



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」 69号 (2018年3月発行) 発行: (公財) 高知県国際交流協会

Kochi is famous as a place where you can enjoy fresh seafood. But it turns out that most of the Katsuo (bonito) you can eat in Kochi isn't actually from Kochi?! In this issue, we will cover the source of the seafood: Kochi's fertile oceans. We will report on a fishing experience in Tosa Bay, Kochi City Central Wholesale Market, and Open Market Day at the Central Wholesale Market!

“The Blessings of the Sea”

「母なる海のめぐみ」

新鮮な海産物が食べられる、と有名な高知。実は高知で食べられるカツオの多くは高知産じゃない?! 今回は海産物の源である高知の豊かな「海」

を取り上げます。土佐湾での釣り体験からはじまり、高知市中央卸売市場での取材、市場開放デイの様子をリポートします!

Fishing in Kochi

Kochi City CIR, TJ Yanagitsuru

Fishing in Kochi probably conjures images of Ipponzuri-fishing for Katsuo, but did you know you can enjoy a vast array of other different types of fishing in Kochi?

The Kuroshio sea current flows off of the Tosa coast, and many different types of fish inhabit the beautiful oceans. Kochi's long coastline extends 713 kilometers from east to west, and in addition to the 88 fishing ports which dot the coastline, there are jetties, beaches, sea-rocks, and anchored fishing rafts, resulting in innumerable places you can fish from. Anglers from outside of the prefecture make the long trek to Kochi, in order to enjoy this perfect fishing environment.

What is “Hitotsu-tenya”?

The type of fishing we tried out this time is called “Hitotsu-tenya” and it uses Ebi (shrimp) as bait. Although many fish types can be caught with this method, the main target is Madai (sea bream), and it is the literal embodiment of the Japanese proverb “use Ebi to catch Madai” (“throw out a sprat to catch a mackerel”). A “Tenya” is a rig with two hooks attached to a weight. To use a Tenya: 1. Set the shrimp on the hooks of the Tenya. 2. Drop the Tenya down to the bottom. 3. Once you feel the Tenya hit the bottom, reel it in slightly to get rid of any slack in the line, and wait for the fish to bite. 4. If there are no bites, flick the rod up and let the Tenya fall slowly, and wait for the fish to bite again. 5. Repeat until the fish bites, and if you feel a bite, jerk the rod up to set the hook.

Things to bring

Fishing tackle, rigs, life jacket, cooler, clothes suitable for the weather, food and drinks, motion sickness medicine, etc.

Super-rare Shiro Amadai!

We began fishing at a point about 40 minutes away from the port. As the captain announced, “32 meters. Go ahead,” everybody dropped their rigs into the water.

KIA staff member, Hirose-san got the first bite, and caught a small Itoyoridai (threadfin bream). From there, small Itoyoridai were biting for about two hours, but most were too small to keep. The big fish

高知の釣り

高知市国際交流員 (CIR) 柳鶴 太郎

高知の釣りといえばカツオの一本釣りを思い浮かべる人が多いと思うが、高知ではそのほかに多種多様の釣りが楽しめることをご存知だろうか?

高知沖には黒潮が流れており、海も美しく、魚の種類が豊富。東西に713キロメートルの長い海岸線を有する高知県には88の漁港に加え、突堤、浜辺、磯、釣り用の筏など、無数の釣り場がある。釣りにはもってこいの環境が整っているため、県外からわざわざ高知へ来る釣り人も多い。

「一つテンヤ」とは?

今回の取材で経験した釣りは「一つテンヤ」といい、餌にエビを使う釣りである。色々な魚が釣れる釣り方だが、主にターゲットは真鯛であり、これがまさに「海老で鯛を釣る」である。ちなみに、「テンヤ」とはおもりに針が2本ついた仕掛けのこと。以下が、一つテンヤの基本ステップである。①テンヤにエビを付ける。②テンヤを海底まで落とし、着底させる。③テンヤが着底したと感じたら、少し巻いて糸の緩みを取り、魚が食いつく(アタリ)を待つ。④アタリがなければ、軽く竿をシャクリ上げ、テンヤをゆっくり落とし、またアタリを待つ。⑤これをアタリがくるまで繰り返し、アタリがきた場合は竿を上げて魚の口に針を掛ける。

準備するもの

釣り具、仕掛け、ライフジャケット、クーラーボックス、天候に適した服装、自分の飲み物・食べ物、酔い止めなど。



Tenya rig with two hooks.

