



This issue includes:

- |  |  |
|--|--|
| 1 Local Cuisine around Japan                               | 5 National General Assembly of Australian Local Government Association |
| 2 Tottori PR: International Comic Art Contest              | 6 Western Sydney Airport Industry Information Session                  |
| 3 Nara PR: Plan a trip to Nara with the Nara Jikan Website | 6 UN Global Compact Cities Programme                                   |
| 4 Support Activity for Saitama                             | 6 JETAA VIC/TAS/SA   |
| 4 Visit to City of Sydney Council                          | 8 From the Director  |
| 5 JET Programme pre-departure orientation sessions         |  |

## Local Cuisine around Japan: Vol. 9 Nagasaki

### *Shippoku Cuisine, Champon, and Castella*

Located on the western edge of Japan, Nagasaki has a long history of exchange with the outside world. It has acted as a bridge to the continent since ancient times and from the Meiji Era it flourished as the only place in Japan open to the West. Nagasaki has absorbed many different cultural influences along the way.

The natural bounty of the land and sea around Nagasaki has been fused with influences and inspirations from abroad to bring about the unique food culture of Nagasaki. Below I'll introduce Shippoku Cuisine, Champon, and Castella but they are just three of the many different examples of Nagasaki's international fare.

Shippoku Cuisine is not just an array of dishes but also a style of eating. Guests sit around a circular table on which food is piled high in dishes for the guests to take themselves. The first character in the word *shippoku* is 卓 which means "table" and the second character is 袱 which means "table cloth". The idea of sharing food from bowls around a table comes from China, but there are also elements of Portuguese and Dutch influences, all combining to become this unique fusion of Japanese, Chinese, and Western foods. In this signature Nagasaki style meal, you can find sashimi, *yubiki* (lightly boiled fish), beans, Nagasaki-style tempura, braised pork, as well as dishes that change with the season.

Another dish synonymous with Nagasaki is champon, which is loved by tourists and locals alike. It's said that it was created in the Meiji Era by a Chinese restaurant owner. He wanted make a healthful and filling meal for Chinese students studying in Nagasaki. One thing that sets Champon apart is how full it is with ingredients. What goes into champon will vary by town and even by restaurant but you can usually count on there being pork, squid, clam, prawns, oysters, carrots, different varieties of fish cake, cabbage, beansprouts, and mushrooms.



Nagasaki is also known for Sara udon ("plate noodles"). There are two main varieties of this dish: one with a thin, crispy noodle base and another with a thick, soft champon noodle base.

Lastly, let me tell you about the omiyage (souvenir) that everyone has to have from Nagasaki: Castella. This treat was brought to Japan in the 16th century by Portuguese missionaries. The original castella was too tough for Japanese palates, so Japanese sweets makers experimented with the recipe and it was through their work that we have the soft castella with granulated sugar on the bottom that we love today.



There are many more delicious things to be discovered here in Nagasaki, so please come and taste them for yourself!

## Tottori International Comic Art Contest

### *The 6th Annual Manga Kingdom Tottori International Comic Art Contest*

This comic art contest is an event to help people become more familiar with manga.

*The contest is now accepting art submissions (until 31 August 2017)*



<Submission Period>

**From 10 April to 31 August 2017**

<Theme>

**"Journey"**

<Host>

**Tottori Prefectural Government  
Culture and Tourism Bureau, Tourism Policy  
Division Manga Kingdom Secretariat  
1-220 Higashi-Machi Tottori City Tottori  
Prefecture 680-8570 JAPAN**

**For more details, please visit this site:** <http://www.pref.tottori.lg.jp/246786.htm>

## Plan a trip to Nara with the Nara Jikan Website

Introducing a new travel and food website which guides you to unique destinations and lifestyle experiences in Nara, Japan. We invite you to taste the delicious strawberries, fine teas, and sophisticated sake brands of Nara City.



The website, Nara Jikan (<http://narajikan.jp/en/>) is multi-lingual, viewable in Japanese, English, Chinese, Korean and French. It reveals the stories behind the making of Nara's premium quality produce, sharing the wisdom and knowledge of the local community. We introduce extraordinary food experiences, beyond that of regular travel guidebooks.

The monthly introductory films provide a flavour of the tranquil and beautiful scenery of Nara.

As well as the recommended visits to Nara's temples and shrines, the site encourages visitors to experience our local produce, connect with our highly regarded brands, enjoy new taste sensations, and have truly memorable encounters and experiences.



