

# Ehime

JET guidebook

2010



created by Ehime JETs for soon-to-be Ehime JETs

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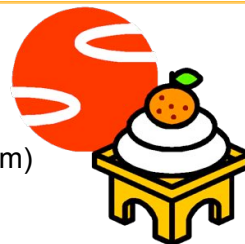
# Welcome to Ehime!!

Ehime (pronounced *eh he may*, written as 愛媛) is on the northwestern side of Shikoku, the smallest of Japan's four main islands. While Ehime is largely a rural prefecture, it boasts the largest city on Shikoku – Matsuyama (over 500,000 people) and is also home to some of Japan's cultural treasures, including Matsuyama Castle, Dogo Hot Spa and Oyamazumi Shrine. The “love princess” (the Japanese translation of Ehime) truly is a hidden treasure – a place where natural beauty and industry meet.

## Ehime Trivia

Did you know that.....

- ❖ About 70% of Ehime is forested
- ❖ Ehime has the highest peak in western Japan (Mount Ishizuchi 1,982m)
- ❖ Ehime was originally called “the land of Iyo”
- ❖ Japanese “haiku” originated in Ehime
- ❖ The population of Ehime is about 1,500,000 (1.18% of the nation's population)
- ❖ Ehime is famous for oranges (a.k.a. Mikan)
- ❖ A region of Ehime is famous for making towels
- ❖ Matsuyama castle is one of the 3 large-scale multi-wing castles in Japan
- ❖ Ehime is home to Japan's oldest hot spring – Dogo Onsen
- ❖ Kenzaburo Oe, who hails from Uchiko Town, is one of only two Japanese writers to win the Nobel Prize in literature.



## About this Guidebook

As a JET, you'll hear the catch-cry of “everyone's situation is different” many times, and that is certainly true for the JETs living in Ehime. We are spread far and wide – from the industrial cities of the east to the coastal communities of the south-west, and all there is in between - like the mountainous villages of the central regions and the tiny island communities in the north! (And let's not forget Matsuyama!)

This guidebook has been put together to give you a bit of an idea of what to expect (or not to expect) when you start your new life in Ehime. It contains information revamped (and updated) from old handbooks plus lots of new sections and information. Hopefully it will answer some of the questions you have – but if it doesn't, please feel free to get in touch one of us current JETs!

A big thanks to past and present JETs for contributing ideas, materials and suggestions for this guidebook – you have helped to make it what it is!

## The Climate

Japan is a very weather-oriented country, with fashion, food and festivals greatly influenced by the coming and going of the seasons. In Ehime, the temperatures can vary greatly depending on what region you live in, but here's a general guide....

**Summer** is hot, humid and sticky. Air conditioning is not often found in classrooms, but it's in offices (and hopefully your apartment). At times, Ehime has been recorded as the hottest place in Japan. Temperatures can get up to the mid-thirties (Celsius) / nineties (Fahrenheit).

**Autumn** is beautiful. The air is crisp, but not too cool. The maple leaves are changing colour and the fall festivals are abundant. Unfortunately, fall also means typhoon season, which means it rains, a lot. When the rain stops, the cool weather starts to settle in.

**Winter** is mild and in general, there is only light snow in Ehime that melts upon touching the ground. That is except in the mountains – there are some areas that can have up to a meter of snow! Be warned,

heating is hard to find in Ehime! (This means winter is so very cold!) Schools may not have heat in the classrooms and your apartment may have a space heater, but not central heating.

**Spring** is full of flowers, cherry blossoms and (again!) rain. The weather starts to warm up, and the rains come down. Days alternate between beautiful sunshine and down pours.

**Rainy season** is late spring, early summer (the Japanese will tell you they have five seasons). It rains – a lot! All day, for days on end! For those of you from dry places (like Australia) – expect to get wet.

## Ehime JET Support Network

### Prefectural Advisors



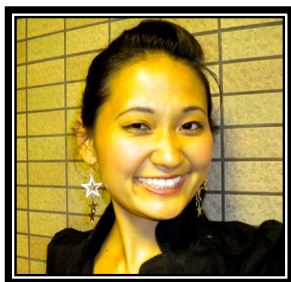
Prefectural Advisors (PAs) are appointed by the prefecture and receive training from CLAIR and professional counselors twice a year. For 2010-2011, Ehime has two PAs.

PAs' are here to help you by listening to your problems, and to discuss options to solve them. PAs' are here in case you can't talk to your supervisor, friends, or family. PA counseling is confidential. If you are having problems coping at home, at the office, with legal matters, in obtaining sick leave (byokyu) or paid leave (nenkyu), with your tax, in a relationship, or anything, please contact a PA. If the PA can't help you, they will find someone who can.

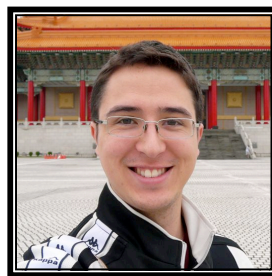
If you seek psychological counseling of a more professional nature, PAs' can refer you to a professional counselor. Professional counseling is available over the phone or face-to-face. However, you are responsible for the counseling fees yourself.

The PAs work with the Ehime government department that is in charge of JET. Together they plan seminars for JETs and supervisors, as well as disseminate important information and announcements throughout the year. PAs are the advocates for JETs – not their bosses!

5<sup>th</sup> year ALT Wendy Ikemoto and 5<sup>th</sup> year ALT Deas Richardson IV will be the PAs for 2010-2011.



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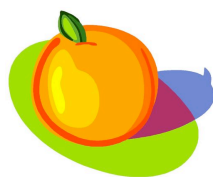
Deas Richardson IV  
[deas.richardson@gmail.com](mailto:deas.richardson@gmail.com)  
mobile: 090-4330-9209

### Regional Advisor System

In Ehime, we also have a support network called the '*Regional Advisor*' system (RA). The JETs in Ehime have been divided into 5 groups based on the region they live in: Nanyo A, Nanyo B, Chuyo, Toyo A, Toyo B. Each region has a 'RA' - a volunteer JET who wants to help out other JETs in his/her area. The RAs can help you out with many region/job related questions - information on your area, ideas for teaching, traveling in/out of your region, services available etc. The RAs are JETs who have lived for a year or more in their region and know what it's like to be a 1<sup>st</sup> year JET there!! Feel free to contact the RAs in other areas to find out about their region.

# New JETs 2010 – 2011

*Current list as of July 4, 2010*



Name	Location	Country	RA	Name	Location	Country	RA
Aodhin McBride	Ainan	Ireland	NA	Jia Ern Loy	Matsuyama	Singapore	C
Jesus Hernandez, Jr.	Ehime BOE (Niihama)	USA	TB	Alicia Matthews	Matsuyama	T&T	C
Jacqueline Cox	Ikata Town	NZ	NB	Rodney Miller	Matsuyama	Jamaica	C
Nathan Augustin	Imabari	Australia	TA	Grant Petrie	Matsuyama	S. Africa	C
Mark Boyle	Imabari	Ireland	TA	Matthew Thomas	Matsuyama	UK	C
Hannah Eastham	Imabari	UK	TA	Kyle Urquhart	Matsuyama	Canada	C
Ian Prince	Imabari	USA	TA	Mark Anderson	Niihama	NZ	TB
Kathleen McDonald	Imabari	USA	TA	Etienne Lehoux-Jobin	Niihama	Canada	TB
Mark Schneider, Jr.	Iyo	USA	C	Amy Hartstein	Ozu	USA	NB
Barbi Grossnicklaus	Kamijima	USA	TA	Katie Malone	Ozu	NZ	NB
Serena Vere	Kamijima	USA	TA	Daniel Gough	Saijo	USA	TB
David Chalmers	Matsuyama	UK	C	Wesley Oliver	Saijo	USA	TB
Emily Gurvis	Matsuyama	USA	C	Adam Butler	Seiyo	NZ	NB
Nothando Hlatshwayo	Matsuyama	S. Africa	C	Danielle Nieves	Shikokuchuo	USA	TB
Laura Kelly	Matsuyama	Ireland	C	Emily Johnson	Toon	UK	C
Alexis Latshaw	Matsuyama	USA	C	Pablo Shopen	Uchiko	Australia	NB
				Emma-Louise Crawford	Uwajima	NZ	NA

## KEY:

NA – Nanyo A

TA – Toyo A

C – Chuyo

NB – Nanyo B

TB – Toyo B

# Before you leave

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## Your apartment

Housing arrangements vary greatly from JET to JET (rent, furnishings etc). If you have a predecessor, find out if they want to sell you their goods, but remember to check cost and condition. *You are not under any obligation to buy anything/everything from your predecessor.* **Key money** – find out if you have to pay it and how much your key money is (not everyone has to pay it - it's like a deposit that you put down when you move in. Refund is not guaranteed).

## Clothing



If you are larger than the average Japanese person, you will most likely have difficulty shopping in Japan. The larger the city, the more options you have. Clothing can also be quite expensive. It's a good idea to stock up a bit on those necessary everyday items, like undergarments, pantyhose, jeans, t-shirts and shoes. In general, clothing is more reserved in Japan. If you wear revealing clothes (i.e. Show a lot of skin) you will draw attention to yourself.

**For work**, you don't have to wear a suit everyday, but be nice looking. A suit is a must for the more official occasions. Bring a pair of inside shoes – many schools will require you to take off your shoes at the door and put on inside shoes (rubber sole shoes or slippers). Revealing clothing is not acceptable! Also, bring one set of sports clothes; these come in handy for your school's sports days, doing club activities, and joining P.E. classes with your students. **Modesty tip:** do the bend over/stretch test to see how much skin you show – you might consider buying longer shirts or wearing singlets, etc., that cover your middle no matter what you do. In **summer**, think cotton! Guys – cotton slacks with short sleeve dress shirts are fine (you may need to wear a t-shirt underneath). Girls – tops with sleeves, slacks, knee-length skirts are okay (cover your shoulders!!). In **winter**, think layers! Long underwear, turtlenecks, wool socks, and a big cardigan sweater! Sweaters/tracksuits are a good idea for sports days. In the **rainy season**, a good raincoat is a must! (rain suits can be purchased here)

**Shoes** are measured by the centimeter. For women, anyone larger than 24.5cm, and for men, anyone larger than 29cm, will have trouble finding decent shoes that fit. It's also a good idea to bring shoes that are easy to take on/off – you may find you do it a lot!

## Things to Bring

### Toiletries

**Deodorant:** It's a good idea to bring your own, as good deodorant is hard to come by in Japan.

**Toothpaste:** Most Japanese toothpastes now contain fluoride, but in lower concentrations. You may wish to bring your own simply for taste!

**Sunscreen:** The sun in Japan is quite strong – so a good sunscreen is a must. Sunscreen is widely available and high quality, but it's very expensive and sold in small quantities. Some sunscreen may also include skin-whitening agents! Consider bringing your own, especially if you have sensitive skin.

**Cold Medicine:** There are many cold, allergy and headache medicines available over the counter here. Most of them are supposed to be very good, but in general the ingredients are different from Western medicines, and dosages are usually smaller. If you bring your own medicine, be careful that it does not contain any medicine that is illegal in Japan. (See the CLAIR JET Handbook for more details.)

**Contraceptives:** Due to privacy, consider bringing your own although various contraceptives can be easily found. Visits to the doctor or drug store could be difficult and frustrating since small communities tend to know where you went and what you bought. Check your JET Programme Guidebook about sending medication to Japan. Also, Japanese condoms run very, slightly smaller than those back home, but stretch just as well.

**Hair Care:** Widely available, reasonably priced, generally good. As with most things, the products here are slightly different from back home, so if you are particular, you should bring your own. Certain things such as dandruff shampoo, two-in-one hair wash, and unscented products are harder to find in Japan. Gels, sprays, foams, and mousses are different, but can be fun to experiment with. Hair colour products are designed for dark hair and may affect blonde hair differently. If you have curly hair, it's a good idea to bring moisturizer and defrizzer/curl up products. Lastly, methods of cutting hair may be different. There



are many sad and good stories about a person's first hair cut in Japan. Consider bringing a picture of your hair after it's just been cut (or find something in a magazine you like) and ask friends or other JETs for recommendations on where to go. Many place also give discounts to first-timers!

**Vitamins:** Of course, vitamins are available in Japan. However, if you don't read kanji, buying them may pose a problem. Again, doses tend to be small and prices high.

**Contact Solution:** Contact solution is available here. The ingredients may not be the same, but they work effectively. If you are concerned, the recommendation is to bring your own supply, or have it sent (especially if you live outside of Matsuyama).



**Body Lotions and Moisturizers:** You can easily find general moisturizers (hands & body, facial) over the counter. However, if you have certain skin care needs or allergies, bring your own. Lotions can be expensive and Japan may not have the type you want. Also, Japanese brands are designed for Asian skin, so it may take moisture out instead of putting it in. Some may also include skin-whitening agents!! If you use a major cosmetic brand for skin care, you can find counters in Matsuyama at either Mitsukoshi or Takashimaya (department stores). Other skin care stores like The Body Shop and Lush also exist in the shopping mall Emiful near Matsuyama.

**Tampons and Pads:** Widely available and well priced. Some familiar Western brands are also available.

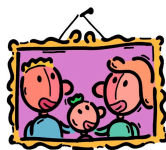
**Facial Wash:** Available and good. Like back home, prices vary depending on the brand.

**Shaving Cream:** Available and good, however most have strong scents. Razors are also available. For women, if you use shaving cream and are particular about the brand, consider bringing your own.

**Make-Up:** Although you can generally find all major brands (as mentioned previously) and lots of good Japanese brands of make-up here, it is very expensive. It is also meant for Japanese skin tones, so shades may be limited.

#### Miscellaneous:

- ❖ Blu-tack
- ❖ Travel-size Japanese dictionary



#### Self-Introductions:

- ❖ Photographs (family, home, friends, food, country, school-life, holidays, etc.)
- ❖ Information about your hometown/country (maps, currency, flag, famous items, etc.)

#### Gift Ideas:

Use your judgment and don't go beyond your means to bring something for everyone when a group gift will do just as well. Keep in mind that something from your home town/state/country will be the most appreciated. You may like to save your 'special' gifts for your supervisor, principal, etc. You can also ask your predecessor for details of whom best to buy gifts for.

- ❖ Biscuits, jerky, sweets (chocolate, Red Vines, taffy, etc.), alcohol, calendars, photo books, coasters, food from your country (vegemite, maple syrup, etc.), key rings, magnets, macadamia nuts, dried fruit, tea, etc.
- ❖ If possible, using gift-wrap that reflects the area you are from (ex. Koala printed wrapping paper; hula girl gift bags, etc.) is a nice touch.

#### Prizes for Students:

Postage stamps, pencils, flags, postcards, key rings, stickers, erasers, pins, seals, coins, etc.



#### Packing

It's not necessary for you to bring everything with you from your home country – you are able to get most things in Japan. If you want something for when you arrive, but can't carry it, ship it before you leave. Simply let your office know that you are shipping things. Shipping can take between 1 – 3 months (remember to pack your shipped boxes well!) Note: if you send chocolate in shipped boxes, it'll probably melt! It travels well in your suitcase. A more expensive alternative is sending things by airmail.

## Homesickness

Don't hesitate to bring some personal things that remind you of home, family, and friends. On those inevitable days when your carefully prepared lesson is met by bored yawns, or it takes you twice as long to get home because you misread (or can't read) the kanji and got on the wrong bus, you will appreciate having some comforting things waiting for you at home. Along these lines, be sure and give out your address before you leave home (if you know it – if you don't send out postcards as soon as you find out what it is). Tell people to write to you, especially after the first month or two. When you've settled into your surroundings and have a minute to catch your breath, then you may be likely to feel a little homesick. Finding a postcard or letter from home in your mailbox is a nice pick-me-up. You may even like to set up an exchange with friends/family at home. They send you a box of goodies from home (magazines, favourite foods etc) and you send them a box of goodies from Japan (dried squid, seaweed, etc.!) Having a computer with Internet is highly useful. Keeping in touch with family and friends can really help you get through culture shock. You can use Skype to call home for free or very cheaply.

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## After you arrive

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### Tokyo

Orientation is an eye-opening experience. Apart from the fact you've just arrived in a foreign country and you're in one of the largest cities on earth, there are heaps of other JETs to meet as you attend your various seminars. Things to watch out for at the orientation:

Day 1: Meet other new Ehime JETs at the official opening ceremony

Day 2: Ehime Prefectural meeting (you'll be given important info, like your arrival schedule!!)

### Schedule

You will receive a short-term schedule at the Tokyo Orientation (2-3 days). After that, it's impossible to tell you what your schedule for the first few weeks will be like – that's entirely up to your school/office. You may find that you are given short notice before being taken away for something. Be flexible and keep smiling. Have a speech/set phrases prepared so you have something to say.

After your arrival and before school resumes, you may do some of the following:

- Meet teachers/town officials
- Open bank/billing accounts
- Alien registration application
- Summer English camps
- Welcome parties
- EPIC Intensive Language Course
- Office time
- Enkais

### Important Dates

**12 – 13 August:** 2 day Ehime Prefectural Orientation in Matsuyama

**16-27 August:** EPIC Intensive Language Course in Matsuyama, Niihama, & Uwajima

**Late August/Early September:** School resumes

### Journeying to your new home

When you arrive in Matsuyama you'll be meeting your supervisor(s), so dress appropriately. Don't worry about having a big speech prepared – if you're not confident with Japanese, the following tidbits will get you through that first meeting!

はじめまして	hajime mashite	How do you do. Nice to meet you.
私の名前は	watashi no namae wa...	My name is....
よろしくお願いします	yoroshiku onegaishimasu	(like "please", but untranslatable. important to use)
.....から来ました	..... kara kimashita	I'm from .....

Don't be shocked if your supervisor doesn't speak English – think of it as a great way to practice intercultural communication! ☺



## Gift Giving

What to give? Who to give it to? When to give it? This is an issue that can stress a lot of new JETs out. Don't worry! It's not necessary to give presents on day one, or even week one. Your co-workers know that you have just arrived and have lots of things to get used to! It's okay to give your gifts (a.k.a. omiyage) once you have settled in and you know whom you work with. A word of warning – people living in rural areas may be taken to meet the mayor (or other town dignitaries) on their first day – thus you may want to have something small with you that you can give.

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# Your life in Japan

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## Home Away from Home

Japan can be an expensive place, but you don't need to spend a fortune setting up your new home. Check out the 100 yen shops, 2<sup>nd</sup> hand stores, and ask your teachers if you can borrow things. Stores like Jusco and DAIKI have many things to make your house a home – and they deliver too!

## In Your Neighborhood

- Find a liquor store
- Find a convenience store (Lawson, Circle K, Family Mart, Sunkus, etc.)
- Find a grocer or supermarket (Fuji, Jusco, Marunaka, etc.)
- Find the nearest bus and/or train station
- Find the nearest koban (police station) – **call 110 in an emergency.**  
If you need an **ambulance, call 119.**

## Personal Administration

- Learn how to use the automatic teller machines
- Organize how you want to pay your bills. Cash when they are paid at convenience stores/post office, or automatic deduction from your bank account – get your supervisors to help.
- Learn how to send money home. GoLloyds and the local post office are two common remittance services.