針が二本ついたテンヤ



Setting the Tenya.

テンヤをつけているところ



The boat we went on, the Roman 3-go.

ロマン3号

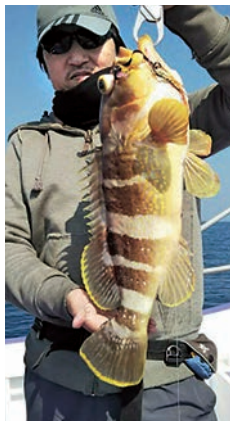
幻の白アマダイをゲット!

港から出て40分ほど船を走らせたところで釣り開始。船長の「32メートルです。やってみてください。」というアナウンスすると同時に、みんな一斉に仕掛けを落とす。まずアタリが出たのがKIAの廣瀬スタッフ、小さいイトヨリをキャッチ。

weren't biting, perhaps because of the low water temperature. Even in those circumstances, Hirose-san was able to catch the most expensive fish of the day: a Shiro Amadai (white tilefish). The fact that the extremely rare Shiro Amadai was caught in the waters off of Kochi was surprising. The fish rarely bit from that point on, but in the end we still managed to catch a Ginfugu (green rough-backed puffer) in addition to the Itoyoridai and Shiro Amadai in the end. Altogether many types of fish were caught with others on the boat catching a large Madai and Aohata (banded grouper).

The charm of Kochi fishing

In addition to all the fishing spots and types of fish in Kochi, there is a wide variety in the types of fishing as well. This time we experienced a form of boat-fishing called Hitotsu-tenya, but there are also types of fishing which require advance preparation such as Isozuri (rock fishing), where anglers take a boat to rocky outcrops in the sea and scatter bait to target Gure (largescale blackfish), as well as more accessible forms which only require tackle and a lure such as Eging, where an Egi (bait log) is used to attract squid, and seabass fishing, where a lure is used to target Suzuki (seabass). One of the best things about fishing in Kochi is the fact that you can enjoy whatever type of fishing that fits you.



Upper left: Aohata (banded grouper), Upper right: Madai (sea bream), Bottom: the fish we caught.

左上: アオハタ、右上: 真鯛
下: 今回釣った魚たち

そこから2時間ほど小さいイトヨリが釣れ続けるが、小さすぎてほとんどがリリース対象。水温が低いせいか、魚の食いが渋いようだ。しかし、この厳しい状況の中、廣瀬スタッフはその日一番の高級魚、白アマダイを見事仕留めた。非常に珍しい白アマダイが高知沖で釣れたことに驚き。そこから、魚の食いは渋かったものの、最終的に我々はイトヨリと白アマダイに加えギンフグも釣れた。他のメンバーも大型の真鯛やアオハタなどを釣り上げたようで、様々な種類の魚が揚げられた。

釣りどころ高知の魅力

高知では様々な釣り場と魚の種類に加え、釣り方もバラエティーに富んでいる。今回は一つテンヤと言う船からの釣りを経験したが、他にも渡船で磯に渡り、撒餌してグレをターゲットにする磯釣りのように事前準備が必要な釣りもあれば、餌木でイカを誘うエギングやルアーでスズキを狙うシーバス釣りなど、竿一本とルアーさえあればいつでもできるような釣りもある。自分に合ったスタイルの釣りを楽しめることも釣りどころ高知の魅力と言えるだろう。

Let's go to Kochi City Central Wholesale Market!

By Kencho CIR, Teo Valerie

We went to find out about the market!

The market was opened in 1930 and is the second oldest market in Japan. Fish caught in Kochi and foods from across the country are brought here, and make their way to the dinner tables of Kochi's residents.

The most commonly caught fish in Kochi isn't actually bonito!

If you walk towards the ocean-facing side of the market, you can see where the unloading of fishing boats takes place. I'm sure many of you would think that because this is Kochi, the most common fish caught here would be bonito. However Kochi is not the number one prefecture in terms of catching bonito- it is just number one in terms of their consumption. The bonito eaten in Kochi primarily comes from Kagoshima, Miyazaki and Chiba Prefecture. So what is the most common fish handled at this market? The answer is tuna and alfonso. Incredibly, approx. 290 tons of tuna and approx. 200 tons of alfonso are handled here every year, with other main types of fish including bonito, common dolphinfish, blue mackerel and the Japanese amberjack.

Try experiencing the intensity of an auction!