○Website: <http://narajikan.jp/en/>

○Facebook: @narajikan      ○Twitter: @narajikan\_nara



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## Support Activity for Saitama

On 7 June, delegates from Saitama prefecture and the Saitama Prefecture Products & Tourism Association visited CLAIR Sydney to exchange opinions and information about how to best promote Saitama in Australia moving forward. They visited Sydney, Melbourne and the Gold Coast from 5 June to conduct market research, promote their local products and increase inbound tourism.



With inbound tourists to Japan continually increasing in recent years, Saitama has been working hard to promote themselves overseas, placing emphasis on not only Japanese food but traditional local products, anime and the 2019 Rugby World Cup. They are also seeking to promote Chichibu and Nagatoro as accessible hot spring destinations due to their proximity to Tokyo. Australia is viewed as one of the most promising international markets and as such they are actively looking for ways to establish and grow it further.

On 13 November, Saitama prefecture will hold a special business seminar and dinner for local restaurants and trading companies to promote Saitama's local food and products. CLAIR Sydney promised to support Saitama to help ensure these events are successful.

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## Visit to City of Sydney Council

On 7 June, CLAIR visited the City of Sydney Council which is the sister city of Nagoya, Japan. The City of Sydney has a new policy officer for international relations to enhance the city's international links.

During our visit, we had the chance to meet with the former officer in charge of sister-city relations, Ms Toola Andrianopoulos - Protocol Project Coordinator, and also the new policy officer, Ms Rebecca Yang, and discussed the Nagoya high school students' visit to Sydney in July/August, as well as the courtesy call to the City of Sydney by the representative marathon runners from Nagoya who will take part in the upcoming Sydney Running Festival in September.



CLAIR will continue to cooperate to further foster the sister city relationship between Sydney and Nagoya.

## JET Programme pre-departure orientation sessions

The JET Programme pre-departure orientation sessions for new participants were held across Australia throughout the month of June. CLAIR Sydney attended orientations held in Sydney, Melbourne and Perth and gave information about support services available to participants during their stay in Japan. New participants listened attentively to advice from former participants and there were lively question and answer sessions. After the orientation sessions, many told us of their interest in Japanese culture, food and travel destinations. They were really looking forward to living in Japan and being ambassadors to promote Australia-Japan relations. They will be starting their new lives as JETs across Japan from 23 July.



## National General Assembly of Australian Local Government Association

CLAIR Sydney staff members attended the 2017 National General Assembly of Australian Local Government Association in Canberra from 18 to 21 of June.

The theme for this year's NGA was "Building tomorrow's communities". Local governments are striving, wherever possible, to assist communities to be productive, innovative and entrepreneurial, to help build resilience, create jobs and increase overall prosperity at the local level.



At the Local Government Expo which was held on the first floor of the venue, we introduced CLAIR support activities for local government, the Local Government Exchange and Cooperation Seminar, Japanese culture and sightseeing destinations in Japan. Moreover, we exchanged ideas and information with a lot of Mayors and Councillors. This conference was a great opportunity for us to learn many new things about Australian local governments.

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## Western Sydney Airport Industry Information Session

On 26 June, staff from CLAIR Sydney attended the Western Sydney Airport Industry Information Session held by the Australian Government in order to hear about the project outline of Western Sydney Airport (WSA) which will be constructed by 2026.



At the session, the Hon Paul Fletcher, MP, Minister for Urban Infrastructure, made a speech regarding the Australian Government's commitment to Western Sydney and WSA. Also, the Executive Director and the General Manager of Western Sydney Unit, which is responsible for the management of WSA, gave an overview of the project. Many participants had questions for the Western Sydney Unit during the Q&A session after the speeches.

After the session, an industry networking event was held. It was a good opportunity to interact with people in government organisations and private companies interested in the WSA development.

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## UN Global Compact Cities Programme

On 16 June, CLAIR Sydney had a meeting with the Chair and Deputy Director of the UN Global Compact Cities Programme and a representative from earoph, organised by Mr. Iain Butterworth, Manager at the Department of Health and Human Services, Victoria State Government.

The UN Global Compact Cities Programme was established in 2013 to address a variety of global challenges, collaborating with all levels of government, business and civil society.

They introduced us to the online tool, City Scan, which helps local governments to identify and understand issues and find other cities with similar issues. We also learned about some of their current projects including study tours to learn more about Melbourne's liveability and urban resilience. CLAIR Sydney talked about our activities and shared information about current challenges faced by Japanese local governments and their interests. CLAIR Sydney would love to continue sharing information and ideas on global administrative challenges and good practices with the UN Global Compact Cities Programme moving forward.