## In Your Spare Time

- Explore, explore, explore!
- Learn Japanese
- Read the ALT handbook
- Make contact with friends and family back home (snail mail is consuming but its great to get a reply)
- Make contact with the JETs in your RA area

## Culture Shock

Adjusting to life in another country can be quite hard and many JETs experience culture shock to some degree. It's important to be aware of it so that you can find ways to counter the effects of the stress it causes. Signs of culture shock include: panic attacks, lack of self-confidence, and excessive anger/anxiety. Some coping strategies are: eating well and exercising, getting a good night's sleep, exploring your area, relaxing (taking time out for yourself), keeping in touch with friends, keeping a diary and talking about it. Check out your General Information Handbook for more detailed information about culture shock.

## Transport

### Cars



- *Kei* cars (yellow plates) are much more economical than a standard sized car. Fuel economy is much better, and tax and *shaken* (car inspection fees) are much less.

### Public Transport

- IC Card - Usable on Iyotetsu buses, trains, trams and taxis (Matsuyama area). They offer a 10% discount on travel. Available at the Iyotetsu office at Matsuyama City Train station.
- The JR Young Weekenders' Card is used for a 40% discount on roundtrip train travel greater than 50km. You can use it Friday – Monday.

### Pedal Power

- Things to consider – mountain or city bike? Gears? Basket (good for shopping)? Mud guards?

## Settling into Your Job

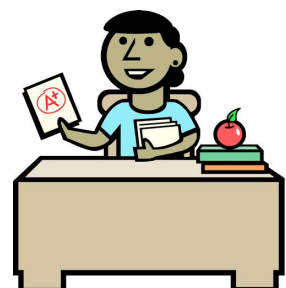
After the excitement of your first few days/weeks in Japan, you may find the amount of time you have to spend in the office (especially during school holidays) overwhelming. Here is a list of some things you could do to keep yourself busy at the office:

- Go through any information/files left behind by previous ALTs.
- If you are in the BOE: Ask if you can go and meet some of the teachers at your schools
- Make an office name plan – ask the teachers to fill in their names (hiragana/kanji). Some schools/offices also have seating charts. This can help you match names to faces.
- Introduce yourself to as many teachers as possible.
- Walk around your school – chat to the students, check out club activities.
- Introduce yourself / talk to your teachers – show them pictures of your home country, etc.
- Read through your schools English text book.
- Make an information display (or a newsletter) on your country in simple English for students and teachers alike (be careful not to give away all your self-intro materials! Only put in information you feel comfortable telling to strangers).
- Plan your self-introductions – ask your JTEs for their opinions/ideas.
- Brainstorm games you can make for future lessons and MAKE THEM!
- Search the net for game/lesson ideas.
- Study Japanese. Also, asking co-workers questions about the Japanese you learn can help start conversations.
- Organize an English club for the teachers (at lunch time or during free periods).
- Have a cooking lesson demonstrating a favourite western food for your teachers.

## At School

### Teachers Meetings

Teachers meetings are held every morning before classes for 5 – 15 minutes. It's a time for general notices and the day's schedule is given (ask a JTE after to tell you what was discussed). At one of these meetings, you will need to do a self-introduction to your teachers in Japanese. This is a good time to let your teachers know your interests!!



### Ceremonies

Ceremony is big in Japan, and this is true for school, too. There will be an opening ceremony after all vacation periods (winter/spring/summer) and a closing ceremony before vacations. It will be in the gym and will last for a while - try and stay focused!

As a new arrival to the school (for ALTs based at a school), you will take center stage at some point in this ceremony. In almost all cases, you will enter the school gym with the principal and you will be greeted by a standing ovation from the students and teachers. Do not be surprised if the students seem

extremely enthusiastic at your arrival. As you may come to appreciate, failure to give you a less than rapturous reception would result in the whole school receiving moral education lessons for at least a week. Your entrance will be accompanied by your national anthem or any catchy tune by the Beatles. Following a rendition of the Japanese national anthem and the school song, you will be led to the stage where you will be welcomed by the school principal and the student president. Now comes the important bit: you will address the school. It is best to keep the speech short and snappy. If possible, try to prepare something in Japanese. Otherwise, one of the English teachers will translate for you. Once you finish speaking, you will receive more applause, be led to your seat and the rest of the ceremony will pass in a blur. Breathe a sigh of relief, as you will have survived the most important part of your first day at school.

### School Trips & Sports Days

Many schools schedule their school trips for the beginning of September (although some do happen in spring). Try not to be surprised if you find yourself in an empty school for a few days (ask if you can go!). Also, most schools will have a Sports Day sometime in September. Leading up to the Sports Day, most classes are canceled and you will spend your time watching marching practice and cheering practice. These seemingly endless drills overwhelm many ALTs, although the day itself is a lot of fun. Enjoy it as best you can and be sure to join in the fun. You can join the teachers' team and race against the PTA or you can volunteer to dress in costume.



### Schedules

There really is no such thing as a regular schedule. The regular schedule seems to often serve as a model that is modified according to whether the first year students need to spend a period practicing the school song or the second year students need extra bowing practice or moral education, etc. Lessons are generally forty-five or fifty minutes in duration. Some schools may hold a regular morning assembly once every week and this may result in changes to the schedule. All changes to the regular schedule will appear on the blackboard at the front of the staff room. This is where the kanji for the days of the week comes in useful as you can check changes in the school timetable without bothering your JTE's. However, if you see radical departures from the norm, it might be a good idea to check if a school event or meeting has been scheduled. Each period or activity will be introduced by its own theme tune or mood music.

Regardless of whether you work in a school of fifty or five hundred students, your teachers will often be busy with homeroom duties, administrative work, meetings, club activities, grading tests, counseling and lesson planning. This heavy workload means that even the best intentioned teacher will not always have time to give you important information. There is a stereotype of the newly arrived ALT who suddenly looks up from his/her computer to realize that there is nobody left in the staff room. If you should find yourself in this situation, go to the school gym ASAP.



### School Lunch

If you are an elementary school or junior high school ALT, you will generally embark on the thrilling adventure that is school lunch, or "kyushoku" as it is known in Japanese. Should you have the opportunity to eat with the students, the lunch itself is often an excellent conversation starter and this is a great way to learn Japanese. Those of you who teach in high school will be deprived of this excellent gastronomic adventure.

On an aside, everyone in the school participates in the school-cleaning period after lunch and you will not be an exception. You will be assigned a place to clean and you will clean that area with some other teachers and students. Even the school principal takes part in the daily cleaning ritual.

### Self introductions

As a newly arrived foreign teacher, the students and teachers will be anxious to know all about you. At this stage, most of you will have to make self-introduction speeches to your classes. The important thing

here is to make your introductions as dynamic as possible. Use lots of photos of family, friends, pets, and vacations, and try to involve the Japanese teacher and the students as much as possible. Pass the photos around, but be aware that some classes may tear and rip things in their excitement. With this in mind, it might be a good idea to get some materials laminated (or make large colour copies and glue them onto sturdy cardboard). Also, try to vary the content of your materials. For example, you might play some of your favorite music and then ask the students what music or popular singers they like. In terms of language, it is good to check what English has been taught and try to use this where possible in your self-introductions. Finally, expect the unexpected. You will often be asked if you have a partner or asked your "size." Humor is usually the best defense. Answers such as "one hundred and eighty centimeters" (in reply to a boy's "size") or "bigger than a sumo wrestler's" (in reply to a girl's "size") will result in great hilarity.

### Some Hints:

- ❖ Whatever you talk about remember to do it SLOWLY and CLEARLY while using SMALL WORDS. Avoid jargon, slang, and expressions, as even very experienced non-native English speakers may not know their meaning. If your audience can't understand you then they'll lose interest. Just remember how much interest you pay to what is said every morning at the staff meeting and I'm sure you'll get the idea.
- ❖ Try to stick to topics that you have props for. Where you live, your family, their jobs, the family pet, etc., General facts about your country, some brief notes on its history, geography, weather, culture, holidays, etc., is usually enough. The rest you can tap dance your way through.
- ❖ Relate facts back to Japan. To say that Australia is 7,682,300 km<sup>2</sup> with a population of 18,173,600 is not as meaningful to a thirteen-year-old Japanese student as saying; Australia is twenty times larger than Japan, but has only one-sixth the population (and even that statement might need a blackboard demonstration).
- ❖ Think of VERY SIMPLE questions that you can throw back to the students or teacher. The trap to avoid is you talking about yourself for fifty minutes.
- ❖ One easy technique is to make the class work for the answers to their questions. Opening with, "Hello everyone. Guess which country I'm from" generates more interest and activity from the students than them passively sitting there while you state "Hello everyone. I'm from New Zealand". You can easily waste a few minutes by choosing someone, making them stand (actually, they'll do that themselves) and then letting them whisper in consultation with their friends before coming to the (hopefully wrong, so you can do this again) consensus on your country of origin. Don't overuse questions, and try to keep things moving as prolonged silences can also get pretty tedious. Involving the students in your talk from the start is more fun for them (they get to try English), and it provides a little variety for you.



### Club Activities

Apart from teaching academic subjects, Japanese schools have a socialization function. Students learn to be good Japanese citizens through club activities and these activities often take absolute precedence. Depending on the school and the club activity, some students may do club activities every day of the week. Many of us find the absolute importance of these clubs difficult to relate to but they can also be useful in helping you to settle in and develop a rapport with your students. If you have an interest in a sport, you may be allowed to join the students in their practice sessions. Alternatively, you might wander from club to club and observe the various activities on offer. However, if you officially join a club, you will be expected to attend at the expense of your social life.

### Teaching

After your self-introductions 'regular' teaching will settle in. You may have to plan games for all your lessons OR your teachers could plan everything and then just tell you what to say OR you may get to plan with your teacher. *Every situation is different.* Try and make the most of yours! Talk to your JTEs and find out what they want from you. Communicate with your students; study their textbooks so you know exactly what words and grammar they know. They usually don't know too much outside of this. Your English will probably go downhill, but it's important that they can understand you through easy English/gestures in class.



## Spare Time?

Again, every situation is different. You may be an ALT who has to teach 5 lessons a day with no time to prepare, or you could be an ALT who is averaging less than 5 lessons a week. If you find yourself with time on your hands – for whatever reason (scheduling changes, no classes ever scheduled, exams etc), try and make yourself useful (this will help your sanity). Many ALTs read books when time becomes limitless, but here are a few things to try before you resort to that:

- Let your teachers know you want to come to lessons! (Even if you just watch)
- Ask if there is anything you can do to help
- Join other classes – PE, Home Economics, Homeroom
- Talk to the teachers
- Walk the corridors
- Study Japanese (and ask the teachers for help!)
- Make a regular newsletter or bulletin board about YOU!! (Your adventures, home country etc) or something else!
- Make activities to accompany the textbook your teachers use and ask if they'd like to use it

If at first you don't succeed – try, try and try again! (or look for another way to do what you want to do.

## Enkai

### What is it?



Enkai (party) is a very important part of the Japanese work culture - it is here that your co-workers can let their hair down and have time to just relax with you. Because so much alcohol is involved, you see a different side of your co-workers.

### Paying

Your school/office may have a monthly collection that goes towards the office party – the amount people pay varies, but it would be safe to say you'll pay something between 2000 – 4000 yen per month. This is something that your Japanese co-workers pay without hesitation, so they may be a little shocked if you choose not to contribute. Keep in mind that the money you contribute is for more than parties – it also goes towards gifts for things like births, deaths, marriages and retirements.

### Attire

Wear clothes that you are comfortable sitting down in (business attire is usually worn) as enkais are often on tatami (you'll also have to take off your shoes – do a hole check on your socks!).

### The Enkai

The official enkai (which everyone will go to) lasts for about 2 hours. You will get a set meal and a steady flow of alcohol. If you don't drink – let your colleagues know and ask for tea. People rarely eat the food they are given as they are busy socializing with co-workers. It is commonplace at enkais to go around and pour drinks for other people (never pour your own!!) and have a chat to them. You will notice that the enkai will start very officially and will end with (generally) a more relaxed closing (like a clapping of hands). Everyone will do 'kanpai' (cheers) together. During the next 2 hours you will see a change in the people around you. At first people might be too shy to speak to you, but after about half an hour, you will most likely turn into a celebrity, with everyone wanting to speak to you. Don't be afraid to try out your Japanese either!

### Non-Drinkers

Japan has a big drinking culture and your colleagues may be surprised to find out you don't drink. Be prepared for questions as to why. If you drink but don't wish to get drunk, just take small sips and never let your glass look empty – this is usually an invitation for someone to fill it up.



## Safety

With the amount of alcohol that flows during enkais, it is no wonder people start acting very differently. People may comment on your appearance and ask you personal questions. Answer the ones you feel comfortable answering. Try and keep your wits about you and if you find yourself in a situation you don't like, try and remove yourself from it as diplomatically as you can. One idea might be to carry a bottle of beer with you so that you can use that as an excuse to leave a situation (so you can go and pour for someone else).

## The Nijikai – “Second Party” (..sanjikai...yonjikai)

Once the enkaï is over, many people often wish to continue partying. This is called ‘nijikai’ or the ‘2<sup>nd</sup> party’. There is no obligation to go to this, but it's a good chance to socialize with your co-workers and hopefully build some friendships. Popular places for after-enkaï-parties are karaoke, drinking bars, darts, dessert, etc. Your enkaï fund does not cover this – you will have to pay!!



## Business as Usual

The day after the enkaï is just like any other. Don't be surprised if the person you were best buddies with the night before barely acknowledges you. At the same time, you may also find that you get a lot more people saying ‘ohayoo gozaimasu’ or ‘morning’ to you.

Enkaïs are a great way to get to know your colleagues in a (slightly) more relaxed setting.

## Studying Japanese

What better time to learn Japanese than when you are living in Japan? If you are looking for something to motivate you – why not take the Japanese Language Proficiency Test (JLPT)!! There are 4kyus, or levels. Level 1 is the hardest, Level 4 is the easiest. Tests for all levels are held every year on the first Sunday in December, and the test for Level 1 & 2 is held again on the first Sunday in July. The application deadline for the December test is in early September. The JLPT fee is 500 yen for the application, and 5,500 yen for the test.

Also, EPIC in Matsuyama and Niihama offers intensive courses during Summer and Spring. Ask your supervisor for details when you get here. Please bear in mind that not all supervisors are able to let their JET go **without** the JET using nenkyu (paid leave). Larger towns may also have private tutors (ask at EPIC).

## Re-entry Permit

If you leave Japan while on the JET Programme and wish to re-enter, you **must** have a re-entry permit. You can choose from either a *Single Re-entry Permit* or a *Multiple Re-entry Permit*. Both permits are only valid for the length of your working permit. To get a re-entry permit, you must go to the Ehime Office of Immigration.

### Bring:

- ❖ Your Passport
- ❖ Your Certificate of Alien Registration (a.k.a. gaijin card)
- ❖ Revenue Stamps (pre-purchase at the a post office)
- ❖ An idea of your date of departure (you won't be required to leave on this exact date, but you'll need it for the forms)



### Cost:

Single Re-entry Permit: 3,000 yen (in revenue stamps)

Multiple Re-entry Permit: 6,000 yen (in revenue stamps).

Many JETs get this during the Ehime JET orientation period held in Matsuyama in August. If you choose not to do it then, some JETs are allowed a day of special leave in their contracts to complete this task (not paid leave: *nenkyu*) because if you leave without your permit you will lose your work visa. Talk with your supervisor.

### Revenue Stamps (shunyu-inshi)

Revenue stamps can be purchased at EPIC, or at any post office at the stamp counter and not the bank counter.



### Immigration Office

Matsuyama Joint Government Building 1F  
188-6 Miyata-cho, Matsuyama-shi  
Ehime-ken, 〒790-0066

#### [Office Hours]

Monday – Friday (9:00am-12noon / 1pm – 4pm) closed public holidays

#### [Phone Numbers]

089-932-0895



The Immigration office is 5 minutes walk from Matsuyama JR station (just across the Grand FUJI supermarket, next to the electric appliance shop, "DeoDeo"). You can take a tram from Matsuyama City Station (shieki) or from the shopping Arcade to JR Station.

### Re-entering Japan

Fill in the details on your beige card when you go through passport control (if you make a mistake on your card, the officer will correct it for you).

## Useful Websites

Ehime JETs stay in contact with each other over the Ehime JET yahoo groups list. It's a place for JETs to ask questions, let people know about festivals and to give/receive JET Programme info (and much more!). Sign up before you arrive! Join the list at: [www.groups.yahoo.com/group/ehimejet](http://www.groups.yahoo.com/group/ehimejet)  
Email the list at: [ehimejet@yahoo.com](mailto:ehimejet@yahoo.com)

## Life as a JET

Ehime AJET: <http://www.ehimeajet.com/>  
Jetset Japan: <http://www.jetsetjapan.com/>  
National AJET: <http://www.ajet.net/>  
CLAIR: <http://www.clair.or.jp/>



## Life in Ehime

Answers.com <http://www.answers.com/>  
(type in a search for towns/cities in Ehime)  
Ehime Government: <http://www.pref.ehime.jp/index-e.htm>  
Town websites: [http://www.pref.ehime.jp/gen/1172504\\_524.html](http://www.pref.ehime.jp/gen/1172504_524.html)  
Ehime Prefecture International Centre (EPIC):  
<http://www.epic.or.jp/english/index.html>

*(The "Guide to Living in Ehime" has lots of useful sections including how to get your Japanese Drivers License)*

Imabari City International Exchange Association:  
[http://iciea.imabari-cc.ac.jp/e\\_index.html](http://iciea.imabari-cc.ac.jp/e_index.html)  
Matsuyama City: <http://www.city.matsuyama.ehime.jp/lang/en/>  
Matsuyama International Centre (MIC):  
<http://home.e-catv.ne.jp/tour-ehime/>  
What's Going On? (MIC foreigner publication):  
<http://home.e-catv.ne.jp/wgo/index.html>  
Surfing/Outdoors: <http://www.outdoorjapan.com/>

## Medical Centers In Ehime:

<http://www.qq.pref.ehime.jp/qqscripts/qq/qq38mnueng.asp>

## Cinemas:

(Hint: If you have a Fuji Grand – the supermarket – card, you get a slight ticket discount.)

