



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」74号(2019年6月発行) 発行:(公財)高知県国際交流協会

Mornings in Kochi usually call to mind the famous Morning Markets (on Sunday, Tuesday, and Thursday). However, there are other fun ways as well to spend your mornings, including taking time to reflect upon yourself. In this issue, we introduce the culture of eating a special breakfast set called “Morning” – a Japanese word originating from English – and meditation at a temple. So why not get up a little earlier than usual, to enjoy some morning time?

Waking up earlier than usual to have an active morning!
はや お あさかつ
いつもより早起きして朝活!

高知の朝といえば、朝市（日曜市、火曜日、木曜日）がとても有名ですが、そのほかにも高知の朝をおいしく楽しく、時には自分自身を見つめ直す時間を持つこともできます。今回は、高知の“朝ごはん＝モーニング”文化とお寺での座禅を紹介したいと思います。

たまには、いつもより早く起きて

“朝活”楽しんでみませんか?!

Tasty / Happy / Fun Susaki ~“Morning” at a Café~

Kochi City Hall CIR Marisa

Susaki is famous for Shinjo-kun, but I heard that this city has an interesting tradition, so I went to Susaki City with staff members from KIA to learn more about it!

美味しい・うれしい・楽しい須崎 ~喫茶店でモーニング~

高知市国際交流員 マリサ

須崎市といえば「しんじょう君」で有名ですが、この街には面白い文化が他にもあると聞き、その真相を知るためにKIAスタッフと一緒に須崎市へ行ってきました!!

Getting to know “Morning” culture

It is said that on the ocean side of Susaki, after fishermen came back from sea, “eating breakfast at a café” later became known as “Morning” and spread from there. We immediately picked up a “Morning”/lunch guide map at JR Susaki Station. There were many cafes offering “Morning” all day, and it was very hard to decide on one as they all looked delicious.



Susaki seaside, baby sardines on drying racks

須崎の海 しらす干しの棚

モーニング文化を知る

須崎の海側では、漁師が漁を終えた後、“喫茶店で朝食をとること”が、のちにモーニングとなり広まったといわれています。早速、JR須崎駅でモーニング・ランチ案内マップをゲット。一日中モーニングを提供するカフェがたくさんあり、どれも美味しそうでこに行こうか迷うくらいでした。

Guided by Okushimanto Tourism council’s Ms. Sasaoka

This time, we headed to “Morinoki” by JR Oonogou station. Looking at it from the outside, it looked like there was nobody inside, but it was crowded with people and the retro-feel of the interior made a visual impact. According to Ms. Sasaoka, “Cafes in Susaki are all like this around 9am, and depending on the place, there are many customers who come with their handcars.”



Me and Shinjo-kun

しんじょう君と私



Café “Morinoki”

喫茶店「森の木」

奥四万十観光協議会笹岡さんに連れられて

今回向かった先はJR多ノ郷駅近くの「森の木」。外から見たら誰もいないかのような雰囲気でしたが、中に入るとレトロ感あるインテリアが目飛び込み、お客さんも多く大変にぎわっていました。笹岡さんによると、「須崎のカフェはどれも朝9時ぐらいはこんな感じで、場所によっては押し車で通うお客さんも多くいる」ということです。

Ordering the daily “Morning”

What I ordered that day was a “Morning” set with hot cocoa. Included in the set was homemade bread (Anpanman and bread filled with bitter orange jam), salad, tangerine, yogurt, and miso soup. The homemade bread was exquisite! The bread and miso soup paired surprisingly well. After enjoying the sweetness of the bread, the saltiness of the miso soup was irresistible. It can be said that this is what makes Kochi’s “Morning” unique.



Daily “Morning” special at “Morinoki”

「森の木」日替わりモーニング

After the “Morning” journey

It is common for Susaki residents to have a favorite café near their home, and many people enjoy “Morning”. Additionally, each café offers items such as homemade bread or coffee on their characteristic menus, so there are people who try out “Morning” at different places. “Morning” culture is not only about eating, but it also provides a space for people to make connections and have exchanges. Don’t you think it’s great that you can maintain connections to the local community while eating a delicious “Morning”? Everybody please make the trip out to Susaki.



