



## An information Magazine for the International Community in Kochi

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Perhaps you have heard of the term “Niyodo Blue” before. It describes the beautiful clarity of the Niyodo River that boasts the best water quality in all of Japan. In this issue, let us, the staff of KIA and the Coordinators for International Relations, introduce activities that you can enjoy along the Niyodo River. We have also included ways to have fun that don't involve much preparation or expenses. It is a shame to stay indoors in the summer! So let's have some fun this summer with activities that you can only enjoy at the Niyodo River of Kochi!

**“When it comes to summer in Kochi, what better way to enjoy oneself than by having fun by the clear-flowing Niyodo River?”**

**「高知の夏といえば！  
清流仁淀川での川遊び」**

「仁淀ブルー」という言葉を、みなさん一度は耳にしたことがあるかもしれません。それは、水質の綺麗さが日本でナンバー1にも輝いた仁淀川の美しく澄んだ色を説明するものです。今回は仁淀川の周りで楽しめるアクティビティをKIAスタッフと国際交流員(CIR)が紹介します。準備物や費用が

かからない手軽な遊び方もありますよ。夏に室内にいたのではもったいない！ぜひ、この夏、仁淀川にて高知でしかできない遊びを体験しましょう！

### Rediscovering the charms of the Niyodo River!

Shown to us by Mr. Yamaoka, an Ino Town Tourism Association volunteer

Kochi City Hall CIR Marisa

### How to make the most of summertime nature, the Kochi way!

Like last year, summer has come early to Kochi! Unlike my home country of Indonesia, Japan has four seasons, and the celebration of these seasons is an integral part of Japanese culture, with different things to look forward to as each one approaches. The ideal way to spend one's summer is relaxing by the sea. However the situation is slightly different in Kochi, which is full of rich and beautiful nature. Of course relaxing by the sea here is equally as enjoyable as relaxing by the river, and in Ino Town there is the famous "Niyodo Blue" at the upper reaches of the Niyodo River, which of course is a beautiful attraction. But this time I would like to tell you about a different aspect of the river's charm.

### The alluring stones of the Niyodo River

I think that most people who go to the Niyodo River are not really aware of the stones there. I also had never really noticed them. I thought that the stones were typical of most rivers and could be found anywhere. However, today, I found out that these stones have travelled downstream from the upper reaches of the Niyodo River across a period of 120 million years! Our guide was Mr. Yamaoka from the

### 仁淀川の魅力、再発見！

いの町観光協会ボランティア山岡さんのガイドにて

高知市国際交流員 マリサ

### 自然に囲まれた高知ならではの夏の楽しみ

今年も、早くも夏がやってきた！私の国であるインドネシアと違って、日本は四季があり、それを大事にする文化があるから、それぞれの季節に楽しみがある。夏は海で過ごすのが理想的。でも自然に囲まれている高知県は少し違う。海はもちろん、川で過ごす時間も負けないくらい魅力的である。また、高知のいの町にはあの有名な「仁淀ブルー」がある。仁淀川の上流にある「仁淀ブルー」はもちろん魅力的だが、今回は違う魅力を紹介したいと思う。



Receiving an explanation about the Niyodo River from our guide Mr. Yamaoka.

ガイドの山岡さんから仁淀川について説明を受ける

### 奥深い仁淀川の「石」

仁淀川に行くとき、川の石を意識してみる人はあまりいないだろう。私もそうだった。私にとって、そこにある石はただ普通の川の石で、どこにでもある石だと思っていた。しかし、この石は一億二千万年という長い時間かけて、上流から下流に流れてきた石だと今日分かった!!



the Ino Town Tourism Association. He told us that the length of the Niyodo River from the headwaters to downstream is approximately 124 km, and the stones carried from the headwaters gather in Hakawa. The gathered stones have a variety of colors, shapes and patterns each with their own special features. However it's hard to see the colors and patterns of the stones once they've dried, and so unfortunately their beauty goes unnoticed by many people who visit and just ignore them. Actually if you wet the stones they sparkle like treasure, and surprise you with their beauty. The shape of each stone has changed as they've bumped against other stones and their colors have also changed over time. One can only imagine the transition that they underwent to get the color and shape they have now, and how long it took them to travel from the headwaters to downstream.

### You can also go fishing!

Aside from learning about stones, you can also go fishing in the river. On the day that we went we caught *gori* (freshwater goby). All you need to do is prepare a hook and string, and use stones from the river! For the bait you can use aquatic insect larvae, which hide under the stones. We were taught this method by Mr. Yamaoka. I was surprised to find out that we could do basic fishing using things found in the river. Anyone can do this activity, and it is perfect for families to bring children along to. "The Niyodo River isn't just the beautiful and clear water, it's also the greenery that surrounds it and the many colours and patterns on its stones which all combine to create a beautiful landscape."

These words from Mr. Yamaoka left a strong impression on me, and I felt like I had discovered a new aspect of the river's charm. The beautiful scenery was calming and I felt like I could stay there forever.



Stones glistening in the sun.

太陽光でキラキラと輝く石たち



Mr. Yamaoka, an Ino Town Tourism Association Volunteer.