Emiful: <http://www.cinemasunshine.co.jp/theater/masaki/>  
Imabari: <http://cinemasunshine.co.jp/theater/imabari/>  
Kinuyama: <http://www.cinemasunshine.co.jp/theater/kinuyama/>  
Okaido: <http://www.cinemasunshine.co.jp/theater/okaido/>  
Ozu: <http://cinemasunshine.co.jp/theater/ozu/>  
Shigenobu: <http://cinemasunshine.co.jp/theater/shigenobu/>

## Travel

Matsuyama Airport: <http://www.matsuyama-airport.co.jp/index.shtml>  
Iyotetsu (Bus, Train and Tram): <http://www.iyotetsu.co.jp/> (Japanese only)  
Train: <http://www.jorudan.co.jp/english/norikae/e-norikeyin.html>  
<http://www.hyperdia.com/>  
<http://ekikara.jp/> (Japanese only)  
<http://www.jr-shikoku.co.jp/>

Ferry: <http://www.japan-guide.com/e/e2355.html>  
To Kansai: <http://home.e-catv.ne.jp/tour-ehime/kengai2.html>  
JAL: <http://www.jal.co.jp/en/>  
ANA: <http://www.ana.co.jp/asw/index.jsp?type=e>  
Number 1 Travel: <http://www.no1-travel.com/kix/no1air/index.htm>  
Rakuten Travel: <http://travel.rakuten.co.jp/> (Japanese only)  
AB-Road: <http://www.ab-road.net/> (Japanese only)  
Willer Travel: <http://travel.willer.co.jp/bus/pc/3/top/>  
Overnighter bus: [http://www.japanbuses.com/route\\_shikoku.html](http://www.japanbuses.com/route_shikoku.html)

#### Food Shopping:

Foreign Buyers Club: [www.fbcusa.com/](http://www.fbcusa.com/)  
The Flying Pig: <http://theflyingpig.com>  
The Meat Guy: <http://www.themeatguy.jp/>  
Tengu Natural Foods: <http://jbayles.netfirms.com/shop/nfoscomm/catalog/>

#### Miscellaneous Shopping:

Amazon: <http://www.amazon.co.jp/> (books – Click on the “In English” button)  
Play Asia: <http://www.play-asia.com/> (video games)  
Victories Secret: <http://www.victoriassecret.com> (women’s clothing)

#### Finances:

GoLloyds: <http://www.lloydstsb.co.jp/en/index.php> (remittance service)

#### Japanese Resources:

WWWJDIC Online Japanese Dictionary Service:  
<http://www.csse.monash.edu.au/~jwb/cgi-bin/wwwjdic.cgi?1C>  
Space ALC: <http://www.alc.co.jp/>  
Rikaichan: <http://www.polarcloud.com/rikaichan/>

#### Japanese Language Proficiency Test (JLPT):

Official Website: <http://www.jlpt.jp/e/>  
JLPT Resources: <http://www.tanos.co.uk/jlpt/>  
Japanese Drills: <http://www.asahi-net.or.jp/~ik2r-myr/kanji/kanji1a.htm>

#### Teaching Materials:

Cross Currents: <http://www.crosscurrents.hawaii.edu/> (bilingual Japan & USA info)  
Dave’s ESL Café: <http://www.eslcafe.com/> (Lesson ideas, tips, and job listings)  
ESL-Galaxy.com: <http://www.esl-galaxy.com/vocabularysheets.html>  
(download powerpoint templates for games)  
ESL-Kids.com: <http://www.esl-kids.com/index.html> (flashcards & worksheets)  
GenkiEnglish: <http://www.genkienglish.net/> (elementary school activities)  
The English Resource: <http://www.englishresource.com> (an online bookstore)  
Ultimate Camp Resource: <http://www.ultimatecampresource.com>

#### Newspapers

The Daily Yomiuri: <http://www.yomiuri.co.jp/dy/>  
Asahi Shimbun: <http://www.asahi.com/english/>  
The Japan Times: <http://www.japantimes.co.jp/>  
News on Japan: <http://www.newsonjapan.com/>

## Grocery Shopping

Entire aisles at Japanese grocery stores are devoted to seaweed or just add water ramen bowls, as well as the expected fish section and the number of unidentifiable (at first) ingredients that look strange and complicated to use. Things are almost the same once you get used to the labels and realize that slight differences are mostly irrelevant. Check out all the stores over time to find ones that carry most of the things you eat or cook with. You will likely be watched a bit as you shop. Some people are curious what you'll want to buy, but if you have a problem, people are mostly eager to help, especially if you try out your Japanese. You can also order foreign foods from a number of places. Flying Pig is like Costco (a wholesale foods store) selling mostly processed American foods (think mac and cheese and popcorn and chips). Foreign Buyers Club is similar, but they have a deli division for refrigerated things and carry Australian and British foods, as well as carrying teaching aids. They all ship to your home and buying more is more advantageous, so get some friends together and order away!

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## Living in Ehime

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### AJET

Ehime AJET is a volunteer, not-for-profit organization that services the local JET community. We hope to enrich your experience in Japan by keeping you informed of important & fun things happening within Ehime-ken and the JET program at large. We are your prefectural branch of national AJET (the Association for Japan Exchange and Teaching) and we represent your voice. Our goal is to create a strong JET network by providing opportunities for you meet other JETs and get involved in your local communities. We host a variety of social, sports, and volunteer events throughout the year. Ehime AJET also publishes *The Mikan* newsletter and maintains a great website which contains lots of useful information about living and teaching in Japan.

### Inaka Living



The word *inaka* (田舎) in Japanese means *rural* or *country*. And just like everywhere else in the world, country folk tend to be more conservative and provincial, but also warmer and not so formal. For many new JET's arriving from urban areas, the combination of Japanese life and rural life provides a double shock. Living in Ehime inaka, however, presents the unique opportunity to see traditional Japan close-up and become part of a community that is lacking in the anonymous metropolis.

### Standing Out

The Japanese word for foreigner is Gaikokujin (外国人) or more commonly Gaijin (外人), meaning outside person. You will learn this word fast. You may hear it whispered as you walk down the street, or shouted when you arrive at school. Since Japan is so homogeneous, any difference really stands out. And while the Japanese are shy about everything else, they are not shy about staring at you. Also, you will find that people you have never met before will know your name, where you work, what country you are from, and what day you do your washing. This may be surprising at first, but it soon becomes one of things that amuse you about living in Japan. Yes it can get irritating sometimes, but try to enjoy the celebrity. It comes from a genuine curiosity and neither malice nor rudeness is intended. You are in a place where people just want to know you.

### Getting Away

When it all gets a bit claustrophobic it's a good idea to get out of town for the weekend. To see some new scenery but also be somewhere where everybody doesn't know your name. The transport system in Japan makes this really easy. The ferry routes in particular make it cheap and easy to get out of Ehime to Kyushu, Hiroshima and Osaka for those times when you crave urban life. Getting in touch with other JETs is essential to happy living in Japan. Everyone here understands the ups and downs of rural life, and getting to know your fellow JETs provides you with empathy and a place to nip off to for a weekend.

The rural towns of Ehime hold a variety of festivals in the summer. These range from the traditional to the down right strange. The festivals in your area offer a good opportunity to invite some JET friends round to your town and have some fun.

## Going to the Store

In a small town you are bound to run into someone you know at the grocery store every time. You may find your inaka neighbors inordinately curious about what you are buying. They may ask you 'what are you buying?' Or, just have a look for themselves in your basket. No matter what you are buying, they will be surprised; either to find that gaijin use soy sauce, or that for breakfast we eat cereal.



If you live in the inaka, be prepared to go without some things. There may not be a video store in your town. Some places will have restaurants that close around 8 p.m. This may take some getting used to, so use it to discover the people and places around you. Also, get the Internet. Foreign food, English books, games, etc., can all be shipped to the convenience of your home. Things that seem elusive at first can usually be found with some effort. As you get to know your area and other people around you, you will find sources for most of the things you crave.

## Minding your Business

In rural Ehime, every move you make is town news. From who you had over to your house to what illnesses you have had. It's not that they are nosy, it's more like having a gaijin in their midst is exciting. If you are seen with someone of the opposite sex, foreign or Japanese, you will be asked if they are your boyfriend or girlfriend. And, despite your answer (this is my friend/colleague/father) they will most likely still insist it is your lover. Don't worry. No one really cares about your social habits; it's just something to make conversation about.

If you get sick, it may be big news in town. Folks will immediately wonder why you weren't at school. And your supervisor, the doctor and nurses will tell them exactly what you had. Don't be surprised if when you return to work, someone asks how's your diarrhea? This isn't just the treatment for foreigners. I once asked a Japanese friend about a mutual Japanese friend. How is Yuki? The reply to my general question was that he has diarrhea. When it comes to conversations about health in Japan, there is no such thing as too much information! However, it is at times of ill health and such problems, that the kindness and generosity of inaka people is displayed. You will have a whole hoard of tea ladies and school nurses ready to take your temperature, visit you and fluff your pillow.

## Keeping it Together

There are many ways to cope with the lack of urban distractions and many ways to take advantage of living in the country. It helps to have something to fill your evening, rather than another night of Japanese TV and bean paste ice cream. The first few months you will have less to do, but as you find things of interest and get invited along to clubs and groups, you will be wondering when you will have the time to go to sleep.

## Hiking

Ehime has kilometers of beautiful coastline and acres of mountain forest. It is usually only a short walk or bike ride from your town to some really spectacular scenery.

## Local Sports

It should be no problem to ask to join your favorite sports club at school. Schools offer a wide range of clubs for the students such as tennis, volleyball, basketball, aikido, kendo and many other things. If eight hours with the students is enough for one day, you can join similar sports in the community and meet like-minded Japanese people in the process.

## Crafts

If sports aren't your thing, take up a Japanese craft. There are many opportunities to learn Japanese culture. For example: woodblock printing, ikebana (flower arranging), sho-do (calligraphy), sa-do (tea

ceremony) as well as an array of traditional Japanese music including taiko drumming and koto playing. Taiko drumming is popular in Ehime and many JETs in this area belong to a Taiko group. Most groups are delighted to have a foreigner join their group and people will go out of their way to make you feel part of the group.

## Drinking



If you like alcohol you are at an advantage in the inaka. Drinking in bars and in people's homes is a popular pastime here. Alcohol loosens inhibitions and someone who was to afraid to speak to you in the office will suddenly throw his arm round you and tell you about his wild college days. Going to the same bars on a regular basis is a good idea. You will get to know the staff and they will introduce you to an array of interesting people. It's much easier in Japanese society to make friends through a third party introduction. So, it is good if you can make your face well known in a few local places.

## Taking Advantage

All in all, living in the inaka presents a unique opportunity. You will be surprised everyday both by the kindness of people and by their obscure interest in the most banal aspects of your life. Living in Ehime is what you make of it and it's a great chance to get an inside view of Japan.

## In the Big City

There are two groups of ALTs residing in Matsuyama – Matsuyama City ALTs (junior high ALTs) and Ehime BOE ALTs (senior high ALTs). In total, there are about 20 JETs living in Matsuyama. Each group of ALTs is run differently as they are looked after by different contracting organizations. Matsuyama City ALTs have monthly meetings with their chief supervisor and regular enkais, whereas the SH ALTs deal with their school based supervisor and don't have the opportunity to meet up with other SH ALTs through work.

There are lots of things to do in Matsuyama to keep you occupied – something to keep in mind if you are disappointed to not be in a more rural place. You can create your own sense of community while living in the big city – it just takes a bit more time and effort.

A great thing about living in Matsuyama is the support network you have right at your fingertips. There are lots of other ALTs you can talk to and get advice from.

## Health

In Japan, when people want to see a doctor, they go to a hospital. On days when you are sick, your school may expect you to go to the hospital to be seen by a doctor and (more often than not) get a medical certificate. Talk with your supervisor as to what protocols they expect you to follow when you are sick and what steps are need in order to take byokyu (sick leave).

In general, foreign women in Japan don't tend to go for check-ups (STDs, the pill, gynecological tests), preferring to wait until they are at home, but if you want to be seen, you can get it done here.

There is a HIV testing service available in Matsuyama. They are offered free of charge and privacy is assured. The test is simple, but you must return one week later to the health centre in person to ask for the result. They will not tell you over the phone. You can take the test three months after the time you think you might have been infected. For locations, check out the Ehime AJET site.

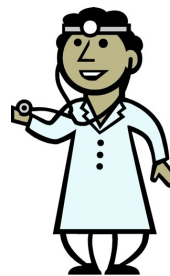
Finding a good dentist in Japan may be difficult, so it's probably a good idea to get a general check-up before you leave.

For more information on locating hospitals within Ehime, check out the link in the "Useful Websites" section of this guidebook.



## Terms

内科	naika	internal medicine (general practitioner)
外科	geka	surgical (breaks/sprains etc)
胃腸科	ichouka	stomach/intestines
歯科	shika	dentist



## Traveling

There are many places within Ehime to check out (have a read of the town section at the end of this booklet), but if you are planning on touring Japan (or other countries), you first need to get out of Ehime. There are a few different ways to get out of Ehime and there are at different locations.

### Plane

Ehime has one airport – and that is in Matsuyama. There are domestic flights to just about anywhere and international flights to Korea and China. Catch bus number 52 from Okaido, Matsuyama City Station (Shieki) or JR Station. Birthday specials are available – check out the airlines for their specials. In addition to bus #52, you can take the blue limousine buses, they're frequent and cheaper



### Bus

Bus travel is available to all prefectures in Shikoku and to several different destinations on Honshu. If you can sleep sitting up, you might want to consider an overnight bus (Kyoto, Kobe, Osaka or Tokyo). Not only is it an inexpensive way to cover long distances, but it also lets you start early in the day without having to pay for a hotel the night before. Overnight buses leave from Uwajima, Yawatahama, and Matsuyama. In general, you have to make reservations for overnight buses, but you can show up at the bus center and hope that someone cancelled. One overnight bus

to Osaka & Kobe also runs through Ainan, Yoshida, Unomachi and Ozu.

### Train

The train is generally more expensive for trips out of Shikoku. *Tokkyuu* (express) tickets can be purchased from vending machines or at the ticket window of any large train station. Note that you will need two tickets, a 乗車券 *joushaken* and a 特急券 *tokkyuiken* to board express trains. One covers the basic fare, and the other covers the extra charge for riding and “express” train.

There are also two types of tickets, reserved (指定席) and non-reserved (自由席). Each car is labeled with the appropriate kanji, so be sure to check when you get on the train. The Shinkansen works more or less the same way. The train can offer you a smoother ride and save you from having to reserve a ticket. You can sometimes get a Shikoku schedule for free by asking at the Matsuyama station ticket window. The word for schedule in Japanese is *jikokukyou* (時刻表) and once you learn the kanji for place names they are not hard to use.

If you will be traveling frequently inside Shikoku, you can save money by getting a Young Weekend Card. It costs ¥1000, and grants a 40% discount on round trip train fares, providing you both leave and return on a weekend or holiday, and that the trip is no longer than four days long. You can buy one at major train stations in Shikoku.

### Ferry

From various ports in Ehime, you can take a ferry to Kyuushuu, Hiroshima or the Kansai area.

### Accommodation

An inexpensive option for accommodation is a youth hostel. Prices average around ¥2500-¥3000 per night, plus an additional charge if you are not a Youth Hostel member. For more information, visit <http://www.jyh.or.jp>.

An alternative is a *ryokan* (旅館) or traditional Japanese inn. Prices can be as low as ¥3000-¥4000 per night for a single room and can provide more of a “Japanese-style” experience. Business hotels are also available. “Ladies hotels” catering to women also exist. <http://www.ryokan.or.jp/kyoto/english.htm> is a good link for Kansai area *ryokan*. The Japanese website <http://www.yadojozu.ne.jp> has a search engine for hotels and *ryokan* in Japan. Note that tipping is not customary in Japan, and if you decide to stay at a *ryokan* and are not familiar with Japanese etiquette for shoes, bathing, etc., find out more about it before you go. Have a look at <http://www.ryokan.or.jp> for more on this subject.

For more information on any of the above – check out the website section or go straight to Ehime AJET site for links.

## The Outdoor Report

Go outside!! You are among the chosen few with a unique opportunity to enjoy what rural Japan has to offer. It's easy, you already live in rural Japan and with a few tips it is easy to enjoy.

Much of Shikoku is planted forest (sadly), but this is a unique opportunity: the loggers need to get the timber in and out so most of Japan's mountains have some sort of road access. Its not trail hiking but it is an easy way to get out and enjoy nature. I would recommend driving or biking as far up into the mountains as you feel comfortable and start heading up from there. Be sure to tell someone roughly where you are going or better yet invite a friend.

There are also hiking trails throughout the island for more seasoned hikers. Try the Lonely Planet hiking guide for more details or try asking about hiking around town with your heaviest katakana accent. You can also try saying *hikingu ni ii basho wa doko desu ka?* Where is a good hiking place? The mountains are pretty safe although there are wild boar and monkeys in a few places. Try not to startle them, you are on their turf. Be careful during the typhoon season as the planted cedar forests have made the mountains very prone to landslides. Ishizuchi the highest peak on the island is a good hike with cool climbing chains and is right here in Ehime. Public transit from Saijo Station is possible, but finding someone with a car is ideal. [http://wikitravel.org/en/Mt.\\_Ishizuchi](http://wikitravel.org/en/Mt._Ishizuchi)

Shikoku has some of the better surfing in Japan. The bulk of the surf spots are in Kochi. The outdoor Japan website <http://www.outdoorjapan.com/> has maps of all the major breaks in Japan along with information about their levels. The whole site is pretty good and gives an overview of the possibilities in Japan. Surf beaches are a good place to camp as well as they tend to have public bathrooms and sometimes coin showers. The coastline from Ashizuri Cape to Nakamura (now Shimanto City) is probably my favorite spot in Japan I would recommend if possible for you all to check it out.

