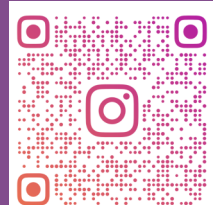


Events in June

1	TH	18:30 Japanese Conversation Class (PM)
2	FR	10:00 Japanese Conversation Class (AM)
3	SA	14:00 General Meeting
4	SU	Closed
5	MO	Closed
6	TU	
7	WE	
8	TH	18:30 Japanese Conversation Class (PM)
9	FR	10:00 Japanese Conversation Class (AM)
10	SA	10:00 AtsuHana Japanese Convo. Circle 10:00 Satellite JICA Desk 15:00 High School Students Discussion
11	SU	10:00 Children's Nihongo Hiroba 10:00 Children's Storybook Time
12	MO	Closed
13	TU	
14	WE	
15	TH	18:30 Japanese Conversation Class (PM)
16	FR	10:00 Japanese Conversation Class (AM)
17	SA	10:00 FIND
18	SU	Closed
19	MO	Closed
20	TU	
21	WE	
22	TH	18:30 Japanese Conversation Class (PM)
23	FR	10:00 Japanese Conversation Class (AM)
24	SA	13:30 Newsletter Preparation
25	SU	10:00 Children's Nihongo Hiroba 10:00 International Parents' Salon
26	MO	Closed
27	TU	
28	WE	
29	TH	18:30 Japanese Conversation Class (PM)
30	FR	10:00 Japanese Conversation Class (AM)



We're on Instagram!

Follow us for photos and news about our upcoming events!

AWIA_PHOTO

Other Information

"FIND" English Conversation Club

FIND is a way to meet people from all walks of life interested in speaking English. Play games, do activities, and talk about many things. Contact the AWIA to join!

When	Saturday, June 17 th 10:00~11:30
Place	Aizuwakamatsu City Learning Centre 3F Room 1+7
Sign Up	Contact mail@awia.jp by Friday, June 16 th



Due to the nature of this event, we ask that participants wear masks. Thank you for your understanding.

Satellite JICA Desk - June 10 10:00-14:30

Stop by and talk with Matsuyama-san about her experience in JICA, overseas, or anything else!

High-School Students Discussion Time - 15:00-17:00

F.I.A. ZOOM Japanese Convo. Salon

If you can't make it to our AtsuHana, why not try this? The Fukushima Prefecture International Association is holding an online Japanese Salon again this year. Young people who want to speak with others in Japanese can join!

Dates: (4times)	June 7th (Wed) 19:30-20:30 June 14th (Wed) 19:30-20:30 June 21st (Wed) 19:30-20:30 June 28th (Wed) 19:30-20:30	
Participants:	16 ppl - aged 16-30y/o (first come first served)	
Apply:	https://forms.gle/EHcJ9sYxWhNjbV7t5	
Contact:	lasanichi-f@worldvillage.org	

Call for Newsletter Volunteers!

Come help us fold, stamp, and pack our monthly publications for mailing! No need to sign up, just drop by if you can!

Date: June 24th, Saturday **Time:** 13:30~

Place: Aizu Wakamatsu International Association Office

<https://facebook.com/awiajp>



Visit our Facebook page for updates in multiple languages!



Use this QR Code and access our email form to sign-up for events

AIZU WAKAMATSU INTERNATIONAL ASSOCIATION MONTHLY ENGLISH NEWSLETTER

SynthesAizu

June 2023
Volume 3 Issue 6

Association News

The Aizuwakamatsu International Association Office will be closed from 13:00 on June 3rd for the General Meeting.

AtsuHana: Japanese Conversation Circle

The Japanese version of "English Conversation Circle 'FIND'!" It can be difficult for Japanese-Learners to have the opportunity to speak Japanese casually, so we have created an opportunity to get out there, meet people and chat! **Starting off with an ice breaking game, followed by Free Talk Time, use your Japanese skills!**

Due to the nature of this event, we ask that participants wear masks. Thank you for your understanding.

When	Saturday, June 10 th 10:00~11:30
Place	Aizuwakamatsu City Learning Centre 3F Room 1
Limit	30 people
Sign Up	Contact mail@awia.jp by Friday, June 9 th

あつはな: **AtsuHana** -
It has different meanings!
Atsumatte Hanasou:
Get together and talk!
Atsui Hanashi:
Lively Chat



Japanese 'Speech' Contest

Show Off Your Skills!