いの町観光協会ボランティア山岡さん



Making our device for catching *gori*.

ゴリを釣るための仕掛けを作り中



We caught one!

釣れた！



Gori!

ゴリ！

教えてくれたのは、いの町観光協会の山岡さんだった。上流から下流まで仁淀川の長さはほぼ124kmあるが、上流などから流された石は波川仁淀川下流地域に集まってくるそうだ。集まった石は、様々な色や形、模様を持って、それぞれ特徴のある石だった。しかし、乾いたら石の色や模様があまり見えないため、その美しさが訪れた人々に気づかれないまま、放っておかれてしまった。実際その石を水に濡らしたら、宝石のようにキラキラして驚くほどの美しさを見せた。その石の一つ一つが他の石とぶつかって形が変わり、時間が経つにつれて色も変わるので今の石の色や形になるまでの経過や上流などから下流までどうやって、どれぐらい時間がかかって来たかを想像するだけで胸がいっぱいになった。

### 川魚の釣りも！

石の他の楽しみは、川魚を釣ることである。当日取った魚はゴリだった。川にある石を使用し、針と糸だけ前もって用意すれば、釣りができる。えさは石の裏にひそむ川虫を使う。そのやり方も山岡さんから教えていただいた。川にあるものを使用し、簡単な釣りができるとは思いもしない行動だったので、驚いた。だれでもできるこのアクティビティは子連れの家族にぴったり！

「仁淀川は綺麗で透明感のある水だけじゃなくて、周りの緑とたくさんの色や模様を持つ石も含めて、一つの美しい景色を生み出しているよ」と山岡さんの言葉が心に響いて、仁淀川のあらたな魅力を発見できたと思った。その美しい景色をいくらか見て満足、人を癒すパワーを持つ景色だった。



## Barbecuing along the Niyodo River

Kochi Prefectural CIR Han Jeonggyu

### One way to enjoy summer

One of the best ways to spend your summer is enjoying a barbecue! There are many popular places to barbecue in Kochi, such as Yasea Park (Yasu, Konan-shi), Yutorisuto Park Ootoyo (Ootoyo-cho), and the Shimanto River area, but this time we went to the Niyodo River area which is easily accessible from Kochi City. "Hakawa Park" (located on Route 33 near Niyodogawabashi) is one place where you can barbecue along the Niyodo River. It is a convenient location, located 10 minutes walking distance from JR "Sakawa Station" and 20 minutes from "Ino" tram stop, and also has a parking area right in front of the park. Entrance is also free.

### Let the preparations begin!

For the barbecue preparations, there are companies that can deliver the food and equipment for the barbecue to the park if you look online. There is even a site where you can order Halal meat. And of course it is also possible to prep and bring everything on your own. You can cut costs by preparing anything you can on your own. If you forget to prepare something, there is also a convenience store near the park. Hakawa Park is also popular with Tonbi (black kites) and they seem to fly over out of nowhere once the barbecue starts. Be very careful not to have your food taken away.

### Trying out ways to play by the river, introduced by Mr. Yamaoka

First, racing to see who can stack up the river stones the highest. Harder than it sounds! Everyone competes seriously as they fervently look for flat, easily stackable stones. Next, it was fun to collect stones of various colors and stack them or make stone art like you can see in the picture. There is also "Mizukiri", which you play by throwing round flat stones and make them skip over the river surface. The Niyodogawa International Mizukiri Championship is held every year on the fourth Sunday of August in Ino-cho, and there are plenty of unique ways to enjoy the Niyodo River.

### After the fun is over...

Once the barbecue is over, make sure to clean up the equipment and area, and

## 仁淀川を眺めながら楽しめる

### バーベキュー

こうちけんこくさいこうりゅういん はん じょうぎ  
高知県国際交流員 韓 正圭

### 夏の楽しみの一つ

夏の過ごし方としてはまずせないのは、バーベキュー!! 高知県の人気のバーベキュースポットとしては、ヤ・シバーク (香南市

夜須) ゆとりすとパークおおとよ (大豊町)、四万十川流域などたくさんあるが、今回は高知市からアクセスのよい仁淀川流域に出かけた。この仁淀川でバーベキューができる場所として「波川公園」(国道33号線仁淀川橋付近)がある。JR「波川駅」から徒歩10分、電停の「いの」からは徒歩20分、公園のすぐ前には駐車できる場所もあるので、とても便利などころである。また、入場料も不要。

### さあ、準備開始!!

バーベキューの準備は、インターネットで検索するとバーベキューの食べ物や器材などを公園まで持ってきてくれる業者もある。ハラルのお肉を注文できるサイトもある。そして、もちろん、自分で準備して持っていくことも可能。自分で準備できるものを自分で準備すれば、コストをカットできる。もし、準備し忘れたものがあれば、公園の近くにコンビニもあるので、ご参考程度に。また、波川公園はトンビにも有名らしく、バーベキューを始めるとどこからともなく飛んでくる。食べ物を取られないように、充分に気をつけてください。

### ガイド・山岡さん紹介の川遊びにも挑戦

まず、川石をどれだけ高く積めるか競争。なかなか難しい! みな重ねやすい平たい石を必死に探すなど真剣勝負。次に川石を色ごとに集めて石積みや写真のように石アートを

### お楽しみのは...

最後に、楽しいバーベキューが終わったら、器材や使った場所を綺麗に片付け、ゴミは持って帰りましょう。ちなみに、波川公園の近くには日帰り入浴ができる温泉や「紙の博物館」があるので、



Barbecue: The meat shop did everything for us, including delivering it to us and picking it up afterwards.