## Skiing and Snowboarding

Places to ski:

Ishizuchi

(<http://www.islands.ne.jp/ishizuchi/ski/>)

- Ishizuchi
- highest field (steep and narrow)
- all day lift ticket – 5 000yen, half-day – 3 900yen, night ski – 2000yen



Mikawa

(<http://www.mikawa-ski.co.jp/>)

- Mikawa
- range of courses from beginner to reasonably good
- some banks and jumps
- entry-700yen, lift-3 500yen (350yen per time), ski set rental-3 500yen, snowboard set-4000

Kuma Ski Land

(<http://www.kumax.co.jp/>)

- Kuma
- convenient to access (see Kumakogencho town information).
- Two slopes (plus a beginners run that can be used free without buying a lift pass)
- Some moguls but not a lot of challenge
- good snow machine
- entry-1 000yen, 4hour lift pass-3 000yen, 6hour lift pass-3 500yen, 8hour lift pass- 4 000yen, per trip 250yen, ski/board set rental-3 000yen

#### Oda

- ❖ 3 slopes. beginner and advanced are short. Intermediate is fair.
- ❖ Some moguls, ramps and jumps.
- ❖ good snow machine

#### Axcross

(<http://a-x.jp/>)

- In Shigenobu (Toon) off route 11
- indoor slope open 12 months
- short and narrow, with half pipe and big jump
- caters for beginners to better boarders/short skiers
- helmets are mandatory (jump and half pipe)
- 2hours-3 000yen (2 500yen weekdays), 4hours-4 000yen (3 000 weekdays), 6hours-5 000yen (4 000yen weekdays)

#### In General:

- Ehime is not a prefecture known for skiing
- Expensive (transport, rental etc)
- Gear can be bought at: Alpen and Himaraya in Matsuyama near Kinuyama Cinema Sunshine

#### Other Places to Check Out:

- Geihoku, Mizuho, Daisan, Hokkaido, Nagano-ken (Hakuba, Shiga kogen)

## Being Vegetarian

### Books/Catalogues

- Yeah? Good on you. It's easy.
- Local places in Matsuyama with good vegetarian food include Travelers' Cafe, Ladkis, Charlie's Vegetable, Soh Soh and (see below Local Cafes and Restaurants).
- Hokkaido AJET "Guide to being (and Remaining) a Vegetarian in Japan"
- Warabe Mura Wholefoods mail order (Warabe Mura Wholefoods, CPO Box 3, Tomika, Kamo-Gun, Gifu-Ken, 501-3300, tel. 0574-54-1355, fax. 0120-54-1495, [warabemura@aol.com](mailto:warabemura@aol.com))
- Tengu Natural Foods mail order catalogue (Tengu Natural Foods, 185-2 Komahongo, Hidaka-Shi, Saitama Ken, 350-1251, Tel: 0429-82-4811, Fax: 0429-82-4813, <http://jbayles.netfirms.com/shop/nfoscomm/catalog/>, [tengu@gol.com](mailto:tengu@gol.com))
- Kansai Consumer Club (Kansai Consumers Club, 567-0874, Osaka, Ibaraki-shi, Nonomiya 2-10-30, [www.kansai-cc.co.jp](http://www.kansai-cc.co.jp))

*\*many of these can be found at the Tokyo Orientation\**



### Local Cafes and Restaurants

Matsuyama:

- ❖ Raruki Indian Restaurant: Around the corner from Shieki. Follow the tramline in front of Takashimaya Dept Store around the corner. About two blocks up on the right-hand side is this small restaurant, tucked away and a little easy to miss.
- ❖ Travelers' Cafe: Round the block from Besto Denki (which is across from haagendaas). Similar to Mirai Kanai. A real JET favourite.
- ❖ Ladkis: 2 stores: 2-3 blocks up from Takashimaya (Matsuyama City Station) on the right / turn right at the top of Okaido (Starbucks end) and keep walking
- ❖ That cute little muffin shop that I can't remember the name of: Take the first right on Gintengai, coming from the Okaido end. There is a street with fairy light and the store is early on the right hand side. Great muffins, tea and a tasty chickpea curry.
- ❖ Kinchaiya Organic Restaurant: On the opposite side of Nakanokawa from the Gintengai, you can find Kinchaiya Organic Restaurant, with lunch specials, late-night dining and bar, and a super-cool fairy-light and stepping stone-lined hallway to the dark coppery washroom. Enjoy. Veggie options are sporadic, but the grains are good.
- ❖ Soh Soh: Very early on the left of Rope-way st from Okaido.
- ❖ Naturel Coffeehouse: From the mouth of Okaido, walk down towards the Gintengai. Within the first block, on the right-hand side, is a small white sign with bluish neon and black lettering saying 'Naturel' in polite text. The cafe is upstairs. Their food offerings are sparse. Good for a snack.
- ❖ Charlie's Vegetable: Take the third right up Rope-way street from Okaido. A classy fixed rate buffet with salads, vegies and an amazing array of dressings. Vegetarians be warned – some items contain chicken and bacon.
- ❖ Mirai Kanai: Follow the directions to Spice Kingdom. At the sixth small side street off to the right, you will see a sky-blue awning on the left hand side. This cafe/bar has yellow walls. It is small and doesn't serve much food, but if you ask Kimi-chan politely, she might make you a veggie sandwich that isn't on the menu. Serves amazing, authentic, spicy chai.

#### Ozu:

- ❖ Sosaku Italian Restaurant: From the JR train station, go straight up the street and turn right at Lawson's. Follow this main road until you pass over the bridge into Old Ozu. Immediately just after the bridge, on the left hand side, is the restaurant. Good variety of pasta and pizza dishes, excellent eggplant pasta.

#### Yoshida:

- ❖ Tandoor Indian Restaurant (Tandoru): The best Indian in Ehime, with a section in the menu for vegetarians. On the Uwa side of Yoshida, right on the highway.

#### Helpful Phrases

- ❖ "I am a vegetarian. I do not eat pork, beef, or chicken." = "Watashi wa bejitarian desu. Butaniku ya gyuniku ya toriniku o taberaremasen." (To add more, 'sakana' means fish, 'ebi' means shrimp, etc etc...)
- ❖ "What do you recommend from this menu?" = "Kono menyu de o-susume wa nan desu ka?"
- ❖ "Does this have ( ) meat in it?" = "Kore wa ( ) niku ga haite imasu ka?"

#### Christian / Religious Groups



If you are living in the Nanyo area and are looking for a church or a fellowship group, Tsutako Nakamura in Tsumi is a good contact and her email address is [tsutakko@hotmail.com](mailto:tsutakko@hotmail.com) and she's very kind and friendly (and her English is pretty good). She attends a service in Uwajima (Uwajima Alliance) across the street from Shiritsu Byouin and also has a women's group in her home once a month... both are open to anyone- Christian or otherwise. She is also a good person just to spend time with if you are looking for a friendly face. If you don't wish to regularly attend, but want to go to a Christmas service out of tradition please get in touch.

For Yawatahama, - Daiichi Puraza Kyoukai - it seems to be the most alive church and the pastor and his wife know a little bit of English and their daughter's pretty fluent.

## Japanese Sign Language

Want to learn something a little different while in Japan? How about Japanese Sign Language?! Ask at your local community centre – as about a shuwa saakuru (sign language circle)





## Town Information

Here are concise overviews of the 5 areas we've divided Ehime into. Each section further divides regions into towns and includes various information on subjects from restaurants to shopping to festivals to nightlife.

### Nanyo A

Uwajima City (宇和島市)  
Mima Town (三間町)  
Yoshida Town (吉田)  
Tsushima Town (津島町)  
Kihoku Town (鬼北町)  
Matsuno Town (松野町)  
Ainan Town (愛南町)

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### Nanyo B

Seiyo City (西予)  
Uwa Town (宇和町)  
Mikame Town (三瓶町)  
Shirokawa Town (城川町)  
Nomura Town (野村町)  
Akehama Town (明浜町)  
Yawatahama City (八幡浜市)  
Honai Town (保内町)  
Ozu City (大洲市)  
Kawabe Village (河辺村)  
Hijikawa Town (肱川町)  
Nagahama Town (長浜町)  
Ikata Town (伊方町)  
Seto Town (瀬戸町)  
Misaki Town (三崎町)  
Uchiko Town (内子町)

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### Chuyo

Kumakogen Town (久万高原町)  
Tobe Town (砥部町)  
Iyo City (伊予市)  
Futami Town (双海町)  
Nakayama Town (中山町)  
Nakajima Town (中島町)  
Matsuyama City (松山市)

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### Toyo A

What to See/Do  
Eat  
Shop  
Get Around  
Get Out  
Other Useful Info  
Imabari City (今治市)  
Namikata Town (波方町)  
Hakata Island (伯方島)  
Omishima Town (大三島町)  
Yoshiumi Town (吉海町)  
Kamijima Town (上島町)  
Uoshima Village (魚島村)  
Yuge Town (弓削町)  
Iwagi Island (岩城島)  
Ikina Island (生名島)

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### Toyo B

Saijo City (西条市)  
Komatsu Town (小松町)  
Tanbara Town (丹原町)  
Niihama City (新居浜市)  
Shikokuchuo City (四国中央市)  
Doi Town (土居町)

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# NANYO A

*Incorporating the areas of Ainan, Uwajima, Matsuno and Kihoku*



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5 <sup>th</sup> year	3 <sup>rd</sup> year	2 <sup>nd</sup> year
<ul style="list-style-type: none"><li>• Wendy Ikemoto (Uwajima)</li><li>• Christopher Reed (Kihoku)</li></ul>	<ul style="list-style-type: none"><li>• Stephanie Gaspers (Uwajima)</li><li>• Joel Kaake (Ainan)</li><li>• Ting Ting Li (Ainan) (Uwajima)</li></ul>	<ul style="list-style-type: none"><li>• Elayna Snyder (Ainan)</li><li>• Eliot Honda (Uwajima)</li><li>• Travis Miyamoto (Uwajima)</li><li>• Annie Vuong (Matsuno)</li><li>• Rachael Monnin (Uwajima)</li></ul>



## Uwajima Area 宇和島

Includes Uwajima, Mima, Yoshida and Tsushima.

### Uwajima City 宇和島市

#### Description

Uwajima is one of the larger cities in southern Ehime with a population of about 90,000.

Website – <http://www.city.uwajima.ehime.jp> (Japanese).



#### Location/ Access/ Transport

Uwajima is 1hr 20mins (by train) south of Matsuyama, on the west coast of Shikoku.

*By train:* (to/from Matsuyama by express or *tokkyu*) – 1hr20mins, /2950

*By bus:* (to/from Matsuyama) – 2hrs, 1750, hourly. Buses from Matsuyama continue on to Ainan.

*By car:* (to/from Matsuyama) – under 2 hours on the expressway.

#### Shopping

- ❖ Shotengai (shopping arcade, 5 minutes right of the train station) has lots of quirky shops:
  - Doux sells a range of gifts
  - Grand has western music and a wide range of video games
  - There is a good stationary shop near to Grand (same side).
  - Shinbashi supermarket has a great 100yen shop on the 4<sup>th</sup> floor.
  - Other shops sell various items – Japanese sweets, Kimono and accessories, hats etc.
- ❖ Kita Fuji: A bit of a walk north of the station, (follow Route 56 towards Yoshida), this huge superstore sells everything – food, decent clothes, stationary, video games, bedding etc. There is a travel agency inside; good travel deals can occasionally be found there. There are also some nice restaurants nearby – see below.
- ❖ Deo Deo – Very large electronics store next to Kita Fuji. Sells phones, computers, household goods, iPods, televisions and a variety of other appliances.
- ❖ Ebisu Fuji: 5 minutes right of the station, this is much smaller than Kita Fuji but sells similar things – try upstairs for kids.
- ❖ 2nd floor 10yen store 5 minutes right of the station (around the corner on R56).
- ❖ Oasis hair salon: great place for a hair cut. Hidemi, the owner, speaks effective English. Near the castle west entrance.
- ❖ Plenty of souvenir shops located near the station.
- ❖ Large 'Sunshine' supermarket near to Higashi High School (100yen shop upstairs), and a huge RICH supermarket on the way out to Tsushima.
- ❖ Uniqlo (past RICH on the way to Tsushima) has good western-sized clothes at reasonable prices. Take a bus or drive there.
- ❖ Bookland: Large selection of used manga, books, DVDs and video games, though everything is

in Japanese.

- ❖ Winning Edge – Sportswear store selling decent selection of quality and inexpensive athletic ware, including footwear and swimwear. Located behind Kita Fuji.
- ❖ Yamada Denki – Large electronics store in the far south of Uwajima – Has a larger selection of cameras and video games than Deo Deo, though not as many household items.
- ❖ Baking Goods Store – A small shop near Toyoken in the warehouse/harbor district. Sells bulk cooking supplies like flour, paper plates, packaging, spices and others.

#### Dining Out

- ❖ Gusto – fast food at reasonable prices (R56 towards Tsuhima)
- ❖ Joyfull x2 – again, cheap fast food (both on R56 towards Tsuhima)
- ❖ McDonalds x2 (one near Kita Fuji and one under the overpass)
- ❖ KFC (Kita Fuji)
- ❖ Mr Donuts (Kita Fuji)
- ❖ MOS Burger – Japanese-based burger joint; slightly higher quality than McD's
- ❖ Coffee Legend – Large selection of pastas, hamburger steaks and Italian-style pizza.
- ❖ Gourmet Avenue (5 mins walk, turn right from the station):
  - Donto – good, inexpensive Japanese food (also near Kita Fuji)
  - Shinatora ramen – noodles in broth
  - Janjaka yaki-niku – excellent Korean BBQ and other dishes
- ❖ Toyoken - conveyor belt sushi and yaki-niku (under the overpass). Great food and 100yen beer on Friday nights.
- ❖ Sagano Onsen restaurant. 50yen beer on Thursday nights.
- ❖ China Stop (中国亭) Chinese food, across from McDonald's, behind Bookland.
- ❖ Harajuku: Fantastic okonomiyaki, near Ebisu Fuji and the shotengai.
- ❖ Royal Hut Pizza – Wide variety of Japanese-style pizza. Delivery only. (Uwajima only)

#### Leisure

- ❖ Sagano Onsen – in the mountains, turn left at the big onsen sign going out towards Tsushima
- ❖ Bowling alley and swimming pool, at Coa hotel towards Mima
- ❖ Various sports - gym at Uwajima Sports Center.
- ❖ Ishimaru pool - south of Uwajima, take a right at the road after the Joyfull.
- ❖ Hiking- Variety of trails leading into the mountains above the town.
- ❖ Fishing – Fish for sea bream, squid, octopus, mackerel, sardines and others at various locations around town.

#### Nightlife

- ❖ Karaoke: 'Voice' in the Shotengai is the best option. 'Jungle' near the station is good for large groups. 'Sing a Song' is near the castle.

- ❖ Bars:
  - ‘Red Boots’ is about a block from the top of the shopping arcade. It features U.S. memorabilia and offers some decent food.
  - ‘Hvala’ – friendly sports bar with big TV screen showing various sports (especially English soccer), opposite the bus center.
- ❖ There are plenty of other good bars around, but beware of the ubiquitous hostess bars (usually very small with dodgy names and neon signs) which will charge you a small fortune just for sitting down!

#### Tourism/ Festivals/ Highlights

- ❖ Taga Jinja – very famous (and phallic!) fertility shrine and sex museum – prepare to be shocked! Cross the bridge in front of Warei shrine and turn left. 5 mins walk. Museum entry fee is 800yen, though entry to the shrine is free. Museum material is primarily older-style, such as ukiyo-e prints and aboriginal art.
- ❖ Warei Shrine – large, beautiful shrine behind the station on R56 complete with gardens.
- ❖ Gaiya Festival on 22<sup>nd</sup>-24<sup>th</sup> July every year. Modern and traditional dancing, amazing fireworks and Ushioni (demon-cow) parades.
- ❖ Uwajima Castle – small, beautiful unreconstructed castle on a hill in the middle of Uwajima. The interior has an array of pictures of other Japanese castles. The view of the surrounding area from the castle is lovely.
- ❖ Islands – The Seto Inland sea around Uwajima abounds with small, sparsely-inhabited islands, some with very nice beaches and crystalline waters.

### Mima Town 三間町

#### Description

Mima-cho is a small community known for growing rice, nestled in between the slightly larger towns of Kihoku, Yoshida and Uwa, on the west side of Ehime. The town has a population of about 6,500.

#### Location/ Access/ Transport

- ❖ *By train:* from Uwajima – 15mins by local JR. The main station in Mima is Muden (務田) & Iyo-Miyanoshita (伊予 宮野下).
- ❖ *By car:* 15mins from Uwajima station

#### Shopping

- ❖ Small A Co-op supermarket
- ❖ Two liquor shops

#### Dining Out

- ❖ Several small coffee shops in the center of town

- ❖ Togyu – Korean BBQ restaurant

#### Tourism/ Festivals/ Highlights

- ❖ Two of the 88 temples
- ❖ Interesting historical places
- ❖ Illumination at park in winter
- ❖ Cosmos festival in November

### Yoshida Town 吉田町

#### Description

Yoshida is home to about 12,000 people, and is surrounded by mountains on one side, and water on the other.

#### Location/ Access/ Transport

Yoshida is located half-way between Uwa and Uwajima on Route 56.

*By train:* twice daily limited express train from/to Matsuyama; hourly local train service from/to Yawatahama

*By bus:* extensive bus service from/to Uwajima and Johen, and also from/to Matsuyama. The Overnight bus from/to Osaka also stops in Yoshida.

#### Shopping

- ❖ Fuji Grand on Route 56; supermarket; clothing/stationary shops; small electronics store; French bakery; fresh fruit/vegetable stalls; Mini DIK (hardware); Bobson denim factory outlet

#### Dining Out

- ❖ Tandoor – excellent Indian cuisine, famous in southern Ehime. Located between Yoshida and Uwa.
- ❖ Chinese restaurant that serves an excellent stir-fry of mixed Asian greens and pretty decent ramen
- ❖ Udon
- ❖ Italian (that serves Japanese style Italian food, mainly spaghetti)

#### Leisure

- ❖ Extensive sports centre including indoor and outdoor pool with a waterslide

#### Nightlife

- ❖ Small karaoke corner and apparently a pretty good pub in the main street

#### Tourism/ Festivals/ Highlights

- ❖ Stunning scenery, mountainside mikan groves and Yoshida Bay make for a pretty awesome

bike around and out of town. Mikan season begins in late October, and the hills around Yoshida yield particularly tasty varieties.

- ❖ The Old Town – a small village with houses set up as they were in the olden days (like an interactive museum encasing a selection of old tools, antique pottery and old sea faring artifacts)
- ❖ Annual combined elementary schools Halloween party is yet to be rivaled with a record 525 students attending in 2006!
- ❖ Ceramics – Yoshida has a nice kiln and workshop where you can make your own pots and other ware.
- ❖ Mikan groves – Lovely steep-slope mountainside orchards abound, with many small roads winding through mountains and hills along the sea. Very beautiful in fall and early spring.

## Tsushima Town 島

### Description

Tsushima is a town with a population of about 13,000. It is famous for both pearl and fish farming.

### Location/ Access/ Transport

- ❖ 20 minutes by car, south of Uwajima
- ❖ Local buses run very frequently from Uwajima, taking around 30 minutes. No train line.

### Shopping

- ❖ Rich supermarket

### Dining Out

- ❖ Je Taime café/restaurant, great buffet on Sunday morning and good food/cakes

### Leisure

- ❖ Tsushima hot spring
- ❖ Nanrakuen Park – beautiful park famous in the area.  
Nice for weekend walks.

### Tourism/ Festivals/ Highlights

- ❖ Small Ushioni Festival
- ❖ Shirauo – People gather to eat small fish alive! A definite culinary adventure.





## Kihoku Town 鬼北町

### Description

Kihoku is a broad town made up of amalgamated villages, primarily the two hubs of Hiyoshi and Hiromi. The population is about 11,600. Kihoku's local products are pheasant, yuzu, shiitake and rice. Website – <http://www.ai-kihoku.jp/inner/> or <http://www.town.kihoku.ehime.jp/>

### Location/ Access/ Transport

❖ 20 minutes by car, northeast of Uwajima.

*By train:* 35-40 minutes from Uwajima. The main station is Chikanaga (近永). ¥350

### Shopping

- ❖ Big Fuji, Rich and Shinbashi (supermarket)
- ❖ Shimamura – clothing store across from the big Fuji
- ❖ Home Stock – home furnishings, appliances
- ❖ Morinosankakuboshi – locally-made products, including boar curry and yuzu juice
- ❖ Yumesanchi – locally made products, farmer's market and souvenirs
- ❖ Haruya Books – Chain book store with a decent selection; unfortunately, no foreign-language books.
- ❖ Pharmacy – Two pharmacies, once located next to Fuji, one next to Haruya. A large selection of over-the-counter medicine and basic groceries.