For more information on the Cities Programme: <https://citiesprogramme.org/>

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## JETAA VIC/TAS/SA ~Article and photos from JETAA VIC/TAS/SA~

### *Big Bento Lunch: JETAA VIC/TAS/SA's Charity Fundraiser*

Big Bento Lunch is an annual fundraiser held during the month of March, commemorating 11 March 2011, the anniversary of the Great East Japan Earthquake. The fundraiser encourages people to have a Japanese-style lunch at their home, workplace, school or restaurant and raise money to support the Taylor Anderson

Memorial Fund. In past years, participants have hosted picnics, ordered bento boxes to share with colleagues at work, and school teachers have used the fundraiser as an opportunity to teach their students about the disaster in Japan.



An example of a great Big Bento Lunch fundraiser this year came from the University of New South Wales' Nippon Student Association. They ordered around 160 bento lunches, had a stall set up at their university's library walkway where there's high traffic of people, and sold everything out within 2.5 hours. They also made thank you letters and hand outs for each bento purchase informing the cause of the event. Prior to the event, they made flyers/posters raising awareness of the 2011 Tohoku earthquake, posted on social media platforms to promote the event, talked with students

attending Japanese language lectures about the earthquake and encouraged them to support the cause by purchasing a bento lunch box.

In 2012 Big Bento Lunch raised more than \$15,000 for UNICEF's work supporting children in affected parts of Japan. In 2013, we raised more than \$7,000 for the Save Minamisoma Project. The following year, we raised a further \$3,400 for Minamisoma. In 2015, we switched charities and supported Playground of Hope and raised \$2,000.

Since 2016, JETAA Vic/Tas/SA has proudly supported the Taylor Anderson Memorial Fund, raising over \$3,500 the past couple years. Taylor Anderson, an Assistant Language Teacher (ALT) with the Japan Exchange and Teaching (JET) Programme, died during the 2011 Tōhoku Earthquake and Tsunami. As an ALT, Taylor spent two-and-a-half years teaching English to kindergarten, elementary school and junior high school students in the coastal city of Ishinomaki of Miyagi Prefecture. She was last seen helping and assuring her students after the disaster.

Taylor's passion and love for the people of Japan is carried on through the Taylor Anderson Memorial Fund, which was set up in the days after the disaster. The main purposes of the Fund are to help students, schools and families in the Ishinomaki area recover from the earthquake and tsunami as Taylor's family expects Taylor would have wanted, and to pursue Taylor's dream of being a bridge between the US and Japan. In July 2014, this US NPO was taken over by a Japanese NPO as the Taylor Anderson Memorial Fund. Taylor's family decided to stay



with people in the devastated area on a long-term basis. The fund works with non-profit organizations on

the ground, contributing 100 percent of its funds to projects Taylor's family believes she would have identified with.

Raising awareness and monetary support for those affected from the Tōhoku Earthquake is still immensely important and something we will continue to prioritise in our chapter. As an Alumni Association, our goal is to not only be there for past participants on the JET Programme, but to contribute to the Japanese community any way we can. As we fall back into our routines outside of Japan, and the time between when we were JETs and our present daily life increases, we tend to forget everything the programme gave us. We became bridges between our home country and Japan, and that bridge, once built, is never broken. Our aim is to continue building up relations between Australia and Japan by utilizing our experiences on the programme, and giving back the same way the JET programme gave us so much.

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## From the Director

### 21 – Rainy Season and Deluges

#### - A Year of Local Governments in Japan

There are two peak periods in Japan where the risk of flooding is at its highest. One is called *tsuyu* which literally translates to “rain for growing plums” that goes from mid-June to mid-July and another in September when typhoons often strike Japan. The danger of flooding is at its highest during the latter half of *tsuyu*.

As you may have seen on several ABC news reports, there has recently been severe flooding and consequent landslides in Kyushu claiming more than 25 lives with around 20 people still unaccounted for. We have already confirmed the safety of all JET participants in the area but remain anxious about the total damage caused by the disaster and continue to hope for a prompt recovery.

Flood prevention is thought to be one of the most fundamental function of governments in East Asia which is subject to severe rainy seasons. The oldest embankment in Japan that currently exists was built in the 4<sup>th</sup> century and Japanese governments have struggled to continue building and maintaining similar embankments and facilities to manage strong river torrents. Nowadays, Japanese central and local governments share the task of flood prevention where the central government is responsible for managing large rivers that flow over the boundary of prefectures and coordinating policies and inter-governmental measures. Prefectural governments look after relatively large rivers within their areas and municipals are in charge of smaller ones.

Due to its humid climate and mountainous terrain, Japan is prone to natural disasters such as heavy rain and landslides. As such, the Japanese government is making every effort to prevent and prepare for such events.

*Katsunori Kamibo*  
Director