This year, Fukushima Prefecture is holding a Japanese Speech Contest for foreign residents. This is not only a chance to show off your Japanese skills, it's an opportunity to show off your general skills! Contestants will not be judged solely on their Japanese skills, but on their presentation/entertainment prowess.

Date: Aizu Contest: Sept 3rd (Sun)

Prefectural Contest: Oct 28th (Sat)

Open to: Speakers of Japanese as a Additional Language

Theme: Fukushima Prefecture

Length: ~3mins

Winners get a Big Prize!

Information may change. More details, and how to apply will be included in July's Newsletter

Save the Date!

Parents' Salon: At the Museum!

Are you raising kids in Aizu? Why not join us at our Parents' Salon? Started last year, the Parents' Salon has participants from a variety of countries, and localities in Japan. It's a great way to connect with others!

Get to know other parents through small activities for you and your children, and learn more about what the Museum has to offer! Diaper changing stations, plenty of free parking, plus chances to get up close and personal with Aizu's culture.

Even if you can't join us at this event, if you're interested in joining the Parents' Salon group, contact us anytime!



Sign-up here!

★ This first Salon of the year will be at the Museum's newly renovated multi-use space 'Nandabeya'! ★

When	June 25th (Sun) 10:00-11:30		
Where	Fukushima Prefectural Museum (Joto-machi 1-25) Yukiguni Monotsukuri Hiroba Nandabeya		
Who	People raising children and those children		
Limit	15 Families (~30 people)	Cost	Free!
Sign-up	Fill in our google form before June 23rd (Fri)		

965-0871 Fukushima-ken, Aizu Wakamatsu-shi, Sakae-machi 2-14, Lion D'or Garden 5th Floor

TEL: (0242) 27-3703 | FAX: (0242) 27-3704 | EMAIL: mail@awia.jp | SITE: <https://www.awia.jp>



会津若松市国際交流協会

AIZU WAKAMATSU INTERNATIONAL ASSOCIATION

TEL (0242) 27-3703

EMAIL: mail@awia.jp

This Month in Aizu

Mishima Town Artisan Craft Festival

Back for the first time in 4 years! See works from Artisans from all over the country! Every year artisans flock to Mishima to sell their hand-made goods. You will find a wonderful assortment of things from trinkets to jewelry, pottery, bags, and more! All made from all sorts of materials.



Buy wares! Try hands-on workshops! Eat Delicious Food!

Details:

Date: June 10th(Sat) and 11th(Sun)
Time: 9:00-16:00 (Sunday until 15:00)
Place: Mishima Town Local Crafts Museum (Mishima-machi, Nairi Suwanoue-395)
Access: Public Parking Available (shuttle busses to the venues from the parking lots)



More Info:

<https://www.okuaizu-amikumi.jp/info/37kojinmaturi/>

Message from Erika:

This is, hands-down, one of my favourite Aizu Events. You can find SO many interesting things. I bought some of my favourite food earrings at this market in 2018/2019, and I'm so excited that it's back. You should check it out!



Aizu Firefly Festival

This cute festival is back again this year! Enjoy unique stage events, and once the sun sets, you can see some of the cute fireflies come out to visit.



Date: June 17th (Sat)
Place: KitaAizu Hotaru no Mori Park (Kitaaizu-machi, shimoarai, miyanohigashi)
Stage Events: 10:00-21:00 (Yosakoi, King Ouja (kids event) and more!)
Other: Enjoy local foods, and festival vibes~
Access: Shuttle Bus from the Aizuwakamatsu City KitaAizu Branch Office (Kitaaizu-machi, nakaarai, suwamae-11)



Message from Erika:

This festival was the first time I'd ever seen fireflies in my life. We don't have them where I'm from. This is a great festival to visit if you want to feel the local summer festival vibes early! It's very chill.

Looking Back: Comments from This Year's Events!

Comment from Lauren Z.:

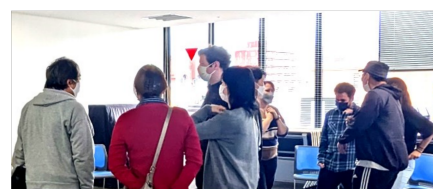
Farm Visit

The Farm Visit was a great opportunity to meet people from all over and get to know each other through teamwork. A collaborative project like this allowed us to have fun regardless of any language barriers, and now we get to watch our hard work grow into something beautiful! I learned so much about farming and Aizu vegetables, and was even inspired to grow some plants of my own.