### Dining Out

- ❖ Juju – good Korean BBQ restaurant
- ❖ Toyoken – Korean BBQ and sushi
- ❖ Mama – Japanese style izakaya
- ❖ Ichi – another izakaya
- ❖ Yesterday – café/bar with great atmosphere, often hosts live bands.
- ❖ Nagashi somen (summer only)
- ❖ Joyfull – chain restaurant with cheap, fast food.
- ❖ Haruya – Izakaya, primarily for large gatherings/enkai
- ❖ Hoka Hoka Ben – Decent take-out bento lunches/dinners

### Leisure

- ❖ Narukawa hot spring
- ❖ Narukawa Gorge – A beautiful nature area near the hot spring. There are several hiking trails near the Narukawa lodge area. Several of the trails lead to the many mountain peaks in the area. The lodge is well known for serving pheasant products.
- ❖ Dreamplace - video rental place by Juju
- ❖ BG Pool – Outdoor covered pool, opened from early May to mid-September

- ❖ Community Park – Large gym building near the JHS, has a small, inexpensive gym with some weights and treadmills. There is an interesting playground with large slides above the taiikukan.
- ❖ Fitness Gym Athlete – A well-equipped gym with a variety of weights and machines. ¥30,000 annual fee, with discount for multiple sign-ups.
- ❖ Recreation/camping sites on the far end of town in Hiyoshi and near Mishima.
- ❖ Numerous local sports teams and clubs
- ❖ Hiking areas and recreation areas of Nametoko and the Shimanto River are a 30-minute drive from the town.
- ❖ Fishing – Several freshwater species live in the area, including eel and carp.

#### Tourism/ Festivals/ Highlights

- ❖ Ushioni devil cow festival (November)
- ❖ Dechikonka (October) Town fair-style festival with booths selling local products, large taiko performances and various band performances. The taiko performances are usually of very high quality.
- ❖ Naganoichi (April)
- ❖ Dechikonka Natsunojin, Kawanobri (July) Celebrate summer by running up a river! A very difficult race, but a lot of fun. Not inconsiderable risk of injury. Participants will have some scrapes and bumps by completion.
- ❖ Summer festival (July)
- ❖ Crying baby festival – A rather unusual ceremony where a man dressed as an oni is handed small children, and they cry or stare nonplussed. Early winter.
- ❖ Fireflies – Common around the town's rivers in late May and early June. The best place to find them is in Aiji where they can be seen in veritable clouds.

## Matsuno Town 松野町

#### Description

Matsuno has a population of about 4,500, and is famous for yuzu and rice.

Website – <http://www.town.matsuno.ehime.jp/>

#### Location/Access/Transport

Matsuno is located on Route 381, near Kihoku.

*By train:* to/from Uwajima – about 45 minutes. The station is Matsumaru (松丸). ¥450

*By bus:* to/from Uwajima – about 55 minutes from the roadside station - Michinoeki hijinomorikoen (道の駅虹の森公園)

*By car:* to/from Matsuyama – about 2.5 hours.

#### Shopping

- ❖ Aco-op supermarket
- ❖ Home Stock – Large home furnishings and appliance store

#### Leisure

- ❖ Nametoko Gorge – beautiful scenic area, great for hiking and camping! But watch out for the monkeys, as they will steal anything near you, including out of your hands. There is also an onsen at the Morinokuni Hotel.
- ❖ Poppo Onsen – A very nice onsen located right next to Matsuno train station. There are multiple outdoor and indoor pools. Entry is 500 yen.
- ❖ Aquarium – entry is 800yen.
- ❖ The Shimanto River, one of Japan's biggest river, and the last major undammed river in Japan, is a 20-minute drive from the town. In the summer it is an excellent place for swimming, kayaking and camping.
- ❖ Taiko – Matsuno has a rather well-developed taiko team that practices once or twice a week.

#### Events/Highlights/Festivals

- ❖ Togenkyo Half-marathon – Annual half-marathon, 5km and 3km race held in early April. The race winds through beautiful valleys and nooks of the town, often coursing through cherry orchards in full bloom. There are many hills and elevation changes during the race, making it more challenging than most half-marathons.
- ❖ Nametoko English camp – An annual English camp held in Matsuno at Nametoko lodge. The camp recently hit the 53<sup>rd</sup> mark, however this year the camp has been canceled and it's future is in doubt.
- ❖ Matsuno Summer Festival – Fireworks, beer gardens, and other fun events happen in mid-August.

## Ainan Town 愛南町

#### Description

Ainan is one large area made up of many smaller towns in the southern most section of Ehime (bordering Kochi). The area has a dwindling population of around 27,000. Website – [http://en.wikipedia.org/wiki/Ainan\\_Ehime](http://en.wikipedia.org/wiki/Ainan_Ehime) or <http://www.town.ainan.ehime.jp/>

#### Location/ Access/ Transport

- ❖ Ainan is the southernmost region of Ehime situated in south-western Shikoku
- ❖ *By bus*: most buses from Matsuyama to Uwajima end up in Johen (express approx 3 and ¼ hours). Some buses from Uwajima continue through to Sukimo in Kochi, half an hour further on from Ainan.
- ❖ Unfortunately the Ehime train stops in Uwajima (just north) and the Kochi trains stop in Sukumo

(just south). The buses in the area run fairly frequently but not very late. If you do plan on traveling a lot I would suggest purchasing a car, as public transit will eventually overrun the cost of a vehicle. There is a Mom and Pop car dealer across from the Fuji that every JET gets their vehicle from. The woman speaks some English, they are really sweet people and will let you do payment plans.

### Shopping

- ❖ Fuji supermarket in Johen
- ❖ A-Max and the little clothing place next to A-Max (pink building) have anything worthwhile, otherwise go to Uwajima, Sukumo (Kochi), Nakamura (Kochi) or up to Matsuyama if you buying anything substantial.

### Dining Out

- ❖ Chinese food: Pink Bamboo Blossom – pink free standing place in the car park near Joyfull.
- ❖ Korean BBQ: Chise – next door to the Aokuni Hotel. Big neon bull over the entry. 3,500yen for women, 4,000 yen for men gets you all the unlimited meat and drink (though seafood and vegetables are restricted)
- ❖ French patisserie: Je Taime has amazing cakes and a lovely upstairs eating area. On a corner opposite Sun Pearl and the bowling alley.
- ❖ Naniwa (Japanese style) near Misho Junior High School and Sunkus. Reasonable prices, nice atmosphere, Food's fine, but variable.
- ❖ Hana Karuta (Japanese style) – up from Minami Uwa High School and Misho Bunka centre. Very nice izakaya type food, beer for 300yen and mixed drinks 450yen.
- ❖ Aokuni Hotel buffet (summer only), costs about 2000-2500yen. Good selection and decent food, beer.
- ❖ Roppo – behind the Johen Community Centre. Great izakaya style and food. English menu available.
- ❖ Ranmante – hard to find Japanese restaurant back from the main street of Johen. Good food and reasonable prices.
- ❖ There is a good conveyor belt sushi place near the Misho police station
- ❖ DIY noodle shop just past A-Max on your right (when going towards Uwajima)a

### Leisure

- ❖ A variety of ocean-oriented activities including whale-watching, deep sea fishing, surfing lessons, glass-bottom boat tours, snorkeling and scuba diving (need PADI certification).
- ❖ Great hiking around Cape Ashizuri and Cape Komo.
- ❖ Lots of beaches for lounging and relaxing.
- ❖ Three onsens: Yamadashi in Sozu, Yomimuri in Sunokawa and Akebono in Ipponmatsu.
- ❖ Bird's eye view of the area from a lookout tower in Misho.
- ❖ Waterpark garden in Misho.

- ❖ Bowling – Misho.
- ❖ Abbey Road – Large selection of cheap DVDs, VHS and video game rentals. Misho.
- ❖ Camping – Excellent campground at Irino; go to a store/shelter to reserve a space.
- ❖ Surfing – Great locations at Ooki Beach in Kochi, down route 56, or at Irino Beach in Ogata.
- ❖ For more information, visit this URL:  
<http://www.river-f.com/store/backissue/2002/page/aug02.htm#Anchor550843>.

#### Nightlife

- ❖ Pretty non-existent, there are a large number of snack/hostess bars. The numbers have died down now, but Joken used to have more snack bars per capita than any other town/city in all of Japan. No particular recommendations.

#### Tourism/ Festivals/ Highlights

- ❖ Festival for the dead, August/September Fukuura, Nishiumi, Dancing and singing
- ❖ Various autumn festivals in every town
- ❖ Spring – Fish festival where part of the beach is netted off, fish and seafood are planted in this area, and hundred of people barrel into the water with a net, hoping to catch anything!
- ❖ Mud Soccer meet – September. Play soccer in the mud!
- ❖ Fireflies – There are ferries to Kashima (deer island, one of at least so-named islands in Ehime) where it is possible to see deer, monkeys, and of course, fireflies. Fireflies are most numerous in early June.
- ❖ During cherry blossom season Amamori Mountain in Joken, near the baseball stadium, has over 1,000 cherry trees and numerous hiking trails.

#### Accommodation

- ❖ Hotels in Sunokawa and Ipponmatsu

#### Health

- ❖ There is a wealth of hospitals and clinics in the area. As far as English speaking doctors, there are none that we know of. Big hospital in Misho (Minamiuwa Hospital), also hospitals in Joken and Ipponmatsu.

#### Money Matters

The ATM outside the yakuba (Ainan town office) in Joken has an English button.

# Nanyo B

*Incorporating the areas of Ikata, Yawatahama, Seiyo, Ozu and Uchiko*



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5 <sup>th</sup> Year	4 <sup>th</sup> Year	3 <sup>rd</sup> Year	2 <sup>nd</sup> Year
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## Seiyo City 西予市

### Uwa Town 宇和町

#### Description

Uwa is the central town in Seiyo City, and is home to Museum of Ehime History and Culture. The population stands at about 17,000. Website – <http://www.city.seiyo.ehime.jp/>

#### Location/ Access/ Transport

Uwa is located on Route 56, between Ozu and Uwajima.

*By train:* Unomachi Station (卯之町駅) – 15 minutes south of Yawatahama and 15 minutes north of Uwajima. Express and non-express lines.

*By bus:* Matsuyama-Uwajima bus, various stops.

Uwa – Nomura bus, various stops.

Overnight bus to/from Osaka, Kobe

#### Shopping

- ❖ There are several supermarkets located around Uwa – the two major ones being Fuji Grand and Shoppers (on the road to Nomura). Fuji Grand is located on Route 56, and is surrounded by a 100yen shop, TsutayaBaha (movie/CD rental, and books), The Casual (clothing and homeware), McDonalds, Mr Donuts and more.
- ❖ Clothing-wise, there isn't a lot of choice in Uwa. Wake Sports (next to McDonalds), The Casual, and Shimamura (on the 56, on the way out to Ozu) are your best options.
- ❖ For electronics, there are two options – Yamada-denki (Route 56, towards Ozu), and Best Denki (next to Shoppers).
- ❖ For good coffee, imported alcohol and some foreign foods, check out Summit, located near to Fuji Grand on Route 56.

#### Dining Out

If you want to get past the picture menu of Joyfull (on Route 56), there are many different options around Uwa. Some popular choices are:

- ❖ Oine (Asia-fusion) and Kushihiro (yakitori) located a few paces from Unomachi Station.
- ❖ Toyo-ken (yakniku), Shanghai-ken (Chinese), Kikusui (okonomiyaki) and Maruhide (kaiten-sushi) all along the 56.
- ❖ Café Vert is located on Route 56. It is run by the same people as Pina Coda in Yawatahama. Serves meals, coffee and desserts.
- ❖ Montelibro (Italian) across from the Lawson's on the way to Nomura.
- ❖ Before Montelibro, on the corner, is Maiko (Chinese restaurant)
- ❖ Steak One – steak restaurant with great salad bar! Off Route 56, on the road to Akehama.
- ❖ Yuuboku no Sato (ゆうぼくの里) has a great menu, including some “western-style” café foods.

Lunch prices are reasonable, although dinner is a little more on the expensive side. Cakes and coffee are delicious! Attached to the restaurant is a butchery with some great meat!

- ❖ Café and pottery store (only open on weekends). It's peaceful and great for lovely Japanese presents. It's before Uwa town coming from Yawatahama at the base of the hills on the right hand side.

#### Leisure

- ❖ Loop – darts and pool hall. Located on Route 56, behind the AU-shop next to Joyfull.
- ❖ TsutayaBaha – CD/DVD rental. Located in the Fuji Grand car park. Upstairs is a game centre.
- ❖ Uwa Sports Park – beautiful during hanami!

Various sports and hobby clubs around town – Japanese sign language on Thursday nights at the Chuo Community Centre (third floor of the BOE building). Trampoline classes twice a month at Tanosuji Elementary School.

#### Nightlife

- ❖ Fishermans Bar, near Unomachi Station, is a popular local hang-out. Every six weeks or so there is a DJ event. The bar-tender, Koji, loves to meet new people and will teach you a lot of casual Japanese!
- ❖ Various bars and izakayas (Japanese pubs) are located around the town.
- ❖ Very! is a karaoke box located behind Unomachi Station, by the river.
- ❖ Dolphin, just down the road from Fishermans is a darts bar.

#### Tourism/ Festivals/ Highlights

- ❖ Museum of Ehime History and Culture: has permanent and rotating exhibits. English audio sets are available.
- ❖ Folk Art Museum: modern visuals, lots to look at.
- ❖ Kaimei Gakko: antique school which is now a museum
- ❖ Nakan-cho (中町): small Edo Period restored street
- ❖ Bunkakaikan: performance center, various events during the year
- ❖ Renge Matsuri – mud soccer and standard festival going-ons in springtime
- ❖ Summer Festival in Nakan-cho
- ❖ Kanonsui – fresh water. During summer you can try Nagashi-Somen!
- ❖ Meiseki Temple – just along the road from the prefectural museum – very beautiful – number 43 of the Shikoku pilgrimage.

## Mikame Town 三瓶町

#### Description

Mikame is a really cute little town right on the coast between Yawatahama (north) and Akehama (south). It's made up of several sub-villages strung along the coast, but if you're coming from Uwa or Yawatahama you will hit the main (largest) sub-village, Mikame, first. It's a great place to come

on a beautiful day. Biking along the coast is also recommended (if you are brave, try coming all the way from Yawatahama! It takes about 1.5 hours). It has a population of about 9,000.

#### Location/ Access/ Transport

It's accessible by regular buses from Yawatahama, and by car from Yawatahama or Uwa (you can also get there along the coastal road from Yawatahama or Akehama, but these are very narrow and windy!).

#### Shopping

- ❖ Mikame has a mini-shopping arcade with some cake shops and little stores, and even a karaoke bar.
- ❖ There are two supermarkets (Otani and A-coop), along with a few different fruit, vegetable and fish shops around the town.

#### Dining Out

- ❖ There are several good restaurants in the shopping arcade.
- ❖ C Noritake (great shabushabu); Ikoi (great yakitori place); Izumiya (sushi, Japanese food, really nice chef); Sakawaki (sushi, Japanese food)
- ❖ There are two Chinese restaurants – one behind the JHS called Koraku (Chinese restaurant); and the other across from A-coop called Inakaya (Izakaya – serves everything)
- ❖ Warabe – snack bar
- ❖ Asanaro – okonomiyakki restaurant
- ❖ If you drive south, right before the sub-village Shimodomari, you will get to the Sea Side Uwakai Restaurant (but you need to make a reservation for this).

#### Tourism/ Festivals/ Highlights

- ❖ If you drive from the main village north along the coastal road (direction Yawatahama), you will pass Susaki peninsula (after the sub-village Nagahaya, but before Shuki), which has a beautiful Shinto temple and garden, and a nice view all the way over to Kyushu.
- ❖ There is a shrine passed Shimodomari, which is a dedication to the fish gods. It is signposted from Minae.
- ❖ There are also many summer festivals with fun events such as a form of curling and pig rodeo.

#### Accommodation

- ❖ There is a hotel right on the coast, with a view of the beautiful bay. Prices are around 5,000 yen per person per night, and the quality of service and food is very good.

## Shirokawa Town 城川町

### Description

Shirokawa is a small town set in the mountains bordering on southern Kochi. Despite the name, there is no castle in this town! It is one of the five towns that make up Seiyō City. It's a beautiful area, and the temple and onsen are worth checking out, if you've ever got some free time.

### Location/ Access/ Transport

Shirokawa is located along Route 197, between Ozu and Kochi. It takes about 30 minutes to drive from Ozu, and 40 minutes from Uwajima. There are buses from Uwajima and Nomura, but they are pretty infrequent and very inconvenient.

### Shopping

- ❖ The Aco-op in Doi is the biggest supermarket in Shirokawa. However, you may want to do the bulk of your shopping in Nomura or Uwa.
- ❖ Harmonic Shirokawa, in the michi-no-eki (roadside station) along the 197, sells a lot of organic meat and vegetables.

### Dining Out

- ❖ There is a really nice restaurant in the old Hosenbo Onsen, complex, as you head out on the 107 towards Kihoku Town. It's a nice setting, and the food is beautiful (Chinese, Japanese, Italian), but unfortunately the menu can be a little hard to decipher if you have limited Japanese.
- ❖ Along the same road, and just a little further down, is a Korean BBQ restaurant.

### Nightlife

- ❖ The main karaoke bar, Marchen, is just opposite these restaurants. It's a foreign-friendly place, and also has a cheap and cheerful restaurant, with a picture menu. Look out for the tacky blue building!

### Leisure

- ❖ Onsen and swimming pool complex along the 197, towards Kihoku/Uwajima.
- ❖ Doi Athletic Grounds – good place to find some walking trails around Doi.

### Tourism/ Festivals/ Highlights

- ❖ Gallery Shirokawa has a unique display of kamaboko (steamed fish cakes) board art. Artists from around the world have donated thousands of decorated boards, making for an interesting display. The gallery is located just behind the Shirokawa Town Office.
- ❖ Ryutakuji Temple is beautiful, particularly in the cherry blossom season. The temple itself is over 600 years old. In the same area is a really nice park area. There are cabins you can

stay at during the warmer months, and a great (but painful) roller slide.

- ❖ Every July, Doi holds its Doronko Matsuri (Mud Festival). This is certainly an unusual festival as it centers around a huge mud pool. And yes, there is some mud wrestling, although it comes in the form of an old story about a group of farmers. The festival usually attracts hundreds of wannabe-photographers from all over Japan, as there is also a photograph competition held in conjunction with the festival.

#### Accommodation

Very nice, reasonably priced accommodation available at the onsen complex.

## Nomura Town 野村町

#### Description

Nomura is part of Seiyō City and located between Uwa and Shirokawa on Route 56. It's famous for its cows! The population is about 11,000.

#### Location/ Access/ Transport

It's a 15-minute drive or so to either Uwa or Shirokawa from Nomura. You can also get to Ozu on the back roads.

*By bus:* There are buses from Uwa which you catch from Unomachi Station, or the main Uwa bus station. Nomura's bus station is located across from the post office and within walking distance of the Sumo Dome.

#### Shopping

- ❖ Fuji and Aco-op are the two big supermarkets in town. They close about 7pm during the week.
- ❖ Noble's is a delicious bakery on Route 56 just before the post office. It's hard to miss if you're driving towards Uwa on 56, but a little hidden if you're traveling the other way.