BBQ: お肉屋さんが、配達から器具の引き取りまですべてをしてくれた。



Stone art: colorful stones which drifted down from upstream.

石アート: 仁淀川上流より流れついた彩り綺麗な石たち。



Skipping stones: players compete by seeing how many times they can skip the stone of their choice across the water.

水切り: 各自選りすぐりの石を投げて跳ねた数を競う。

take away any trash. There is also an onsen you can take a day trip to and the Ino Paper Museum near Hakawa Park so please stop by if you have time.

It was super fun to enjoy great food with great people while surrounded by beautiful nature at the barbecue! Kochi's summer is long. Instead of turning on the air conditioner, why not try cooling down with the cold river water and the wind blowing from the mountains and rivers this year? Have a great summer!

#### ○Store info

Echizen Machi Yamashige Meat

〒780-0928

2-6-14 Echizen-cho, Kochi City, Kochi Prefecture

TEL : 0120-81-4129 FAX : 0120-22-9732

Site where you can order Halal meat for barbecue (others available as well)

www.manpuku.co.jp/bbq\_shikoku/

時間があれば寄ってみてください。

綺麗な自然の中で、親しい人たちと美味しい料理を食べながら色んな遊びも楽しめるバーベキュー、本当に楽しかった！高知の夏は長い。今年はエアコンより、山と川から吹いてくる風と冷たい川の水に頼ってみませんか。今年の夏も元気に過ごしてください！

#### ○今回使用したお店

越前町山重食肉

〒780-0928

高知県高知市越前町2丁目6番14号

TEL : 0120-81-4129 FAX : 0120-22-9732

ハラルのBBQ用お肉を注文できるサイト(他にも数カ所ある)

www.manpuku.co.jp/bbq\_shikoku/

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

## Smartphone Applications②

### スマホアプリ②

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☆

#### ●Japan Travel - Route, Map, JR (by Navitime Japan)

This app does more than just telling you where to get on and off public transportation. It is a guide book in itself, with articles on the local region's food, nature, culture, shopping, and more. You can also search for places using only their phone numbers! The most impressive thing about this app is how you can search for Free Wi-Fi, Information Centers, ATMs and more, even offline!



#### ●Japan Travel - Route, Map, JR (Navitime Japanより)

公共交通機関の乗り場や降り場を教えるだけでなく、その土地の料理、自然、文化、買い物などについて、様々な記事が載せられたガイドブックの役割も果たす多機能のアプリ。店の電話番号だけでも検索可能！さらに、オフラインでも周辺の無料Wi-Fi、案内所、ATMなどを検索することもできる！

#### ●Yahoo! Norikae Annai

This application is simple and easy to use, but it sadly does not have an English version. If you are just unable to read the kanji of station and place names, there is no issue as they have furigana written above them. With this app, many routes are presented to you with a lot of customizability based on whether they have the least transfers or are the fastest or cheapest. You can also scan through your options by pressing the buttons “一本前” and “一本後” to choose the timing and pricing that are best suited for you! Furthermore, it allows you to readjust your schedule by just a bit without having to search from the start again. For example, if you reached your transfer platform a little earlier or a little later than planned, just tap on the timestamp and choose the next available train!

#### ●Offline Dictionaries Aedict and Imiwa

Aedict is for Android phones and Imiwa is for iPhones. Both dictionaries can be used without internet access or a Japanese keyboard, and kanji can be searched by their readings or radicals. Verbs have handy inflections lists, and in the case of Aedict, a mixed search of hiragana and kanji, auto prolongation of vowels and more are included.

#### ●Yahoo!乗換案内

シンプルで使いやすいアプリではあるが、あいにく日本語版しかない。しかし、地名などの漢字にはふりがなが付いているので、便利だ。目的地まで色々な経路を教える上に、交通手段の乗換最小、最速と最安値というフィルターがついている。「一本前」と「一本後」のボタンもついていて、それを調整しながら、時間と価格的にも最もいい選択肢を選ぶことができる。さらに、最初に戻ずにスケジュールを変更することもできる。例えば、乗り換えのホームにちょっと早く着いた場合、アプリで時間をタップし、次の電車を選べばいい！

#### ●オフライン辞書AedictとImiwa

インターネット無しで、日本語キーボードがなくても使える辞書。Aedictはアンドロイド対応でImiwaはアイフォン対応。漢字は読み方と部首による検索ができる。検索結果では動詞の活用も表示されている。Aedictアプリはさらに、ひらがなと漢字を混ぜた検索も、伸ばし音を入力するのを忘れた検索も可能。