催されます。

<http://hinataba.biz/index.html> (日本語のみ)

Preparing for the Nankai Earthquake ③

Emergency supplies for evacuation and supplies for life in a shelter

When the Nankai Earthquake occurs, you need to be mobile so as to evacuate quickly. Emergency supplies at this time should be limited to your valuables and items necessary to survive in the hours post-disaster. In particular, if you live in an area predicted to be vulnerable to a tsunami, you should give first priority to escape the giant tidal wave.

After the earthquake, assistance from the outside world may not arrive for a while and you may not be able to return to your home affected by a tsunami. Therefore, you need to have at least 3 days worth of emergency supplies at an evacuation point or shelter.

A list of emergency supplies for evacuation and supplies for life in a shelter is on KIA's English website (link below). If you have not yet prepared all the supplies, you should go out and buy them soon.

<http://www.kochi-kia.or.jp/earthquake/english/?ss=010>

Lifestyle Information ③ - Using a Taxi

In the banquet season now when you have more opportunities to go out for drinks and may use a taxi more often, how do you pick one out of all the vehicles waiting for passengers downtown? There are two types of taxis that are usually running through the city. One is *Kogata* (small) and the other is *Chugata* (middle).

What varies between these two taxis are capacity and fare. *Kogata* can hold 5 people including a driver while *Chugata* can hold 6. In Kochi City the minimum fare of *Kogata* is ¥540 and *Chugata* is ¥550, which means the difference is only ¥10. However, the further you ride, the more the difference widens. For example, when you ride 5 km, you will be charged ¥1,420 with *Kogata* while it will cost ¥1,590 with *Chugata*, which means you will save as much as ¥170 if you choose a *Kogata taxi*.

For the detailed fare system, please refer to the following website:<http://www.taxisite.com/far/info/39.aspx> (Japanese only).

The fare is 20% higher from 10pm to 5am the next day. To tell *Kogata* from *Chugata*, you should recognize 小型 (*Kogata*) or 中型 (*Chugata*) written in Chinese characters on a sign equipped on the car roof. Why not save on taxi fare as much as possible by riding with your mates who are going in the same direction?

Expat Column No.17

Let's Make Kochi More International

Douglas Eric Marsalis, Owner, Chef and Manager of The Delta Blues Cafe from America

I came to Japan in 2005 with the thought that I would stay just one year and go home soon after. Six years later, I am still here. I am sure that many of you find something special about Kochi just like I do such as the kind people, good food and the great culture that makes this area unique. That is why I have decided to make it my home.

So, what's next for me? Many of you already know that I started my own cafe business in July. With this business, my dream is to help make Kochi a truly international place like no other in Japan through art, food, music, language and culture. With your help, I believe that we can achieve this. I have this image of Kochi becoming a place where everyone can come together to truly learn about each other. All of us came to Japan for various reasons, whether it is to see a new country, teach English, learn about a new culture or just to fill some time until our next endeavor. While you are here, why not help to change Kochi?

There are so many foreigners that are here now with so much talent. Why not share that talent with the Kochi community? Many of you are already doing so through music and art. Examples of this can be seen through the GENKI Musical, bands like The Windbeat or various foreign restaurants already around the city. I would love to see more of you out there to share your knowledge with more of the Japanese community.

There are many festivals around Kochi almost every month that are in need of volunteers that have knowledge such as yours.

シリーズ・南海地震対策③

「非常持ち出し品と備蓄品」

南海地震が発生したとき、すぐに避難することができるようにするため、持ち物は貴重品と地震後数時間生きるのに必要なものに抑えてください。特に津波浸水予想地域に住んでいる人は津波から逃げることを最優先に考えてください。

南海地震が発生した後、しばらく助けが来ないかもしれませんが、津波に浸かった家に帰れないかもしれません。少なくとも3日間の備蓄品を避難場所または避難所に備えてください。

非常持ち出し品と備蓄品のリストは下記の当協会のHPに載っていますので、確認の上、持っていないものは買うなどして用意してください。

<http://www.kochi-kia.or.jp/earthquake/english/?ss=010>

生活情報③ - タクシーを利用する -

飲み会のお多くなるこの時期、タクシーの利用も増えると思いますが、皆さんはタクシーをどのように選んでいるでしょうか？普通街中を走っているタクシーには小型と中型があり、それぞれ乗れる人数と料金が違います。小型車はドライバーを含めて5人まで、中型車は6人までです。料金は高知市の場合、小型車だと初乗り運賃540円、中型車では550円とわずか10円の違いはありませんが、乗車距離が長くなるにつれこの差はどんどん開きます。例えば5km 走れば、小型車の場合1,420円、中型車の場合1,590円となり、小型車に乗れば170円も得をすることになります。

細かい料金システムについては、以下のHPを参照してください（日本語のみ）。<http://www.taxisite.com/far/info/39.aspx>

22時以降、翌朝5時までは2割増になります。小型車と中型車を見分けるには、屋根についている表示灯に漢字で書かれている「小型」と「中型」を判別することです。同じ方向に帰る仲間と相乗りして、タクシー代を少しでも節約しましょう。