#### Dining Out

- ❖ White Farm – Italian restaurant near the Dam. The food is pretty standard Japanese Italian, but the cakes are delicious. There are signs as you pass the Dam on 56 to lead the way.

#### Tourism/ Festivals/ Highlights

- ❖ Sumo Festival – there's a sumo festival at the beginning of December, every year. Some professional sumo wrestlers attend and have a small competition. There's also a student competition from the local schools and other events. As of 2005, it's held in the new Sumo dome. There's a new onsen inside the sumo dome as well. It's a large green domed building, just off the 56 by the river.
- ❖ Nomura Dam – not a lot here, but it's rather beautiful in the springtime and early summer. At Christmas time there are lights up as well in this area.

- ❖ Shikoku Karusto – this is a park of sorts at the top of the mountains in Onogahara, which is part of Nomura. There are several lookout spots and the cows that graze there are an attraction. The park is also connect to Kochi's Tengu Highlands and apparently there's a road you can follow that goes all the way to Matsuyama via the mountains that is quite gorgeous in the fall. The easiest way is to follow the signs that start in Shirokawa up in the mountain.
- ❖ Castle Town

## Akehama Town 明浜町

### Description

Akehama is a beautiful little coastal town, made up of six small communities scattered along the coast. Tawarazu is the largest community, with a population of about 800 people. Skehama is a little out of the way, but well worth the trek on a fine day! The total population is approximately 4,000.

### Location/ Access/ Transport

Akehama is located between Mikame and Yoshida. There are several ways to get to Akehama, the easiest being to turn off route 56 just after Uwa if you are heading to Uwajima (before the tunnel).

### Shopping

Although there isn't much shopping, Akehama has all the basic necessities – post office, grocery store and bakery.

### Dining Out

- ❖ There are two restaurants at the Akehama Seaside Park and also beautiful log cabins which can be hired reasonably cheaply during the winter months. Great for nabe parties!

### Leisure

- ❖ Akehama boasts the famous Hama Yu, a salt water onsen located on hill directly above Osozu, the man-made beach. You can also try your hand at kayaking during the summer months!

### Tourism/ Festivals/ Highlights

- ❖ The drive to Akehama is worth it for a beautiful vista all the way across Kyushu.



## Yawatahama Area 八幡浜

### Yawatahama City 八幡浜市

#### Direction

Yawatahama is a coastal city, and is the hub of the surrounding coastal communities. It is home to about 41,000 people. Website – <http://www.city.yawatahama.ehime.jp>

#### Location/ Access/ Transport

Yawatahama is on the main train line between Matsuyama (45-50 minutes, around 2,900yen – express train) and Uwajima (30 minutes, 1,880yen express train). There are buses to local places such as Mikame, Misaki, and there is a direct overnight to Osaka and Kyoto (for around 8,000yen one-way and 13,800 yen round trip). There are also ferries to Beppu (famous for its onsen, monkey park – 3000 yen one way) and Usuki (famous for its collection of stone Buddhas carved in rocks) in Oita-ken. Ozu is close by, too (10 minutes 1280 yen – express train).

#### Shopping

There is not a lot of shopping in Yawatahama. The main shopping area is in the **Shotengai** or covered shopping street. To get to the Shotengai from the station, turn left, go straight about 200 meters until you reach the lights and Fuji, turn right and then left onto a small street with a grocery shop on the corner. Keep going about 200 meters and you'll come to the entrance of the Shotengai. It has lots of small stores for groceries, gifts, electronics, crafts, clothing, and stationary. The Shotengai consists of 2 perpendicular streets and is a good way to get to the city office and the sports center!

The other options are: **Shoppers**(Arigatou); **Daiso** (100yen store on the second floor of Shoppers); **Book-OFF** (also on the second floor of Shoppers/great for used books, movies, video games, and music); **Fuji** supermarket is on the main road – go out of the station, turn left, and go straight for about 200 meters (the second floor of Fuji is clothing and shoes, school supplies, and home goods); **Daiki** (a hardware store and home goods store behind the train station); many little drugstores such as **Lady Drug**, **Sasaoka Drug** and **Medico 21**; **Haruya** (a bookstore that also sells DVDs and music, it is on the main road through town, turn right as you come out of the station and it will be on your right past Medico 21.)

#### Dining Out

There are lots of places in the **Shotengai** (complete with easy to understand plastic models in the windows.)

Other options include:

❖ **Wimpy** – a small coffee shop style restaurant across from Fuji; it has great pastas, lunch sets,

pizzas, and desserts.

- ❖ **Joyfull** – every town needs at least one of these ‘Western-style’ diners (it is in the neighborhood across from the station near Yawatahama High School; while some Joyfull locations are open 24 hours, this one is open from 8 am to 1am)
- ❖ **Pino Coda** – this classy café on the outskirts of town is a favourite among the local ALTs; it has good coffee, excellent pastries and cakes and a good variety of lunch and dinner foods as well.
- ❖ **Donto** – a family style restaurant on the first floor of Fuji
- ❖ **Iwachan** – Yakiniku restaurant up the street from Fuji (if you are coming from the train station turn left at the Fuji intersection and it will be on the right)
- ❖ **Hanasyohachi** – this restaurant is directly across the street from the station (it’s the brown building), it is amazingly delicious and rather inexpensive; a good place to try Yawatahama’s specialty: chanpon! (a noodle soup, similar to but better than ramen.)
- ❖ **Kuimonya (くいもんや)** – a fabulous izakaya in the Shotengai (reservations are often necessary because it is just that popular)
- ❖ **Tabemonoichiba (食べもの市場)**– the second best (but still very good) izakaya in the Shotengai

Various fast food options like **Sukiya**, **Pizza Royal Hat**, **Hokka Hokka Tei**, **Hotto Motto**, **McDonalds** (in the Fuji) and of course the combines (**Circle K** and **Lawson** on the main road past Fuji)

#### Leisure

Sports centre (near the harbour); swimming pool, gym, tennis/basketball courts, baseball field, aerobics, step, boxercise etc. (To get there, go along the shotengai, turn right when you see Lawsons. Go to the end of the shotengai. Turn left and walk around the city office and you’ll see the tennis courts in front of you.) They offer various fitness classes like aerobics and yoga. (There is a separate facility near Atago Mountain that offers training in various martial arts like kendo and judo.)

- ❖ The bunka senta (cultural centre) has many classes such as pottery, painting, Ikebana (Japanese flower arrangement), and Chinese. They also host cultural events like tea ceremony and English conversation classes. (From the train station, go left, past Fuji, until you come to the post office. Turn left, go across the river and you’ll see it on the right.)

#### Nightlife

The majority of the nightlife in Yawatahama takes place in Izakayas (Japanese style pubs) and small snack bars, however there are a few good bars:

- ❖ **The Shotengai** - there are lots of small drinking establishments in the covered market
- ❖ **SY Bar** - on Daikoku machi street just past the Shotengai, it has super nice bartenders and a big screen TV
- ❖ **Turf** - small but popular karaoke bar. It’s just off the Shotengai, near the big Iyo Bank.

- ❖ **Big Box** - is a fantastic karaoke bar just above the Docomo shop.
- ❖ **The Sting** - a small live house where locals go to showcase their musical talent (or just hang out and have a drink)
- ❖ **PePe** - a karaoke bar across in the Shotengai across from Kuimonya. It is foreigner friendly and a good place to unwind.

#### Tourism/ Festivals/ Highlights

- ❖ The “Kawanosu Hashira Shinji” festival is held in Kawanosu, on the third Saturday of April at Tenman Jinja/ and the surrounding area. Men cut down a 22 meter pine tree at dawn. After dressing the tree, they drag the trunk around town, throw people in a river and the ocean during the morning/day. Ushi-oni at the shrine, then there is Kagura (a sacred Shinto entertainment dance) from 6.30pm to past midnight with a hair-raising, acrobatic, fiery finale. Not to be missed – this is a festival that still has much traditional flavor about it.
- ❖ The Teya Teya Festival is a lively local festival in mid-August. The town parades through the streets to traditional Japanese music. This is part of the celebration of O-bon.
- ❖ Nice buildings from Japan’s “Modern” period (circa 1910-1940)
- ❖ Shikoku’s first bomb shelter was built in Yawatahama, and it’s open for free tours (pretty small).
- ❖ The bike ride along the harbour from Yawatahama to Honai is really nice and it’s quite an easy ride (only one hill). It’s particularly nice at dusk.
- ❖ Yahata-jinja (a Shinto shrine at the start of the Shotengai) and Hachiman-jinja (tucked in the area defined by the elbow of the Shotengai) are quite nice.
- ❖ Taisho-yuu is an indoor bath in a building from circa 1920. It’s close to Fuji.

#### Other Essentials

- ❖ An internet café called **GET** above (second floor) the Docomo shop, across the road from Fuji.
- ❖ Public library near the Shotengai.
- ❖ An excellent travel agency in the train station (They specialize in domestic travel and can give you all the information you need about trains, planes, buses, ferries, and car rentals within Japan. ALSO they speak some English! Ask for Emi!)

## Honai Town 保内町

#### Description

Honai is a pretty little town with a population of about 10,000. It used to be an autonomous municipality but in 2004 or so it was made part of Yawatahama.

#### Location/ Access/ Transport

Honai is located approximately 60km from Matsuyama (about 10 minutes south of Yawatahama by car). There is no train station in Honai, and public transport is pretty average. The bus runs to and from Yawatahama about once an hour, but service stops at an inconveniently early time (usually

around 6pm.) It's only a 20 minute bike ride (or faster drive/bus trip) to the train station in Yawatahama. Having a car is recommended in these parts if you get bored easily at home.

*By car:* take either the scenic sea-road or go straight through the hill from Yawatahama. You go through Honai to get to Ikata, Seto and Misaki.

### Shopping

- ❖ **Honai Shopping Centre:** small bookstore, small clothes store, and a delicious cake shop. There is also a little space inside the doors that sells takeaway dinner
- ❖ **Kimura Chain Supermarket** (near the Board of Education)
- ❖ **The Little Mermaid Bakery** (opposite Kawanoishi High School)
- ❖ **Lawson** (opposite the BOE area)
- ❖ **Lawson Plus** (the orange one near the Daiki)
- ❖ **Circle K** (one on same road as Kawanoishi High, other on same road as Honai Shopping Centre)
- ❖ **Daiso 100yen Store** (down from Lawsons towards Joyfull)
- ❖ **Daiki** (the hardware/home store)

### Dining Out

- ❖ **Joyfull** – on the main road through Honai (turn left at Lawson, when driving in from the sea road) Cheap, decent sized meals, drink bar (like the Yawatahama location this Joyfull is not open 24 hours)
- ❖ **Somen Nagashi** – somen noodles in running water that you catch and eat. A beautiful location in the Heike-dani valley. Open only during the summer months. Ask a local for directions.
- ❖ **Hokka Hokka Tei** – beside the driving school, opposite the Circle K (close to Kawanoishi High School) Cheap bento meals, takeaway.
- ❖ **Season is Alive Izakaya** (Japanese-style pub). Really good izakaya, friendly atmosphere, good food.
- ❖ **Gorilla-kun** – near Honai Bowl and the Pachinko Parlor.
- ❖ **Yamaki** - okonomiyaki/udon restaurant – in front of the Honai Shopping Centre.
- ❖ **Gyuta** – very popular yakiniku restaurant on the corner by the blue Lawson

### Leisure

- ❖ Restation (gym – costs 8000yen a month to use between 8-10pm each night) Good gym, indoor swimming pool and sauna.
- ❖ Various cultural things to do here and in Yawathama – pottery, calligraphy, martial arts, tea ceremony, and taiko drumming.
- ❖ Honai Bowl (with an arcade and a karaoke joint downstairs)
- ❖ Lots of beautiful parks (Kotohira is especially nice around cherry blossom season)

### Nightlife

- ❖ Like Yawatahama, Honai's nightlife is mostly confined to izakayas and a few small snack bars. There isn't really a big party scene in this sleepy small town.

#### Tourism/ Festivals/ Highlights

- ❖ Mokkin Road is a wooden boardwalk between Honai Junior High School and the river. It's quite nice and a lot of effort has been put into sculptures and lighting (pedestrians only on the wooden road, though, no bikes!)
- ❖ The hills are fun to climb up with local kids, in the autumn and spring. They have beautiful views of the sunsets. The sunsets are spectacular. Driving along past the main post office towards Misaki is lovely – especially in autumn when there are mikan everywhere.
- ❖ The Sada-Misaki Peninsula has some pretty beaches and the peninsula itself is apparently the longest in Japan. Even a nuclear power station to check out.
- ❖ Nice buildings from Japan's "Modern" period (circa 1910-1940)
- ❖ The town's fall festival at Mishima Jinja is highly recommended. It usually falls on a saturday in late October/early November. This festival includes traditional performances such as Ushioni (devil cow) , itsu shika (5 deer), karashishi (taiko drumming and lion dance).

## Ozu Area 大洲

### Ozu City 大洲市

#### Description

Known as the Little Kyoto of Iyo, Ozu is located along the JR train line between Matsuyama and Uwajima. It encompasses the towns of Niiya, Nagahama, Hijikawa and Kawabe with a population of about 51,000.

#### Location/ Access/ Transport

##### Trains:

- ❖ Ozu has 4 train stations.
  - The main one is Iyo Ozu Train Station (伊予大洲駅). It is about 35 minutes away from Matsuyama by express train. Ozu's main train station, Iyo Ozu Station, caters to both the express and local trains.
  - There are three smaller stations, Niiya Station(新谷駅), Nishi Ozu Station (西大洲駅) and Hirano Station (平野駅) which only the local train stops at.

##### Buses:

- ❖ Matsuyama-Uwajima bus, various stops.
- ❖ There is the a Konan Kanko Shuttle Airport Bus (a big blue bus with Konan Kanko written in white on the side) to/from Matsuyama airport that departs from two places, Iyo Ozu Train Station and the main Konan Kanko shuttle bus stop.(from Ozu Sunshine Cinema, turn left and at the stop light make a right. Walk down past the hair salon and you will find the bus stop on your right) . One way tickets range around 1300 yen one way. Reserved tickets for the airport bus can be purchased at the Ozu travel agency on the 5<sup>th</sup> floor in Fuji Grand.
- ❖ Day and overnight buses to/from Osaka and Kobe are also available that departing from the taxi station across the street from Fresh Value. A one way ticket is approx. 7500 yen and can also be purchased at the travel agency on the 5<sup>th</sup> floor in Ozu's Fuji Grand.

- ❖ Buses run to/from Hijikawa approx. five times a day and cost around 800 yen depending on your starting point in Ozu.
- ❖ There is a pink Konan Kanko bus that runs around main Ozu city. It costs 100 yen each time you ride it. It is a great and cheap way to get around town when it is too hot or cold to ride your bicycle.

## Shopping

- ❖ **Uniqlo** clothes store which stocks some Western sizes.
  - be warned though, the Western sizes are usually for only slightly bigger than Japanese sizes. Plus sizes are not available. Jeans/pants don't apply.
- ❖ **Daiki** stocks household items (such as kitchen appliances, home furnishings), garden, and home repair and other misc. items. (located near the Kimura chain, across the street from Tsutaya)
- ❖ **Tsutaya** video and music rental. (across the street from the game shop, near the Daiki)
- ❖ **Fuji Grand Department Store** including full grocery store, liquor store, bakery, florist, bookstore, travel agency, hair stylist, clothing, household, cosmetics, shoes, toys, etc. There is an arcade with purikura on the top floor.
- ❖ **Ozu Messe** is a huge shopping center located along highway 56, that carries groceries (**A-coop**), clothes, garden and floral décor, some furniture and great gift ideas.
- ❖ There are 2 **100 yen stores (Daiso)**. One is located inside **Ozu Messe** and other is located near the Fuji Grand, along route 56. Great for buying cheap everyday items.
- ❖ **Dai-so** located along Highway 56 near Fuji-Grand.
- ❖ **24-7** is located across the road from Cinema Sunshine and is a great place to buy gifts around house gift store. Despite it's name, it's not open 24/7.
- ❖ **Best/Deo Deo/Denki** are electronic stores (located along route 56 near Ozu Cinema Sunshine) that carry everything from TV's, computers and computer supplies, washing machines, video cameras, bathroom electronics, etc. (There are also nice massage chairs you can use for free)
- ❖ **Daiya Sports** carries miscellaneous sports equipment as is located near Ozu station.
- ❖ **Hard Off** is a used electronic store where prices are discounted. Located along highway 56 near Iyo Ozu train station.
- ❖ **Off House** is a used home and clothing store and is located next to **Hard Off**.
- ❖ **Drug Stores** on route 56
  - **Lady Drug** is next to **Off House** and **Hard Off**.
  - **Medico 21** is located at the stoplight route 56 and route 24 junction which leads to Nagahama town.
  - **Cosmos** is across the street from Medico 21.
- ❖ Supermarkets
  - Central Ozu – Fuji Grand • Fresh Value
  - Higashi Ozu – Maranaka • Kimura Chain • Lamus • Ozu Messe
  - Nishi Ozu – 2 Shoppers (One is across from the BOE. The other is on route 56, through the tunnel leading to Yawatahama and past the Joyfull.)
- ❖ Convenience Stores (Conbini)
  - Higashi Ozu – 2 Lawson's (The first is on route 56, next to Ozu Grand Central hotel. The second is also on route 56 located in Niiya town) • Circle K (next to the Ozu gym)
  - Nishi Ozu – Circle K (on route 197 towards Yawatahama)

## Dining Out

- ❖ **Italian Restaurants**
  - Locale (also Home to the delicious serves an Italian style Quesadilla)
    - Located Across the street from Fuji Grand, underneath Ben's Café and on the same side of the street as Mr. Donuts
  - Duet
    - Located on the second floor above a stationary stop across from Fuji Grand
  - Pupile
    - Located in Niiya town, along highway 56 on the right hand side heading towards Uchiko. 15 min. walk from Niiya station. They also sell pottery and small gift items.



- Pitt Street (*small jazz/cocktail bar that serves pizza and pasta*)
  - Located next to the big video rental shop along route 56 across from the Moss Burger.
- On the left hand side of route 56 across the street from the Docomo shop with the big bowling pin in front of it.
- ❖ **Family Restaurants**
  - Gusto and 2 Joyfulls (*home to the all you can drink bar*)
  - Mister Donuts (*located near Iyo Ozu train station*)
  - 2 McDonalds
    - One is on the 1<sup>st</sup> floor of the Fuji-Grand parking structure. The second is on located along highway 56 near Ozu Messe.
  - Royal Pizza Hat (*free delivery*)
  - Tomato Soup & Onion (*located in Ozu Messe's parking lot, next to the kaiten-sushi*)
  - Moss Burger
    - Located on the right hand side along Highway 56 past Ozu Messe, heading towards Uchiko.
- ❖ **Various Japanese-style restaurants**
  - 2 Kaiten-sushi restaurants
    - One is located on the left hand side along highway 56 heading towards Uchiko, the second one is in the same shopping complex as Ozu Messe next to Tomato Soup & Onion.
  - Weckers (*Okonomiyaki*)
    - Located in Niiya town, 2 min walk from Niiya station.
  - Yamatoya (*sushi*)
    - From route 56, turn at the stoplight with the big Daiki sign. You'll immediately find it on your right.
  - Many Yakiniku, Ramen, Soba and Udon restaurants scattered around the city.
- ❖ **Chinese Restaurants**
  - Hana Hana (plus a few others)
    - Across the street from Locale, near Fuji Grand
  - Located on route 56 near the stoplight with the big Daiki sign. Look for a building with a lot of pots and pans on it. Delicious and cheap.
- ❖ **Good Coffee shops**
  - Ra Ri Ru Re Ro (*coffee and sandwich shop*)
    - Near the BOE, located across from the post office near Minami Ozu elementary school.
  - Sakura (*GREAT sandwiches*)
    - Across from the McDonalds on route 56, behind the Docomo shop and next to the arcade.
  - Plus many more!