The fish brought to the market are displayed in the auction which starts at 5:30 AM. Only wholesalers, and intermediate wholesalers and trading participants who have received permission are able to participate, and to receive this permission, they need a record of sales. Foreigners who work as distributing agents in Kochi or have a record of sales are allowed to apply.

★The appeal of a traditional auction★

1. A large quantity of goods can be seen by the buyers, and an appropriate value can be decided depending on their good and bad points.
2. Wholesalers are not able to raise the prices as they so choose.
3. Supply and demand of goods are properly adjusted to the day's catch.

At auctions unexpected results can also take place. If the item is very rare, the prices can shoot up surpassing expectations. In recent years the total quantity of fresh fish that the market handles is decreasing every year, however the total amount of money being made is going up. Great quantities of many varieties of fish are being sold to large amounts of

高知市中央卸市場へいってみよう！

高知県国際交流員 (CIR) テオ ヴァレリー

いざ市場に取材に！

この市場は昭和5年に開かれ、日本では2番目に長い歴史を持っている。高知で水揚げされた魚や、全国各地の食材がここを通過して、市民の食卓に届く。

高知で水揚げが多い魚は実はカツオではない？

場内の海側まで歩くと、水揚げの場所が見えてくる。ここは高知だから水揚げされた魚はカツオでしょうと思う方がいると思う。しかし、高知はカツオの水揚げが一番なのではなく、カツオの消費量が一番になっている。高知で食べられているカツオは主に鹿児島県、宮崎県、そして千葉県からきている。では、中央卸売市場で一番水揚げ量の多い魚類はなんでしょうか。それはマグロと金目鯛である。実は、一年に約290tのマグロと約200tの金目鯛を水揚げしている。カツオ、シイラ、丸サバ、ブリも主要品目として取り扱っている。

迫力ある「セリ」を生で体験してみよう？

運ばれてきた鮮魚は朝5時半からセリに出される。鮮魚セリに参加できるのは、卸売業者と許可を貰っている仲卸業者と売買参加者のみになっている。許可を取る基準は販売実績である。外国人でも、県内に販売代理店、あるいは経営実績があれば応募できる。

★伝統的なセリの魅力★

- ①大量の品物を買手側が見定め、物のよしあしによって適正な価格が決められること
- ②卸売業者が勝手に値上げすることができないこと
- ③当日の漁獲量に合わせ、需要と供給を上手に行っていること

セリでは意外なことも起こり得る。すごく珍しいものであれば、想定外の金額になることもある。今のところ、鮮魚の総取扱数量は年々減っているが、総金額は上がっている。大量の魚類をセリ落とした18店の仲卸業者

consumers and retailers in the 18 intermediate wholesaler's stalls which are separate to the auction. These intermediate wholesalers cut the fish into small portions so that families can easily buy them for cooking at home.

As we left the market with its lines of fresh fish, salted-dried fish and fruit and vegetable stalls it was like we had visited an extremely large, fresh and discounted supermarket! Please go and discover it for yourself.

Auction times (AM)

- 5:30~ fresh fish
(Pacific bluefin tuna, marlin etc.)
- 6:00~ salted-dried fish
(whitebait etc.)
- 7:00~ vegetables
- 7:30~ fruit

The fruit and vegetables auction takes about 1 hour to complete, however the fresh fish auction is over in 10-15 minutes, and the salted-dried fish auction is over in a mere 5 minutes. You will regret it if you're late!

○Kochi City Central Wholesale Market

- Location: 12-12 Kokadai, Kochi City
- Access

Take bus P1 or P2 from Harimayabashi stop and get off at "Chuo-shijo-mae". It takes about 10 minutes to get there, however you could be waiting at the bus stop for over an hour so please check the timetable before going!

The return bus changes to C1!

- Open market days coming up: April 7, May 12, June 2, July 7.

から、大口需要者や小売商などに売り出される。仲卸業者も一般家庭が気軽に買うことができるように鮮魚を小さく切って販売している。

このようにして、鮮魚、塩干、青果が豊富に並んでいる市場から立ち去る時には、まるでものすごく大きくて新鮮でお得なスーパーへ行ってきたような気分になる。皆さんも行ってみませんか。

○セリ時刻

- 5時30分~ 鮮魚(マグロ・カジキマグロ他)
- 6時00分~ 塩干魚(ちりめんじゃこ他)
- 7時00分~ 野菜
- 7時30分~ 果実

青果セリは約1時間ほどかかるが、鮮魚セリは10~15分で、塩干魚セリはたったの5分です。
遅れたら後悔するよ!