With Ms. Sasaoka of the Okushimanto Tourism Council

奥四万十観光協議会 笹岡氏とともに

早速モーニング（日替わり）を注文

その日、私が頼んだのはホットココア付きのモーニングセット。セットの内容は手作りパン（アンパンマン＆橙ジャム入りパン）とサラダ、みかん、ヨーグルト、そして“味噌スープ”。お手製パンは絶品！また、意外にもパンと味噌スープの組み合わせがとても合います。甘いパンを食べた後の塩気の味噌がたまりませんでした。これが高知のモーニングの特徴だということです。

モーニングの旅を終えて

須崎市民は、家の近くにお気に入りカフェを持ち、モーニングを楽しむ人がたくさんいます。一方で、それぞれのカフェが手作りパンやコーヒーなどの特徴あるメニューを提供するので、モーニング巡りを楽しむ人もいます。この文化はモーニングを食べるだけでなく、人と人をつなげる交流の場となっています。美味しいモーニングを食べながら地域とのつながりを維持することができるなんて素敵だと思いませんか。皆さんも是非須崎へ足を延ばしてみてください。

Reflect on yourself through an hour of Zen meditation in the morning

Going through the temple gates

In this edition, CIR Naomi and KIA staff visited Gokokuji Temple in Iguchi-cho, Kochi City. It was still dark at 5:50 am, and a dim light was coming from within the temple gates. We went through, and the wooden building and plants, still wet with dew, looked beautiful. We could see the figure of the abbot through a small window, and with the scent of incense wafting from the entrance, it felt like we had entered a scene from a Ghibli movie!

The inside of the temple gave one a feeling of traditional Japan; the interior was simple and the moss-covered garden emanated an atmosphere of calmness. The abbot told us that he gets up at 2:30 am every morning and cleans the building, as well as incorporating Zen meditation into his daily practices—an ideology passed down from previous generations.



Temple gate of Gokokuji

護国寺の山門

朝の1時間、座禅で自分を見つめる

お寺の山門をくぐると

今回ナオミ CIR と KIA スタッフは高知市井口町の護国寺を訪問しました。早朝5時50分、まだ暗い中、お寺の門の先に薄暗い光が差し、門を入ると木造の建物や、雨露で濡れている植物がきれいでした。小窓から住職の姿が見え、あたりには線香の香りが漂っていて、まるでジブリの映画の場面に入ったかのよう！

お寺の中に入ると、簡素な内装・苔がある庭が穏やかな

雰囲気を作り出してわびさびを感じました。住職によると、毎朝2時半に起床し建物等の掃除をしたり、先代の意思を継ぎ日々座禅を組み修行しているそうです。

座禅の仕方

座禅とは、仏教で姿勢を正して坐った状態で精神統一を行う、禅の基本的な修行法。訪問した護国寺のように一般の人々でも宗

How to do Zen meditation

Zen meditation is a fundamental practice of Zen, and in Buddhism involves sitting with an upright posture, and breathing evenly. Like at Gokokuji Temple where we visited, there is a space available for anyone to experience Zen meditation,

regardless of religion.

1. Cross your legs on top of a zabuton (large cushion). Sit up straight, and gently fold your hands in your lap, slightly lowering your chin.
2. You can close your eyes or keep your gaze lowered and look at the floor in front of you.
3. Breathe through your nose, and be aware of your breathing. In particular, take care as you breathe out to try and maintain a pattern of breathing in for three counts and out for seven. You should aim to clear your mind as you focus on your breathing.



CIR Naomi sitting in the Zen meditation position

姿勢をとるナオミCIR

Our Experience

Despite not having any experience, the abbot welcomed us, and carefully explained how to sit and breathe.

“It was surprisingly difficult to maintain the correct posture, and I started to get pins and needles after 10 minutes or so. To sit like that for an hour is certainly a challenge! If I moved my body at all it made a noise, and so to not disturb the silence I tried to only move my legs when I could no longer hold the position comfortably. I closed my eyes and tried to concentrate on my breathing, but my focus slipped multiple times. It certainly requires practice! A high-pitched sound went off to signal the end of the meditation, and at that moment it felt like the atmosphere was broken, and the morning returned to normal”.

Although it's early in the morning, if you would like to forget about the outside world for an hour and refresh your mind before starting the day, we highly recommend you try it!

○Gokokuji Temple

Address: Iguchicho 124, Kochi City, Kochi Prefecture
TEL: 088-873-7539

Zen meditation times: (Morning) 6:00~8:00 (Evening) 18:00~21:00

- Please be careful to keep your voices low, and not bother anyone else coming to meditate.
- We recommend ringing to confirm your participation beforehand, and wearing clothes that are loose-fitting and easy to move in.