## Leisure

- ❖ Cinema Sunshine Movie Theater – located along Route 56, across the street from Uniqlo, beside Gusto
- ❖ Kayak/canoe rental – on the Hijikawa river near the castle
- ❖ There are 2 arcade centers in Ozu. One is on the 6<sup>th</sup> floor of Grand Fuji. And the other one is next to the Sakura coffee shop, behind the Docomo shop.
- ❖ Traditional streets located near the castle are well-worth a visit. These quaint streets reflect an older style of Japanese way of life. The streets are filled with souvenir shops and tea-houses.
- ❖ Garyu Sansou & Onsen – near the machi-no-eki (town station). It boasts a beautiful Japanese garden.
- ❖ Bowling Alley off of Route 56, on the way to Uwajima.
- ❖ Ozu gym is a huge building located right next to the conbini Circle K and near Kita elementary

school. It has a weight room on the ground floor with various machines and costs 150yen to use each time. There are also a variety of different extracurricular activities (volleyball, basketball, table tennis, badminton, kendo, yoga, aerobics, etc.) that you can sign up for. Just ask the front desk for more information.

- ❖ Ozu indoor swimming pool – Located on route 197 in Nishi Ozu across the street from Ozu hospital.

### Nightlife

#### ❖ Bars

- Louis' Bar (*closed on Tuesdays*)– One of Ozu's best bars! A blues bar where live gigs are held on a monthly basis and it's a great place to just kick back and eat great food. To get there, go down route 56 heading towards Yawatahama. When you cross the big bridge, turn left at the 3<sup>rd</sup> street before the petrol station at the stoplight. You'll find it on your right.
- Ben's Café – Located above Locale, near Grand Fuji.
- Oldies
- Plus many snack and karaoke bars on "Our Street."

### Tourism/ Festivals/ Highlights

- ❖ Ozu Castle – entrance fee is 500yen
- ❖ Traditional streets located around the near the castle are well-worth a visit. These quaint streets reflect an older style of Japanese way of life. The streets are filled with souvenir shops and tea-houses.
- ❖ Ozu Shrine is tucked into a forested corner overlooking the city and the Hijikawa River.
- ❖ Garyu Sansou – near the machi-no-eki (town station) next to the Ozu Art Gallery and Coffee shop. It boasts a beautiful Japanese garden. Entrance fee is 500 yen.
- ❖ Garyu Sansou Onsen – near Garyu Sanso shrine. From route 56 heading turn left at the stoplight before the tunnel that leads to Yawatahama. Follow the road as it curves right around the bend and you will soon see Garyu Sanso onsen on your left.
- ❖ Wagashi Shop – a small shop that sells a variety of Japanese sweets and souvenirs. Located at the bottom of the main steps leading to Ozu shrine.
- ❖ Poko-pen (*Opened early spring to late fall, 9am to 4pm*)
  - On Sundays, there is a market in Nishi Ozu that sells homemade wares and retro Japanese antiques. A great way to spend the day meeting the locals and shop for interesting souvenirs.
- ❖ Ozu Art Gallery and Coffee Shop (*9am to 4pm*)
  - Located next to Garyu Sanso, this quaint 2-story art gallery features local and national artists on a monthly basis. Complete with a gift shop.
- ❖ Seasonal Flower Viewing Events – Along route ?? heading towards Nagahama. Under the bright red bridge, there is a huge flower field that boasts beautiful flowers during certain seasons.
- ❖ Many traditional festivals and events are hosted in Ozu throughout the year.
  - Hiji Festival (*mid-July*)
    - This festival celebrates the heroine Hiji, who sacrificed herself to the river

dragon God to stop the flooding of her town.

- Summer Fireworks Festival (*early-mid August*)
    - A two-day festival with good food and an excellent fireworks show!
  - Hotaru Festival (early June)
    - A weekend firefly festival in the towns of Yanagisawa and Tadokoro.
  - Cultural Festival (Saturday closest to November 3<sup>rd</sup>)
    - Located at the park along the river on the opposite to the side of the castle, this festival is filled with traditional dance/music, tea ceremony, great food, and games. Many Lion Dances are also take place around the city from 7am to midnight.
  - Garyu Boat Cruising
    - Enjoy a relaxing cruise as it meanders along a 200meter course on the Hijikawa river. Boats operate from April to the end of May on weekends and national holidays from 10am – 4pm. 100 yen one way. (approx. 6 min boat ride)
- ❖ Mt. Tomisu has an observatory at the top where you can get a bird's eye view of Ozu.
- Mt. Tomisu Azaleas. The park features 63,000 azalea bushes and over 3,000 cherry trees. Best times of viewing are during the months of April and May. Entry is 500 yen.
- ❖ Ukai (Cormorant Fishing) is from June 1<sup>st</sup> – September 20<sup>th</sup>. This is an ancient and special method of river fishing that takes place on the Hiji river running through Ozu. After sunset, Cormorant fishermen dressed in traditional garments handle 5-6 cormorants. The cormorants dive and catch fish for the fisherman. You can reserve sightseeing packages which include a meal and drink as you watch this ancient style of fishing. Reservations can be made at the surrounding local restaurants with Cormorant Fishing Signs posted outside or at the Ozu tourist center.

## Kawabe Village 河辺村

### Description

Kawabe is a small village nestled in the mountains of western Ehime., with a population of 1,200.

### Location/ Access/ Transport

There are three buses a day Monday through Friday from the Kawabe Board of Education to Hijikawa, two buses on Saturday and no bus service on Sunday. The cost is approximately 360yen each way depending on where you get on and off. From Hijikawa there are buses to Ozu, but unfortunately, the times do not match up well.

### Shopping

- ❖ 2 grocery stores.

### Dining Out

- ❖ Kawabe has one restaurant called Ku-chan that is annexed to Mr Furno's house. The menu is limited and it serves food mainly at lunch time. In the evening, it is the place to go for karaoke and beer, though it is often closed around 7 or 8pm.

### Tourism/ Festivals/ Highlights

- ❖ Kawabe is famous for its eight covered bridges which are apparently quite rare in Japan. The nicest ones are Miyuki bashi and the one located in Furusato Park which has a HUGE slide.
- ❖ There is a beautiful waterfall called Sannaidani located up the road toward Ikazaki/Oda. Although it is signposted, it is a little difficult to find so it is best to ask someone for directions.
- ❖ Kawabe has its summer festival during the second week of August. It is a small festival with singing, dancing and fireworks and it is a great way to meet the locals.

### Accommodation

Near the park, there is a Japanese inn and a traditional house called Saitaniya. For 3,200yen per person, you can rent the house for a night and enjoy the irori, a traditional open fireplace.

## Hijikawa Town 肱川町

### Description

A small town located in the mountains of Ozu, Hijikawa is home to about 3,000 people.

### Location/ Access/ Transport

30 minutes drive from Ozu, toward the mountains. There is a bus that runs between Ozu and Hijikawa (about five times a day), the bus ride is about 40 minutes and costs approximately 740yen.

### Shopping

A small A-Coop in town center; Michinoeki (roadside station) on the main highway has a great produce stand and a good omiyage shop.

### Dining Out

- ❖ Aiito at Michinoeki (karaoke, Japanese fast food).
- ❖ Hananomori at Michinoeki (Chinese restaurant)

### Leisure

- ❖ Two well known hot springs in Hijikawa – Oyabu and Kanogawa (near the main highway)

### Tourism/ Festivals/ Highlights

- ❖ Kanogawa lake is a beautiful lake created by the dam in Hijikawa. There are walking paths around the lake and an annual dragon boat race in August.
- ❖ Maruyama Park (above Kanogawa lake) is a very nice park, and one of the best spots for viewing sakura in the spring.
- ❖ Many traditional small town festivals throughout this year.
- ❖ Hijikawa has its own sake brewery named Kaze no Sato. It has existed for approximately 90 years. It is possible to purchase sake at the brewery (near the A-Coop in town) or at the Daily

Yamazaki convenience store at Michinoeki (and it's really good).

#### Accommodation

Kanogawaso Onsen is also a relatively large, upscale hotel.

#### Health

There is a small hospital in town between the post office and city hall.

## Nagahama Town 長浜町

#### Description

Nagahama is a small coastal town with a population of about 9,000.

#### Location/ Access/ Transport

Nagahama is located on the coast where the Hijikawa river empties into the Seto Inland Sea. By local train (Yosan line) it's about 1 hour (1 hour and 20 minutes if the train stops in Iyo-shi) 20 minutes from Matsuyama about 30 minutes from Ozu. Also the coastal road, Route 237, takes you connects Nagahama with Futami, Honai, Yawatahama, etc. along the sea takes you through Nagahama.

#### Tourism/ Festivals/ Highlights

- ❖ Red drawbridge complete with bullet holes from WWII. It's the oldest functioning drawbridge in Shikoku.
- ❖ Hijikawa arashi: (a very cool winter sight, when in the morning strong winds blow water vapor rising off the river into large, thick clouds that hang low to the ground and blot of the view of the other side of the river.
- ❖ Summer fireworks festival: typical small-town festival located on the bank of the Hijikawa right near the red bridge. The fireworks are great.
- ❖ Shirataki: a waterfall with a dramatic history. There is an annual festival called Rurihime Matsuri in the autumn celebrating the beautiful maple trees. Local children dress up in costumes and throw flowers off the waterfall.

## Ikata Area 伊方

### Ikata Town 伊方町

#### Description

Ikata is a small town with a population of about 12,200.

Website – <http://en.wikipedia.org/wiki/Ikata>.

#### Location/ Access/ Transport

Ikata is located on the western peninsula of Ehime, along Route 197 (also called the Melody Line). Buses run between Ikata and Yawatahama.

#### Tourism/ Festivals/ Highlights

- ❖ The Kinahaya matsuri in Ikata is usually the last Sunday of July. Carnival-style event-food vendors, stage shows, free sake sampling, children's sumo, etc during the day. Climax is a big fireworks display at night. It all takes place around the Ikata-cho town office, which is only about 20 minutes by car (maybe 30 to 40 by bike) from Yawatahama (Honai).
- ❖ The Ikata (Minatoura-area) fall festival is held the third Sunday in October. Ushi-oni, Itsutsu Shika (five deer dancing), Karashishi (lion dance), etc. Held mostly on the Ikata Elementary School grounds (a stone's throw from the town office).

## Seto Town 瀬戸町

#### Description

Seto Town has a population of about 2,700.

#### Location/ Access/ Transport

The Seto area is located in the heart of Ikata Town , Nishiuwa-gun in far west Shikoku, a town which stretches across the longest peninsula of Japan. On the map, it looks like a finger pointing from Ehime-ken to Oita-ken. You can reach Seto by car via Melody Line or by bus using the Iyotetsu Mitsukue line from Yawatahama City .

#### Tourism/ Festivals/ Highlights

- ❖ Nice sandy beaches of Kawanohama and Oku available for swimming.
- ❖ The scenic drive along Melody Line includes a panoramic view of all of Ikata-town from the Windmill Park.
- ❖ Great fishing spots in Shionashi, Ashinaru and Oe.
- ❖ Delicious cuisine of Fuusha (Windmill) and Pocket Park restaurants, and the Daan Daan stand that sells Shionashi's famous sweet potatoes.
- ❖ Chirimen ("Baby Sardine") Festival, Hana Yome ("Happy Wedding") Fireworks Festival, Omatsuri festivals take place in the dynamic Seto area.

#### Other Essentials

The Imperial Japanese Navy did their practice runs for Pearl Harbor in Ikata-cho (Seto-cho's bay)!

## Misaki Town 三崎町

#### Description

Misaki has a population of about 3,800.



### Location/ Access/ Transport

At the very tip of the peninsula. No trains dare go there and buses from Yawatahama are infrequent and rather expensive. Cars are the only way to go really. Misaki is on the map because of its ferry port, which services ferries to Kyushu. A ferry to Saganoseki will take approximately 70 minutes while the slightly longer ferry to Beppu takes two hours. Both ferries cost 2,180yen for a return fare. If you're brining a car, the costs vary according to the size of your automobile. Your car's shakken (like a warrant of fitness) must be presented at the counter. Note: the ferries from Misaki to Kyushu are cheaper than the ones from Yawatahama. If you have a car and don't mind the 40 minute drive, go right ahead. Free parking is available at the port.

### Shopping

- ❖ Honai and Yawatahama have bigger grocery stores with less expensive stuff. However, in Misaki itself, there are Foods Nikoniko (right hand side) on the main street, and just a little farther down the road is A-Coop (left hand side), beside the JA bank.
- ❖ If it's farming or fishing tools you need... super! If it's clothes, forget it!

### Dining Out

- ❖ Marina is a decent restaurant, located on the main road.
- ❖ Waiting for the ferry, the small coffee shop is a good place— try their Yakimeishi (fried rice).
- ❖ For the prepared, there is a French restaurant in the mountains. The owners built a lovely and authentic French home for this restaurant/design company. Lunch or dinner is by reservation only. Call Shimauchi-san at 0894 541939 and try to speak to her in English! Ask Shimauchi-san for directions because it is quite difficult to find.

### Tourism/ Festivals/ Highlights

- ❖ The Misaki Lighthouse is quite beautiful. You can see Kyushu on a clear day and the sunset.
- ❖ Moon Beach is also a lovely place to take in the rural scenery.
- ❖ You'd basically come to Misaki to see every-day living. It's a great place to admire rural Japan.

## Uchiko Town 内子町

### Description

Uchiko is a mountain town, with a population of about 20,000. It is the central hub area for several smaller, outlying towns and villages including Ikazaki, Ohse and Oda. Websites – <http://www.town.uchiko.ehime.jp/> or [http://en.wikipedia.org/wiki/Uchiko%2C\\_Ehime](http://en.wikipedia.org/wiki/Uchiko%2C_Ehime)

### Location/ Access/ Transport

Uchiko is located in the south west of Japan, along Route 56.

*By train:* from Matsuyama – about 22 minutes by express train.

*By bus:* from Osaka – return overnight bus between Osaka and Uchiko.

#### Tourism/ Festivals/ Highlights

- ❖ Uchiko retains a traditional feel with its old-world streets, where handmade candles and umbrellas among other products, are sold.
- ❖ Old mansions from when wax production brought Uchiko, much prosperity.
- ❖ Traditional theatre (Uchiko-za)
- ❖ Sleeping Buddha statue
- ❖ Karari farmers market is open every day and offers locally grown produce.
- ❖ Ikazaki Paper Factory sells a large variety of decorative Japanese paper and paper products. It's good for Christmas shopping. Paper making workshops are offered.
- ❖ Ikazaki Kite Festival – teams fly large kites made out of Japanese paper. The kites have blades attached for cutting the strings of other kites. (Golden Week, early May)
- ❖ Sol-Fa Ski Ground – Offering three runs, Sol-Fa is home to the longest run in Ehime. Rental and a day pass costs about 10,000yen.
- ❖ Oda Lantern Festival – lanterns float down the Oda River while the people of Oda take part in a parade. The event culminates in the igniting of a fake boat by shooting fire arrows at it.
- ❖ Bridge in Ishidatami – picturesque wooden arch bridge with a thatch roof out in the country.
- ❖ Bamboo Festival – dancers form a procession down the main street, which is colorfully decorated.
- ❖ Volunteer English Tour Guides – They can be contacted by phone, 0983-43-1450, or through Uchiko's ALTs or CIR. Please book at least one week in advance for tours of Uchiko's old street, Ikazaki, Ishidatami, or other parts of Uchiko town. Tours can be tailor made, but may depend on the availability of guides.

# Chuyo

*Incorporating the areas of Iyo, Tobe, Kumakogen, Matsuyama, and Toon*



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5 <sup>th</sup> Year	4 <sup>th</sup> Year	3 <sup>rd</sup> Year	2 <sup>nd</sup> Year
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## Kumakogen Town 久万高原町

### Description

Kumakogen is a small town known for its forestry and abundant supply of nature. It has a population of about 10,000 spread over the town of Kuma and villages of Omogo, Yanadani, and Mikawa.

Website –

<http://www.town.kumakogen.ehime.jp>



### Location/ Access/ Transport

Kumakogen is located in the mountainous regions south-west of Matsuyama.

*By bus:* from Matsuyama – 1.5 hour – buses depart regularly from JR station almost hourly.

*By car:* from Matsuyama – one hour.

### Tourism/ Festivals/ Highlights

- ❖ Ski fields - Kumakogen has two ski fields. Kuma Ski Land and Mikawa Ski Galande.
  - *Kuma Ski Land - A small ski field with snow machines and night skiing every day until 10pm. Season is from late December to early April. Located directly on JR bus line about an hour from Matsuyama.*
  - *Mikawa Ski Galande - Largest and best ski field in Shikoku. No snow machines so the season is tied in with snow fall. Located in Mikawa village.*
- ❖ Temples 44 and 45 of the Shikoku 88. Temple 45 岩屋寺 (Iwayaji) or 'Temple of the Rocky Caves' is by far the most scenic of the 88 temples. The temple consists of dozens of rooms cut into volcanic rock and a walking path filled with ancient statues and graves.
- ❖ Mount Ishizuchi - Tallest Mountain in Shikoku.
- ❖ Omogo Gorge - One of the deepest gorges in Japan. Very nice camping spot.

## Iyo District 伊予

### Tobe Town 砥部町

### Description

Tobe is the gate-way to the mountainous regions south-west of Matsuyama. Tobe has a population of about 22,000. Website – <http://www.town.tobe.ehime.jp>

### Location/ Access/ Transport

*By bus:* from Matsuyama – about 30 minutes. Bus stop number 3 at Matsuyama City

Station. Buses numbered 15, 17 and 18 stop in Tobe.

#### Tourism/ Festivals/ Highlights

- ❖ Tobeyaki – a style of pottery unique to the area. There are several display shops where visitors not only purchase tobeyaki, but make it too.
- ❖ Tobe Pottery Festival – held every 3<sup>rd</sup> Saturday and Sunday in April. Attracts over 100,000 people every year.
- ❖ Tobe Zoo – one of the largest zoos in Japan, it's home to a variety of animals from many different countries!
- ❖ Plum festival in February – at the Nanoore Park, features plum trees in bloom and ume boshi products.
- ❖ Kodomo No Shio Koen – the Ehime Children's Playground.
- ❖ Hirota Firefly Festival – festival food and firefly watching in the countryside (June)

## Iyo City 伊予市

#### Description

Iyo is a sea-side city with a population of about 39,000. It includes the towns of Nakayama and Futami. Website – <http://www.city.iyo.ehime.jp>

#### Location/ Access/ Transport

Iyo is located south-west of Matsuyama on the coast of Ehime.