外国人コラム⑪ - 高知をもっと国際的に

ダグラス・エリック・マーサリス、カフェオーナー、米国出身

1年経てばすぐにアメリカに帰るだろうと思いながら、2005年に高知にやって来た。6年経った今も私はここにいる。やさしい高知の人々、おいしい料理、独特ですばらしい文化に魅せられて、高知に住むことに決めた。

では、次のステップは何だろう？すでに知っている人もいるかもしれないが、私は7月にカフェを始めた。このビジネスを通して、アート、料理、音楽、言語、そして文化において高知を日本で一番国際色豊かな場所にしていこうことが夢である。多くの協力があれば、絶対に叶えることができると信じている。お互いを分かり合える場所。高知がそのような場所になることを思い描いている。新しい国を知るため、英語を教えるため、新しい文化を学ぶため、次のステップに踏み出すまでの時間稼ぎ。私たちが日本へ来た理由は様々だが、ここにいる間に高知を変えてみようじゃないか。

才能あふれる外国人が高知にたくさんいるのだから、その才能を高知の人々に披露してみてもどうだろうか？すでに GENKI 青年会のミュージカルや The Windbeat のようなバンド、それに外国料理レストランなどの例は存在する。しかし、もっとたくさんの方が自分の才能を日本人コミュニティに発信していくところを見たい。

高知では毎月のように何かしらのお祭りやイベントが行われている。多くのイベントには知識を持ったボランティアが必要だし、その活躍は

They are always looking for people like you to get involved. If you cannot join in on festivals, you can also start your own clubs or projects wherever you are around the prefecture. You can also support those that are already doing so. Please, let's get together and make Kochi an even more special place to visit and live.

Sunset Snowmen

Have you ever seen a gigantic snowman out beyond the sea? During the winter season in Kochi Prefecture, from around the middle of November to the middle of February, you can see the sunset make a silhouette of a snowman near Cape Ashizuri and Cape Muroto. How does it happen? The temperature difference between the sea and the air makes the sunlight reflect on the sea and causes a mirage of the sun. When the sun is getting closer to the horizon, the actual sun starts to resemble the image of the sun caused by the reflection. As they get closer and eventually meet they form an image like the shape of a snowman. But you can not see it every sunset; you must have good weather conditions and perfect timing. If all the conditions are favorable, you can see the sunset snowman for a few seconds, so keep your eyes peeled in the last few minutes! Try counting how many times you can spot a sunset snowman in the winter!



Let's play in the snow!

There are not many winter-related sports in Kochi, but that does not mean you can not appreciate the snow during the winter! In northern Kochi's Reihoku region, the snow falls freely during the winter, and if you are brave enough to drive up there you can see it for yourself. It takes about an hour and a half to get there from Kochi City. Make sure you bring snow tires!

Some years, at Okawa Village's Shirataki, the waterfall will freeze over and you can see the beautiful frozen ice. You can also see frozen lakes and streams, but don't try to ice skate on them. The snow also falls fairly heavily in that region, and you might even be able to build a snowman or make snow angels. The roads can sometimes freeze, so make sure you are comfortable driving on slippery roads. Let's play in the snow!

Avocado Hot Pot

Ingredients (4 Servings):

- 2 avocados
- Assorted vegetables as desired

Soup:

- 1 avocado
- 700ml consome
- 700ml milk
- 1/2 box (5 servings worth) Cream stew roux

Directions:

1. In a saucepan, combine consome and milk. Heat until warm, then add the cream stew roux and mix until completely melted.
2. In a large bowl, smash up one avocado. Pour in a little bit of the soup and stir well. Add the rest of the soup and stir.
3. In a *nabe* (large hot pot), mount desired vegetables. For root vegetables such as sweet potato and turnip, heat in microwave beforehand. Top with two avocados cut into eight slices lengthwise, then quietly pour in the prepared soup. Heat until vegetables are cooked. Enjoy!

Recipe from the November 3rd airing of *Hanamaru Market*.

<http://www.tbs.co.jp/hanamaru/recipe/recipe20111103-2.html>



アボカド鍋

材料 (4人分):

- ・アボカド 2個
- ・お好みの野菜 適量

スープ:

- ・アボカド 1個
- ・コンソメスープ 700cc
- ・牛乳 700cc
- ・シチューのルー 5皿分

作り方:

1. 鍋にコンソメスープ、牛乳を入れたら加熱して温まってきたらシチューのルーを入れ溶かしていく。
2. 大きなボールに1個分のアボカドを粗く潰し、スープを少し入れ混ぜ合わせてから残りを入れる。
3. お好みの野菜を鍋に入れ、縦に8等分にしたアボカドを上に乗せたら先ほど作ったアボカド入りスープを鍋肌から入れて加熱すれば完成。

※サツマイモやカブなどの根菜類は電子レンジであらかじめ加熱しておく。

11月3日放送のはなまるマーケットより

<http://www.tbs.co.jp/hanamaru/recipe/recipe20111103-2.html>