The abbot, who kindly told us about the temple

寺内の説明をくださる住職



Corridor overlooking the garden

庭の見える縁側

体験をしてみよう

住職が私たちのような初級者でも坐り方や呼吸の仕方を丁寧に説明してくれ、歓迎してくれました。

正しく座禅の姿勢をとるのは意外と難しく、10分ほどで足のしびれが始まりました。1時間姿勢を保つのは難しい。少し体を動かすと音を出してしまうので、静かな空気を壊さないように、耐えられないときだけ足を動かしました。目をつむって呼吸に集中してみたけれど集中力が何回も落ちました。やはり練習が必要！瞑想を終える合図に甲高い音が響き、その途端に緊張が解かれたようにいつも通りの朝が戻ってきました。

朝早いですが、外の世界を一時的に忘れ、一日を始める前に気分を一新させたいときぜひ体験してみてください。

○議国寺

所在地：高知県高知市井口町124

TEL：088-873-7539

座禅時間：朝6:00～8:00、夜18:00～21:00

- 大声で話す等修行にきている方の邪魔にならないようご配慮ください。
- 座禅への参加は事前の電話予約推奨、動きやすい締め付けない服装で。



The characters "Seishin" (correct the heart) in the tatami room

畳の広間には「正心」の文字

Kochi Lifestyle Q&A : Q. Are there consultation services for foreigners for various fields?

A. Yes, there are such places below!

高知の生活Q&A : Q. 外国人向けの色々な分野の相談窓口はある？

A. 下のような場所があります！

① Kochi Consultation Center for Foreign Residents

This center opened as a new organization under KIA at the end of May 2019! It assists foreign residents in Kochi by listening and advising them with regards to their daily life, and helping them out with their troubles. It is equipped with telephone interpreting and translation applications, so feel free to contact the center in your own native language.

Venue: 4-1-37 Marunouchi Building, 1st Floor, Honmachi, Kochi City

*Same building as the KIA Office

Consultation Hours: 9:00 - 17:00

Closed: Sundays, Public Holidays, Year End and Start

Consultation Telephone Number:

088-821-6440

Website: <https://kccfr.jp>

*consultation form on the website can be used to contact them as well



① 高知県外国人生活相談センター

KIAの新しい組織として2019年5月末にオープン！高知に住んでいる外国出身の方向けに、生活のことに関する相談を受け付け、困っていることを解決するお手伝いをします。電話通訳・翻訳機の用意があるので、あなたの言葉で相談ができます。

場所：高知市本町4-1-37 丸の内ビル1階

*KIA事務所と同じビル

受付時間：9:00から17:00

休所日：日曜・祝日・年末年始

相談専用TEL：088-821-6440

HP：<https://kccfr.jp>

*HPにある相談フォームからも問い合わせができます

② Kochi Tourist Information Center

Opened March 2019 in Obiyamachi! This tourist information center offers services in a variety of languages, and provides information about sightseeing in Kochi.

There are pamphlets laid out in various languages, and staff who are able to speak English.

Venue: 2-1-25 Obiyamachi, Kochi City

Consultation Hours: 10:00 - 18:30

Closed: None

Others: Copier Machine, Printer, Free Wi-Fi,

Free Charging Corner, Luggage Deposit, Pocket Wi-Fi

Free Rental and other services

Telephone Number: 088-856-8670

E-mail: info@navi.kochi.jp



② こうち観光ナビ・ツーリストセンター

2019年3月に帯屋街にオープン！外国語に対応する観光案内所で、高知県内の観光情報を得ることができます。多言語でのパンフレットも設置しており、英語対応可能なスタッフが常駐しています。

場所：高知市帯屋町2丁目1-25

受付時間：10:00から18:30

休所日：なし

その他：コピー機、プリンター、フリーWi-Fi、フリー充電コーナー、手荷物置き、Wi-Fiルーターの無料貸出など利用可

TEL：088-856-8670 E-mail：info@navi.kochi.jp

“I want to go to the city office and other special consultation services, but they only offer consultations in Japanese...”

Please consult with KIA as soon as possible on the dates you want to visit these facilities. We will do our best to find you a KIA volunteer interpreter who can speak your language.



「役所やほかの専門の窓口で相談に行きたいことがあるけど、日本語でしか対応していないし不安…」

相談に行きたい日のなるべく早めにKIAに相談してください。あなたの言葉で話せるKIAの通訳ボランティアを探すことができます。