

## Mommy and Daddy Classroom

**When:** March 17<sup>th</sup> (Sun.), 9:10~12:00

\*Reception begins at 9:00

**Where:** 福井市保健センター (Fukui-Shi Hoken Center)

Description	Only For
<b>Classroom A</b>	
◇ Pregnancy stories of a midwife (childbirth assistant)	Those up to 7 months pregnant
◇ Couple-friendly pregnancy exercises	
◇ Talk/discussion (questions/concerns)	
<b>Classroom B</b>	
◇ Delivery and nurturing advice from midwife (childbirth assistant)	Those 8+ months pregnant
◇ Bathing simulation	

**Capacity:** 25 groups (first come, first serve)

**Bring:** Maternity record book

**Application:** March 1<sup>st</sup> (Fri.) – 14<sup>th</sup> (Thurs.) via phone

**\*Recommended to wear comfortable/easy to move in clothes**

**Inquiries/Application:** 福井市保健センター (Fukui-Shi Hoken Center)

**TEL:** 0776-28-1256



## Hina Matsuri



Come see some of the Hina Ningyo (Hina Dolls) that were used in olden times to decorate houses. You can also make your very own Hina Ningyo pencil boxes! The boxes are made from emptied milk cartons which are carefully decorated with Osagoe's original character and other fancy papers. It truly is an item that anyone can appreciate!

**When:** February 19<sup>th</sup> (Tues.) ~ March 3<sup>rd</sup> (Sun.), 9:00 – 17:15

**\*Location admittance until 16:45**

**Where:** おさごえ民家園 (Osagoe Minkaen)

**Inquiries:** Cultural Properties Protection Division

**TEL:** 0776-35-1015

\*Images will not accurately reflect actual experience.

\*\*All reservations and contact related interactions will be conducted in Japanese.

## Let's Make Baumkuchen and Bamboo Horses!

A parent-child activity where you can make your own treats and bamboo horse!

**When:** March 16<sup>th</sup> (Sat.), 9:30~15:00

**Where:** 少年自然の家 (Shounen Shizen no Ie)

**Only For:** Elementary school students living in Fukui City and accompanying guardian(s)

**Capacity:** 10 groups (random selection)

**Fee:** 1000 yen/group

**\*General calculation of 1 baumkuchen and horse each per 5 people**

**Application:** Communication via phone or email by February 27<sup>th</sup> (Wed.); please include all participant names, general contact information (at least full name of all members), furigana (for names), gender, school name and grade.

**Inquiries/Application:** 少年自然の家 (Shounen Shizen no Ie)

**TEL:** 0776-41-3660

## Private Citizen to Public Information

**Theme:** The father of Seismology, Omori Fusakichi: 150<sup>th</sup> year anniversary (birthday)

**Host:** Author, Ueyama Akihiro

**When:** March 9<sup>th</sup> (Sat.) 14:00-16:00

**Where:** AOSSA Learning Room 601

**Capacity:** 120 (first come, first serve)

**Application:** Via phone or FAX by February 15<sup>th</sup> (Fri.) - March 1<sup>st</sup> (Fri.). Please include contact information and gender.

**Inquiries/Application:** 中央公民館 (Chuuou Kouminkan)

**TEL:** 0776-20-5459

**FAX:** 0776-20-1538

## Insect Observation: Winter

We will observe how insects living in the trees of Asuwayama overcome the natural challenges of winter. We will also try to find rhinoceros beetle larvae!

**When:** March 2<sup>nd</sup> (Sat.) 13:30 – 16:00

(Light rain is a green light, stormy weather leads to cancellation)

**Where:** 自然史博物館 (Shizenshi Hakubutsukan)

**Only For:** Elementary school students and older

**\*Elementary students must be accompanied by respective guardian(s)**

**Capacity:** 20 (random selection)

**Fee:** 100 yen

**Application:** Postcard must be received by February 22<sup>nd</sup> (Fri.)

**Inquiries/Application:**

**Post Code:** 918-8006

福井市足羽上町 147 (Fukui-Shi Asuwa Kamimachi 147)

自然史博物館 (Shizenshi Hakubutsukan)

**TEL:** 0776-35-2844

## Orion Nebula Observation



We will be observing the Orion Nebula, the birthplace of stars, via telescope.

**When:** March 3<sup>rd</sup> (Sun.), 19:00-20:30

(Subject to cancellation due to rain or cloudy weather)

**Inquiries/Location:** 自然史博物館 (Shizenshi Hakubutsukan)

**TEL:** 0776-35-2844

\*Images will not accurately reflect actual experience.

\*\*All reservations and contact related interactions will be conducted in Japanese.

## Walk Around Asuwayama Museum!

Come over and take a peek inside of the museum storage room and other museum wonders that are normally unable to be shown to the public.