○高知市中央卸売市場

- 所在地: 高知市弘化台12-12
- アクセス

「はりまや橋」からP1もしくはP2のバスに乗り、「中央市場前」で降りる。移動時間は10分程度ですが、バスを1時間以上待つ場合があるので、先に時刻表を確認しましょう!

帰りのバスはC1に変わります!

- 直近の市場開放日開催日 4月7日、5月12日、6月2日、7月7日

Going to the Open Market Day!

By Kochi City CIR Xu Lin

On the first Saturday of each month an "open market day" is held at Kochi City Central Wholesale Market. March 3, marked its 99th time and I went to have a look around with the staff from KIA.

On an open market day of course one goes to the auction!

The first auction: fresh fish! It was 5:30 AM at the market, and fish unloaded straight from ships and large tuna flown in from across Japan and overseas were displayed in rows. This was the first time for me to see tuna fish like this up close. Once the auction started, those buying wrote the prices on paper as the auctioneer called and showed them to the auctioneer. It seemed like the person who gave the highest price could buy the item, however even though I was right there I couldn't work out what the auctioneer was saying or how much the buyer was paying. Fish successfully bid for were immediately taken to the many wholesale stalls which line the premises, and prepared for selling. Time to dissect the tuna! It was gripping to watch the tuna gradually be taken apart before my eyes! I couldn't tear my eyes away from the deft and highly skilled stall owners using their long knives with well-worn blades.

7:00 AM - the fruit and vegetable auction starts! In a spacious warehouse-like venue, an assortment of fruit and vegetables were displayed in rows. This auction was held in a slightly different way to that of the fresh fish auction- perhaps due to the larger number of buyers. In this case buyers didn't write their bids on paper, but showed their prices using unique hand gestures. The auctioneer was able to quickly read these and call out prices and the bidder's number. Next to the auctioneer stood the market staff who recorded the successful bidders and prices by simply listening to the voice of the auctioneer without even raising their heads. It seemed that they were recording the whole process as a precaution in the case that any trouble should arise.



Bidding for tuna at the fresh fish auction.

鮮魚セリーマグロのせり会場の様子



The gripping spectacle of dissecting a tuna!

迫力満点のマグロ解体ショー!

市場開放日に行ってきた!

高知市国際交流員 ショーリン

高知市卸売市場では、毎月第1土曜日に、「市場開放日」を開催している。3月3日に第99回目の開催を迎えた。今回はKIAのスタッフと一緒に見学に行ってきた!

市場開放日といえば、やっぱりせり見学!

まずは第1弾、鮮魚セリ! 5時半ごろ、せり会場には、水揚げがあったものや国内外から空輸された大きなマグロがずらりと並んでいた。丸ごとのマグロをこんなに間近に見たのは、今が初めてだった。せりが始まると、買い手は、せり人の呼びかけに応じて、自分が出した値段を紙に書いて、せり人に見せる。一番高い値段をつけた人が買えるのだが、せり人が何を言っているのか、買い手がいくらで買ったのか、すぐそばで見学していたが、さっぱり分からなかった。また、競り落とされた魚はすぐに敷地内に並ぶ各仲卸店舗に運ばれ、捌かれる。それからマグロ解体のショータイム! 目の前で大きなマグロがどんどん解体されていく様子は迫力満点! 使い込んだ刃の長い包丁を使って職人が手際よくさばく姿から目が離せなかった。

7時になると、青果セリがスタート! 倉庫みたいな広い会場に入ると、様々な果物と野菜が

並べられていた。買い手が多いせいか、鮮魚のときとやり方が少し違った。今日は、買い手は値段を紙に書いて見せるのではなく、独特な手の合図で値段を示していく。それをせり人が素早く読み取って、金額と買い手の番号を呼んでいく。隣にいる市場のスタッフは、顔を上げることもなく、せり人の声を聴くだけで、さっと競り落とした人と金額について記録を取っていく。万が一のトラブル発生に備えて、全過程を録音することになっているという。

Try the market's unique fresh food!

Before the fruit and vegetable auction started, I ate a breakfast only served at the open market day. They were selling rice-based dishes, such as freshly boiled whitebait rice bowl, and asari clam curry, as well as various noodle dishes and individual food items- all of which looked delicious! This meant that there was already a long line of people forming, even though it had only just passed the early hour of 6:00 AM. Inside, the charcoal-grilled seafood buffet was very popular and had a somewhat refined style to it- you chose a dried-item, grilled it on a small charcoal grill and then ate it. Then from 7:00 AM they started selling the market's own seafood rice bowl. You buy just the rice and then can make your own individual seafood rice bowl by browsing the fresh fish stalls and buying the items you want to eat.