Comment from Erika C.: Hanami Potluck Party

This was my first time at AWIA's Hanami Potluck Party, and it had been 4 years since anyone was able to have a Hanami at all! I was blown away by the great food that everyone brought. This was our biggest event after most of the COVID-19 restrictions were lifted, and I could feel how excited and happy everyone was to have this type of event again. I loved being able to talk with everyone and enjoy their homemade food.



Comment from Phil M.:

AtsuHana - Japanese Convo. Circle
 At this event, I learned about なめくじ. One of the other participants was talking about their hobby with gardening, and they came across a なめくじ. The other participants used hints to describe a similar creature. The similar creature had a 'house' on their back, but the なめくじ did not. There are few creatures with shells on their backs, even fewer in a garden. That is when I figured out a なめくじ was a slug! It was a fun 'aha' moment.



Member Spotlight: Đinh Thị Hồng Hạnh

Đinh Thị Hồng Hạnh is from Hòa Bình City in Northern Vietnam. She was the first Editor for our Vietnamese Newsletter from August 2020. In mid-2021, she had her first child. Living overseas with no family or relatives around, and giving birth during COVID-19, she researched and took advantage of the maternity and post-partum services in Aizu. She hopes this information will help others in a similar situation; having and raising children away from home.

There wasn't enough space to translate Ms. Hanh's whole interview, so check out FINE for more info!



Ms. Hanh, her husband Binh, and their son An.

What kind of post-partum services did you use?

For the birth, I went to "Aizu Midwifery Group: Ohisama" in Inawashiro to use their Post-Partum Stay service. Usually, people just stay home for a week after giving birth, but without my parents or other relatives nearby, I got 24 hour support from the midwives at 'Ohisama.' Thanks to them, I was able to rest up, and got a lot of advice from them for my baby. After I went home, I used their visitation services. I was having trouble breastfeeding, so they gave me information about massaging, and medicine.

Then, I used the NPO Aizu Family Support services. They looked after my son, An, when I had doctor's appointments. They went on walks with me, and answered any questions I had when I was feeling anxious. When An was still in my tummy, I was worried about so many things, and didn't really have anyone to confide in. But after giving birth, with all of this support around me, I felt much better.

Where did you find info about them?

The hospital told me about 'Ohisama', and then Ohisama gave me information about 'Aizu Family Support.' Most other information, they gave me to help with loneliness while I was home looking after my child.

What are your thoughts now, having used these services?

I am so happy and grateful to have learned about and used these services in Japan. In Vietnam, there's only support from parents or relatives. Even now, when I went to get my drivers license, I was able to temporarily send An to a nearby pre-school. This 'temporary pre-school' service is also wonderful! I think Japan is easy to live in, with all this support for new parents trying to raise children without a support group.



Do you have a message for those who are pregnant, post-partum, or raising kids?

While you're pregnant, if you're feeling worried about something, ask a doctor about it. This is especially important for non-Japanese people because I think it can be hard to find information on your own. After giving birth, take full advantage of the childcare services. If you can lessen your stress, then both you and your child will be happier.

Also, I will never forget the first Aizu winter with my child. I remember those days when there was so much snow, I couldn't use a stroller and had to go for walks just holding An in my arms.

Finally, I want to express my thanks to all those people who helped me back then.

Ms. Hanh had a great experience with these organizations. No matter who you are, or where you're from, the staff want to make your pregnancy, childbirth and child rearing experience as easy as possible.

Aizu Family Support

Family Support connects members with vetted volunteers to help them with whatever they need to smooth the parenting process. Available for people with children aged 6 months - 12 years old. Services available for ~600-700yen/hr.

Example Services:

- Support for sudden illnesses and you can't take time off
- Pick-up/drop-off for when working overtime
- Daycare for:
 - After school
 - Siblings' school events
 - Hospital visits etc.
- and more!



More info: <https://fami-sapo-aizu.or.jp/>

Aizuwakamatsu City has a subsidy, that will pay 50% of fees (up to 20,000yen/month). Application is on the City website.
 Contact: Children and Family Division Tel: 0242-23-4545

Aizu Midwifery Group: Ohisama

Pregnancy, birth and post-partum support! Located in Inawashiro, near the Noguchi Hideo Museum, they're easily accessible from both Aizuwakamatsu and Koriyama. They opened in 2011 in response to the need for support for evacuated pregnant people and new parents.

Besides birth, they can help you with: Breastfeeding troubles, baby-care techniques, post-partum depression, exhaustion from child-care and more.

Through day services, overnight care, or scheduled visits, they will do their best to support you.

Contact:

Tel: 0242-85-8303 Web: <https://ohisama.ebb.jp/>