**When:** March 23<sup>rd</sup> (Sat.) 13:00-16:00

**Meeting Location:** 橘曙覧記念文学館 (Akemi Tachibana Literature Memorial Museum)

**\*Please use public transportation (just do not drive yourself)**

**Only Available For:** Fukui City residents

**Activities:**

- ◇ You will get to see the Akemi Tachibana Literature Memorial Museum, Atagozaka Tea Ceremony Museum, and the Fukui City Museum of Natural History
- ◇ **There will be matcha.**
- ◇ You will also be able to take a peek into the animal specimen storage space and get a special behind-the-scenes look at the processes involving animal skeletal reconstruction at the Museum of Natural History.

**Capacity:** 10 (first come, first serve)

**Fee:** 200 yen (matcha fee)

**Application:** Reception via either phone or mail begins February 15<sup>th</sup> (Fri.), 9:00

**Inquiries/Application:** 文化振興課 (Bunka Shinkou-ka)

**TEL:** 0776-20-5367

**Email:** [b-shinkou@city.fukui.lg.jp](mailto:b-shinkou@city.fukui.lg.jp)

## Hina Matsuri Tea Ceremony

**When:** March 2<sup>nd</sup> (Sat.) 10:00-15:00

**\*Reception ends at 14:30**

**Where:** 養浩館庭園 (Youkoukan Teien)

**Host:** Iwaki Soutei

**Participation Fee:** 500 yen

**\*Participation fee is different from standard admission fee for Youkoukan**

**Inquiries:** 文化振興課 (Bunka Shinkou-ka)

**TEL:** 0776-20-5367

\*Images will not accurately reflect actual experience.

\*\*All reservations and contact related interactions will be conducted in Japanese.

## My Dome Shimizu Events

### ◇ Smile Yoga • Face Yoga Classroom

**When:** February 21<sup>st</sup> (Thurs.) 10:00-11:30

**Host:** Fuku-Fuku Warai Club representative, Nakajima Akiko

**Participation Fee:** 500 yen

**Things to Bring:** Beverages (hydration is important!)

### ◇ Manual Lymphatic Drainage (massage) and Lymph Detox Exercises Classroom

**When:** February 27<sup>th</sup> (Wed.), 10:00-11:30

**Only For:** Women

**Host:** Therapist, Kobayashi Kazuyo

**Participation Fee:** 1500 yen (mini liquid beauty product included)

**Things to Bring:** Towel, mirror with stand, hairbrush, beverage(s)

**Application:** Reception via phone begins February 15<sup>th</sup> (Fri.)

### ◇ Organic Family Garden: Living Garden Classroom

**When:** March 1<sup>st</sup> (Fri.), 9:30-11:30

**Description:** You will be able to learn about some techniques that will increase the amount of effective microorganisms (EM) in your soil, and pick which seeds and/or saplings are best suited for your own personal garden!

**Host:** Asano Shin-ichiro

**Capacity:** 30 (first come, first serve)

**Participation Fee:** 1700 yen (includes EM and activation solution)

**Application:** Phone reception starting February 15<sup>th</sup> (Fri.)

### ◇ Applies to All

**\*Event may be cancelled due to stormy weather.**

**Inquiries/Location:** マイドーム清水 (真栗町)

{My Dome Shimizu (Makurichou)}

**TEL:** 0776-98-4222

## Handmade Soba (Buckwheat Noodles) Experience

Altogether a 5-time course where you can experience the whole process of making soba noodles (buckwheat noodles) by hand, so come try it out! Soba noodles are made of 8 parts buckwheat and 2 parts wheat. Of course, you can bring home your finished product!

**When:** Every Thursday starting February 21<sup>st</sup>~March 21<sup>st</sup> (altogether, 5 meetings), 14:30-16:00

**Where:** みやま長寿そば道場 (Miyama Chouju Soba Doujou),  
「ごっつおさん亭」 (Gottsuo-san Tei)

**Capacity:** Around 10 (first come, first serve)

**Participation Fee:** 10,000 yen

**\*Ingredient base of 700g**

**Things to Bring:** Apron, hairnet/option to cover hair, fair-sized bag to carry items home (an extra towel or two would not hurt either)

**Application:** Reception via phone begins February 15<sup>th</sup> (Fri.)

**Inquiries/Application:** ごっつおさん亭 (Gottsuo-san Tei)

**TEL:** 0776-90-1144

## Multicultural Tour!

**When:** March 10<sup>th</sup> (Sun.), 10:00-15:00

**Meeting Location:** JR 越前東郷駅前 (JR Echizen Tougou-Eki Mae)

**Geared Towards:** Those older than elementary school students  
(Middle school students and younger must be accompanied by guardian/s)

\*Images will not accurately reflect actual experience.

\*\*All reservations and contact related interactions will be conducted in Japanese.