Everything looks so good! Lets get in line!

どれもこれもおいしそう！並ぼう！



The fruit and vegetable auction.

青果せりの様子

In addition to this there are all sorts of activities that take place every time that can be enjoyed by all ages, including an "all the root vegetables you can stuff in one bag" activity, "taking a handful of asari clams" activity for elementary school children, and a "seasonal fruits tasting" activity. Why don't you try going to the open market day? The next day will be (Sat) April 7, and will mark the 100th anniversary of the event. Perhaps the market will plan a special activity or offer to mark the occasion...let's wait and see!

The world has become a convenient place. One can get a lot done just by using smartphone applications. Today, I will be introducing 3 applications that are useful even for people who have just arrived in Japan☆

Smartphone Applications スマホアプリ

• VoiceTra (Voice Translator) (by NICT) and Google Translate

Both applications provide impressive interpretations when given sentences of reasonable lengths.

VoiceTra	VS	Google Translate
◎	English Voice Comprehension	○
×	Offline Use	○ (text input translation only)
○	Reverse Translation	×
×	Recognition of Text Images	○
○	Recognition of Place Names	◎
○	Translation History	×

• Japan Life Guide (by CLAIR)

Information on 17 topics of life in Japan written in an easy to understand way in 14 languages! The app will also notify users when an earthquake over seismic intensity of 5 occurs in Japan. It is probably not an app that you will use daily, but it will sure come in handy if you need an encyclopedia of sorts!

• Requesting for redelivery on LINE for Kuroneko Yamato

If you need a redelivery for Kuroneko Yamato, doing it using LINE is the easiest way! All you have to do is to add the Yamato account as a friend and register yourself as a Kuroneko member for free. You will then be able to receive notifications on the estimated date of arrival, and for failed deliveries. You can also request for redeliveries or change the date of delivery before it even happens. Although this service is only provided in Japanese, other than the initial set-up, the usage of this application should only require basic Japanese.

いちば 市場ならではの新鮮な食べ物もぜひ！

青果せりの前に、市場開放デイならではの朝ご飯を食べた！釜揚げしらす丼、あさりシーフードカレーなどのご飯物に、麺類、一品ものも売られていて、どれもこれもおいしそうだった。だから、まだ6時過ぎという早い時間にもかかわらず、行列ができていた。中でも人気なのは、海産物の炭火焼きバイキング。好きな干物を選んで、七輪で焼いて食べるというなんとも風情あるスタイル！続いて、7時からオリジナル海鮮丼の販売スタート！ご飯だけを買って、各鮮魚店舗を巡り、好きなネタを買い集めたら、自分好みの海鮮丼が出来上がり！

このほかに、土物野菜の詰め放題や小学生限定のあさりの掴み取り、季節の果物の試食など、子供から大人まで楽しめるイベントが盛りだくさん。皆さんも市場開放デイに行ってみませんか。

次回は4月7日(土)に、記念すべき100回目の開催となる。特別イベントや特典を企画中だとか。お楽しみに！

世の中は便利になってきました。スマホのアプリを使うだけで、色々できます。今日は来日して間もない人にも役に立つ3つのアプリを紹介します☆

• VoiceTra(音声翻訳)(NICTより)とGoogle翻訳

ある程度の長さの文章だったら両方のアプリも優れた翻訳がだせる。

VoiceTra	対	Google翻訳
◎	英語発音の聞き取り	○
×	オフライン利用	○(入力による翻訳のみ)
○	逆翻訳	×
×	書かれている文字の認識	○
○	地名の認識	◎
○	通訳履歴表示	×

• 多言語生活情報 (CLAIRより)

日本での生活に必要な情報17項目が14言語で分かりやすく書かれている！日本国内で震度5弱以上の地震が発生したときにもアプリが通知を送ってくれる。おそらく毎日使われているアプリではないですが、困った時の百科事典のような物を必要とする場合には役立ちます！

• LINEでヤマト運輸の再配達を依頼するなど

宅急便の再配達を依頼するならラインでやるのが一番簡単！宅急便のラインアカウントを追加し、無料でクロネコメンバーズに登録するだけで、配達予定日や不在通知を受けたり、再配達を受け取り日時の変更をすることができる。このサービスは日本語ですが、友達追加や登録が済んだら、後は簡単な日本語しか分からない方でも操作できるようになっている。