**Activities:**

- ✧ Togo Otsukune (onigiri/riceballs) Workshop
- ✧ Taiwan Sweets
- ✧ Taiwan “Creator” Speaks of Taiwan and Togo’s Beauty

**Capacity:** 20 (first come, first serve)

**Participation Fee:** 2500 yen

(Lunch and insurance included)

**Application:** Phone or FAX reception from February 15<sup>th</sup> (Fri.) to March 5<sup>th</sup> (Tues.)

**Inquiries/Application:** ふくい PR 隊@東郷研究会 (佐々木)

Fukui PR Tai@Tougou Kenkyuu Kai (Sasaki)

**TEL/FAX:** 0776-41-3901

## Gas Cooking Studio, Cooking Classroom

✧ Working Adults Cooking Classroom

**Description:** 中華おこわ (Chuuka Okowa)/Chinese rice ball with red beans, meat, mushrooms, and possibly more, whitefish with saucy vegetables on top, rice noodles, and douhua (lit. bean flower, usually called bean pudding)

**When:** February 21<sup>st</sup> (Thurs.), 18:30-20:30

**Host:** Tega Minako

**Capacity:** 15 (randomly chosen)

**Participation Fee:** 500 yen

**Deadline:** February 15<sup>th</sup> (Fri.)



\*Images will not accurately reflect actual experience.

\*\*All reservations and contact related interactions will be conducted in Japanese.

### ◇ Traditional Cooking Classroom

**When:** March 6<sup>th</sup> (Wed.), 20<sup>th</sup> (Wed.), 10:30-12:30



**Description:** Chicken breast dish, sweet and sour carrots side, vegetable soup with crushed beans

**Host:** Member(s) of the Fukui City Healthier Eating Habits Promotion Association

**Capacity:** 15 (randomly selected)

**Participation Fee:** 500 yen

**Deadline:** At least one Monday prior to the beginning of each class



### ◇ Torobi-chan Cooking Classroom

**When:** March 15<sup>th</sup> (Fri.), 10:00-12:30

**Description:** Body reset! Detox food (fried carrot rice, soup full of cabbage and onions, avocado-seaweed salad, burdock chips)!

**Host:** Noji Farm's Noji Naomi

**Participation Fee:** 1000 yen

**Deadline:** March 6<sup>th</sup> (Wed.)

### ◇ Kids and Mama Vegeta-full Classroom

**When:** March 23<sup>rd</sup> (Sat.) 10:30-12:30

**Only For:** Children 4-6 years of age and guardian (2 people = 1 group)

**Description:** Happy, Peppy Lunch Box (rice balls using wheat straw from spring, potato salad using spring potatoes, Spanish omelet using spring vegetables)

**Host:** Fukuoka Mayuka

**Capacity:** 6 groups (random selection)

**Participation Fee:** 500 yen/group

**Deadline:** March 13<sup>th</sup> (Wed.)



\*Images will not accurately reflect actual experience.

\*\*All reservations and contact related interactions will be conducted in Japanese.



◇ **Applies to All**

**Where:** ガスクッキングスタジオ (企業局庁舎 1 階)

(Gas Cooking Studio (Kigyokyokuchousha 1 Kai))

**Things to Bring:** Apron, hairnet/option to cover hair, towel, writing utensil

**Application:** Please apply to the desired event by their respective deadlines by either phone or email. If you will be applying via email, please include contact information (full name, address, etc.) and the number that can be reached the day of the event.

**\*Please also be sure to inform us about any food allergies. Please understand that only those chosen will be contacted. Thank you for understanding.**

**Inquiries/Application:** Gas & Waterworks Customer Service Department

**TEL:** 0776-20-5632

**Email:** [gwokyakusama@city.fukui.lg.jp](mailto:gwokyakusama@city.fukui.lg.jp)

## We Deepened Our Bond with the Republic of Slovenia

Due to the upcoming Tokyo Olympics and Para-Olympics, members of the Para-Olympic Committee visited one of their registered host towns, Fukui City, from January 15<sup>th</sup> – 19<sup>th</sup>.

**Inquiries:** General Policy Division

**TEL:** 0776-20-5283

◇ **Courtesy to the Mayor & Handmade Soba Noodles**

Upon arrival, our guests were met with loud applause and radiant smiles. Our guests felt welcome and thanked us from the bottom of their hearts as we welcomed them to our city. Soon afterwards, we took our guests to try making a common food ingredient to make a fundamentally different product: soba noodles. In Slovenia, soba (buckwheat) is mostly used for bread, so we introduced them to another soba-based food!



\*Images will not accurately reflect actual experience.

\*\*All reservations and contact related interactions will be conducted in Japanese.

✧ Sports Exchange

Slovenian Para-Olympic swimming representative accompanied by a coach of Para-Olympic swimming interacted with our young athletes. International competitor Darko Duric gave a demonstration of his swimming while the coach, Jana Cander, taught our students how to swim with physical handicaps.



✧ Welcomed with Open Hearts

Students of Morita Middle School were visited by our guests as well where they were able to both listen to a lecture and afterwards, try experiencing life in a wheelchair. Primoz Jeralic, a former Para-Cyclist competitor, showed our students the art of wheelchair maneuverability. Most importantly, everyone seemed to enjoy the time spent together.



\*Images will not accurately reflect actual experience.

\*\*All reservations and contact related interactions will be conducted in Japanese.