*By train:* from JR Matsuyama – 20 minutes slow or express trains.

- ❖ You can also take the Iyotetsu private train on the Gunchu Line from Matsuyama's Shieki Station to the Gunchu stop (it's the last stop and it's across the street from the JR Iyoshi station). The second to last stop is also Guncho something and it's another good stop in Iyoshi, which puts you close to Iyo's city centre.

#### Leisure

- ❖ Shiosai Park sports complex – soccer, baseball fields, tennis courts, 1km race track, exercise stations, 2 huge playgrounds, gymnasium and a weight room with treadmills and bikes.

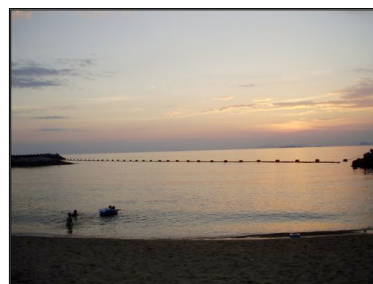
#### Tourism/ Festivals/ Highlights

- ❖ Goshikihama Beach – lots of fun in summer! Swimming spot, fine sand, beach volleyball, fishing nearby.
- ❖ Biwa (loquat fruit) Festival at the end of June in Karakawa, a mountain town about 6km from the town center.

## Futami Town 双海町

#### Description

Futami is a small seaside town within Iyo City, and has a population of about 2,000.



### Location/ Access/ Transport

*By train:* 45 minutes from Matsuyama, or 15 from Iyo. (trains are infrequent, so check the schedule and don't get stranded!). Get off at Iyo-Kaminada station and make a right to go to the Seaside Park.

### Shopping

- ❖ There is a souvenir shop underneath the restaurant in the Seaside Park which also sells delicious ice cream cones.
- ❖ There is one convenience store across from the Seaside Park.
- ❖ There are various small stores selling food throughout the town (notably by Iyo-Kaminada station, although the selection is very limited and if you want anything fancy like cheese you'll have to go to Iyo).
- ❖ There is a small shop selling Bizenyaki (pottery from Bizen) if you take the road from the station past the Seaside Park.
- ❖ At the Seaside Park you can get delicious jakoten (deep fried fish patties), fresh whole fish, and vegetables if you go at the right time. On nice days they also grill squid and prawns and sometimes offer tai rice (tai is a kind of fish), mountain-vegetable rice, homemade doughnuts and mochi, all of which I recommend.
- ❖ During the summer there is also a food stand selling basic things like onigiri.
- ❖ There is a liquor store on the main road, on the far end of town towards Iyo, near the signal.
- ❖ There are two gas stations that I know of; one on the main road, on the far end of town towards Iyo, and one on the higher road (not the one along the sea leading to Kaminada station).

### Dining Out

One restaurant in the Seaside Park offers expensive sashimi sets and limited basic meals (curry, udon, spaghetti). It closes some days. There are still signs here and there for restaurants that no longer exist.

### Leisure

At the Seaside Park you can swim in the sea, relax on the beach, and watch the famous sunset (at your own risk). If you are an experienced paraglider, there is a course available in the fall.

### Tourism/ Festivals/ Highlights

- ❖ Seaside park
- ❖ Train Platform Concert – there is a fabulous yearly concert at Shimonada station (one stop away from Kaminada), which is the station closest to the sea in all of Japan, with the sunset as a backdrop. (late summer)
- ❖ The summer festival is not to be missed; if you sign up you can try to catch fish and octopi in the sea with your bare hands. There is also a bon odori (traditional dance through the streets;

dress up in a yukata and join in. At night there are fireworks over the sea.

- ❖ There is a firefly festival in the mountains during firefly season.

#### Health

There is a very good dentist in Kaminada who can even read your foreign dentist's handwriting. I am not aware of any doctors.

### Nakayama Town 中山町

#### Description

Nakayama is a small mountain town with a population of about 4,000.

#### Location/ Access/ Transport

*By train:* from Matsuyama – about 40 minutes by slow train.

#### Tourism/ Festivals/ Highlights

- ❖ Summer festivals which feature the *Nakayama Samba*
- ❖ Chestnut festival in September
- ❖ Firefly festival in late spring/ early summer

## Matsuyama Area 松山

### Nakajima Town 中島町

#### Description

Nakajima “The Island in the Seto Sun” is a rural community consisting of mikan farmers and fisher-folk. If you fancy a glimpse of old Japan then look no further. It is home to 5,000 people.

#### Location/ Access/ Transport

- ❖ Nakajima is located off the coast of Matsuyama.
- ❖ Hop on the train at Shieki. Trains run every 15 minutes starting on the hour from platform 2. It takes about 20 minutes to get to Takahama port (last stop). Tickets cost about 400 yen. Alternatively coming from JR walk straight up the main road and you will see a very small station on your right. From here tickets to Takahama will cost 350 yen. Once at Takahama walk out of the station and cross the road, directly in front of you will be a one storey white building. This is the ticket office. Slow ferries cost 730 yen (one-way), fast ferry 1300yen (one-way). You'll notice traveling times vary depending on how many of the smaller islands you stop at.



## Slow Ferry

Takahama	Oura Nakajima	Oura	Takahama	Takahama	Oura	Oura	Takahama
07.10	08.15	08.35	09.45	07.23	07.48	06.35	07.15
10.25	11.30	11.45	12.25	08.30	09.00	07.55	08.20
13.15	13.55	14.10	15.20	13.50	14.30	12.25	13.04
16.05	17.10	17.30	18.40	17.40	18.20	17.05	17.30
19.25	20.14			19.10	19.41	18.30	18.59

## High-speed Ferry

- ❖ There are buses that leave from the port to various places around the island but they are few and far between. But it's possible to hire bikes from the port for 200 yen a day.

<http://www.nakajimakisen.co.jp/contents/time-table.html>

## Shopping

- ❖ There are no convenience stores but there are several food stores – the biggest and easiest to find being Tominaga. Turn right out of the port and then immediately left and it will be on your left. It closes around 5.30.
- ❖ There is also a very nice off license nearby too!
- ❖ Virtually everything is closed on Sundays.

## Dining Out

- ❖ There are quite a few restaurants on Nakajima: yakiniku, Chinese, curry and sushi all at very cheap prices.

## Nightlife

Nightlife (in the very loose sense of the word... Nakajima is a ghost town come 7pm!). However, one thing that Nakajima does know how to do is karaoke! There is an awesome karaoke place called Night situated (rather bizzarely) right behind a graveyard. You won't miss it since it has some serious pika pika going on. I especially like it since you can adorn yourself in an array of dodgy accessories and then prance about! To get there turn left out of the port and keep going until you see the fairy lights. There is also another small karaoke bar directly opposite the port (next to the one and only coffee shop).

## Tourism/ Festivals/ Highlights

- ❖ Nakajima has a few beaches – the most popular being Himegahama.
- ❖ Himegahama is also the starting point of Nakajima's triathlon; every August Nakajima plays host to a nationwide triathlon which people from throughout the land flock to in order to compete! The night before there is a bit of a shin-dig to celebrate so head over the night



before to make the most of it. You can also hire tents/ BBQs from the office at Himegahama... I think! As well as room although on the night before the triathlon these are all booked out, but if you want to stay any other time of the year I'm sure you'd have no problem in making a booking!

- ❖ Nakajima has a small smattering of points of interest: several shrines and a collection of artifacts from the Edo period. To find out more information please contact the Culture Centre (tel: 0899971181). Ask for Ms Ruriko Kocho – she speaks wicked English!

## Matsuyama City 松山市

### Description

Matsuyama is the capital city of Ehime, and is the biggest city on Shikoku with a population of about 520,000. Websites – <http://www.city.matsuyama.ehime.jp/eng/frame.html> or <http://www.city.matsuyama.ehime.jp/lang/en>. City map available at end of guidebook.

### Location/ Access/ Transport

- ❖ Right in the middle of Ehime along the coast, with Hojo to the north, and Iyo to the west. It takes in the communities of Nakajima and Hojo. Matsuyama is the big city hub of Ehime.
- ❖ Located on the Yosai JR line, it is an express train stop. Numerous buses can be found leading to many major cities in Japan (Tokyo, Osaka, Fukuoka). Ferry services to Hiroshima, Osaka, and Beppu/Oita run from the main ferry port on the east side of town.
- ❖ There are several places that have bike rentals – EPIC has free rentals for foreigners, but you need to pay a deposit (\1000 and bring your passport or residence card) and book ahead if you can. *Monkeys*, in an alleyway opposite Starbucks, has bikes available at a small fee.
- ❖ You can also walk, use the city trains, buses or trams. Walking from between the major areas of the city should take no longer than 30 minutes.
- ❖ Matsuyama Tourist Bus Map: <http://www.iyotetsu.co.jp/bus/busmap/english/>
- ❖ For buses – when you hop on at the back, take a ticket from the machine (check out the number that is printed on it) and watch the screen at the front. A price corresponds with each ticket number. Pay when you leave. If you don't have correct change, you can use the money changer at the front.
- ❖ Trams are a set price – 150yen. You can also purchase a day pass for 300yen.
- ❖ You can also purchase a re-chargable fare card that can be used on all Iyo-Tetsu trains, buses and trams.

### Shopping

- ❖ **Gintengai**: shopping arcade running from Takashimaya Department Store (at city station) to Best Denki electronics. Things to check out – A-One foreign foods, GET (big \100 store on the 3<sup>rd</sup> floor and groceries in the basement).
- ❖ **Okaido**: shopping arcade running from Best Denki to Starbucks.

- ❖ **Takashimaya**: swanky department store attached to Matsuyama city station. There is some grocery shopping in the basement, with sections carrying foreign foods (like peanut butter and spices). Be careful to pay in the correct area – it is not all one store! Upstairs, there are restaurants and a plenty of other shops.
- ❖ **Mitsukoshi**: similar to Takashimaya and located in Okaido near Starbucks. Food is in the basement with two pastry stores, meat store and another small section of foreign foods and cheeses.
- ❖ **Fuji Grand** (500m north of JR station): large shopping centre with groceries, fast-food outlets (McDonalds, KFC, Mr Donut, Baskin Robbins), clothing, fitness center and homewares. Also nearby is a DeoDeo electronics store and a Hard Off (second hand books and electronics).
- ❖ **Kinuyama**: this area has many stores and restaurants. There's a home supplies store called Nitori across the large street from the main shopping area (lamps, couches, beds, bedding, dishes etc), bagel shop, Baskin Robbins, media centre (pool tables, computer access, book rentals), 100yen store, men's business clothing, Hard Off/Book Off and a movie theatre.
- ❖ **Dogo**: this area is great for gifts to bring home. It is focused at tourists because of the famous bathhouse at the end of the shopping arcade. You can buy food, pottery and Japanese souvenirs.
- ❖ **Jusco**: Pronounced Josco: (15 minute walk south of Gintengai's eastern entrance): Groceries, clothing and home-wares.
- ❖ **Daiki**: (Heiwa-doori, north side of Matsuyama castle hill): home-wares and DIY equipment.
- ❖ **Emiful**: A giant American-style mall: imported foods store, sports store, UNIQLO, movie theater and lots more. A short Iyo-Tetsu train ride from Matsuyama Shi-eki to Koizumi station 古泉 . <http://emifull.jp/pc/index.htm>

## GROCERIES

- ❖ **GET/Fresh Value**: Basement level at Gintengai. Good prices. Other Fresh Value locations around town (lower prices but not such a wide range of choices or prepared foods).
- ❖ **Fuji**: everywhere. Very good store. Lots of produce and sushi and some western items (like cheese, chips and soda). Fuji Grand in Dogo and near JR Station. Get a points card to get discount coupons.
- ❖ **Seven Star**: always has cheap cheese and good lunch foods. Almost the same as Fuji as far as good prepared foods and a great selection.
- ❖ **Marunaka**: A little more like a gourmet store, thus more expensive. They have many more pre-made foods and sometimes carry foods you won't find elsewhere.
- ❖ **Jusco**: There is a large grocery store on the ground floor of Jusco. Open until 11pm.
- ❖ **Sunny Mart**: grocery store open till midnight! Located in Kinuyama across the street from the movie theater.

## FOREIGN FOODS

- ❖ **A-One:** Gintengai. Go here for a few staples like popcorn, Mexican food fixings or candy. A good place for gifts for your teachers.
- ❖ **A-Price:** Off the airport road (kuko-dori). This is the best place to go for getting lots of stuff at a good price. Tortillas, spices, pasta, canned beans and fruits etc. It is a restaurant supply store, but you can shop there. They also have alcohol and frozen foods. A little hard to find at first, but if you are in front of the JR station, head south until the road hits the city train line. Turn right at that street (but don't cross over to the train side). The sign is read and written in katakana (エプライス). It's about a
- ❖ **Kaldi:** At Emiful. Imported foods from all over the world, many different kinds of coffee and a great selection of wine.

### Dining Out

This is just to get you started... there are many local great places that the people who live in Matsuyama will be able to help you out. These are the greatest hit spots only.

### COFFEE

- ❖ **Starbucks:** Two locations. The only non-smoking café in town. Great for meeting with teachers or for finding other foreigners on the weekends.
- ❖ **Avignon:** Two locations, one in Okaido. Excellent cakes and quite good coffee. Sometimes has good sandwiches.
- ❖ **Chococro (St. Marcs):** In Okaido. Great chocolate filled croissants!
- ❖ **BC Café:** right turn off Okaido coming from Starbucks. Great sandwiches.
- ❖ **Doutor:** café with a few bagel sandwiches, really cheap (in Gintengai, on a corner)
- ❖ **Salus:** café with an organic foods shop in front, has great soft serve smoothies (called 'salus' on the menu)
- ❖ **Santo Santo:** café, variety of foods and desserts, 2 locations downtown: in the Takashimaya Building on the third floor, nice view of the station area and in the alley behind Mitsukoshi.

### IZAKAYA (JAPANESE PUB)

- ❖ **Gazen:** behind Mitsukoshi Department store off Okaido (same street as the big red bus). Great food and okay prices.
- ❖ **Hakkenden:** located on nibanchou east of Okaido, this place's food is okay, but it's real deal is the all-you-can-drink deals starting at 1000yen for two hours!
- ❖ **Doma Doma:** One of the best izakayas in town, Doma Doma is located about two blocks east of Okaido on ichibanchou.
- ❖ **Okonomiyaki:** a Japanese food that looks like a pizza, but tastes different. It's good and there are lots of restaurants that serve it. A good and cheap one is a few minutes walk past Okaido (go north through an old arcade) and has a yellow VW Beetle sticking out of the building.

### WESTERN-STYLE

- ❖ **Pizza:** While there is Pizza Hut delivery in certain parts of Matsuyama – it is quite expensive. The best pizza is found at **Paradiso** café on Nibancho Street (calzones and pasta as well). Also **Indie's Kashi Mashi** (in the hopping nighttime area) has a good pizza. Pizzeria de

Cappuccino in Okaido also has a variety of good pizzas.

- ❖ **Pasta:** La Sera, located about two blocks west of Best Denki near Gintengai, has the best lasagna in town, along with many other tasty dishes. Lunch is the best time for a great deal!
- ❖ **Burgers:** Western favorites McDonalds and KFC are sprinkled throughout Matsuyama. McDonalds in Okaido and near JR station, KFC in Fuji Grand near JR station. **Freshness Burger** has good hamburgers, located off gintengai (from shi-eki, go down gintengai, and turn left at the first alley).

#### OTHER

- ❖ **Indian:** Ladki's is the great for a lunch set. Two locations – one near shi-eki (city station) and one near Starbucks at the end of the Okaido shopping arcade. Also **Everest** in Okaido has great Indian/Nepalese food.
- ❖ **French:** Amitie – quite delicious and slightly pricey – downtown in Matsuyama near NHK park (the place with the moat). Try lunch, just as good and half the cost. Cabaret – next to HIS near Shieki on the 3<sup>rd</sup> floor. There is also another place off of ropeway road (Saint Petit?)
- ❖ **Buffet:** Okudogo buffet – for a weekend feast, this “Viking” (aka buffet) is a great deal for 1500yen (bring a hot pepper coupon book and it's only 1200yen). It comes with a ticket to the “Jungle Onsen” which has about 10 different hot springs in a jungle-like atmosphere. Highly recommended. Located at the Okudogo Hotel. Access by the #52 bus toward Okudogo. Near the hotel you can see cherry blossoms in spring.
- ❖ **Korean:** Ansan is a small Korean restaurant north of Gintengai. It's across the intersection from the Okonomiyaki shop with the VW Beetle. Cheap and delicious.
- ❖ **Udon:** Hanamaru – very delicious cheap udon. Many locations, but most convenient in Gintengai. They also have tempura (veggies, shrimp) but it's often cold.

#### LOCATION

- ❖ **Okaido:** McDonalds, shabu-shabu, yakitori, soba, Italian, beefbowl, udon.
- ❖ **Gintengai:** Japanese curry, Freshness Burger, Doutour
- ❖ **Matsuchika:** (starting at the west end of Gintengai) ramen station, tonkatsu (fried pork)
- ❖ **Fuji Grand:** KFC, McDonalds, ramen, udon, Korean, Baskin Robbins

#### Leisure

- ❖ Kinuyama Cinema Sunshine – <http://www.cinemasunshine.co.jp/kinuyama/top.html>
- ❖ Okaido Cinema Sunshine – <http://www.cinemasunshine.co.jp/okaido/time.html>
- ❖ Kisuke Box located across from the JR Station has bowling, an arcade and a public bath.
- ❖ More bowling can be found on the north end of Okaido.
- ❖ Jungle Onsen at Okudogo Hotel.

#### SPORTS AND EXERCISE

- ❖ Comi-Cen. The easiest place to get started (and for cheap) is at the Comi-Cen (Community Centre). At the Comi-Cen there is a great lap swimming pool, a free weights gym, a nautilus-type machine and cardio gym and racquetball/badminton/ping pong courts available to be rented.

- *How to use the Comi-Cen.* For the pool, you must walk downstairs and use the machine to buy a ticket for 200yen. This has a time mark on it. Each hour is 200yen. As you enter, you will need to remove your shoes and put them into a plastic bag. Walk into the locker room area. Lockers require a 50yen coin to lock and be able to carry the key with you. Locking is recommended, as there is sometimes theft at the pools. Rinse in the shower, walk through the foot cleaning pool and there you are! You must use a swim cap. If you don't have one they have yellow ones available poolside. Remember, if you go over an hour, you must pay more money! As you leave, show that time-marked ticket to the woman and either pay more or be on your way.

For the gyms, upstairs as you enter the exercise building, there is a counter with cards. Please fill in the card (English is ok) and hand it to the attendant. You will need to pay 200yen and they will give you a wrist band. Go to it! Then return the wrist band as you leave.

- ❖ Tennis Courts. There are places to play tennis all over town. Your school may even allow you to play there when the tennis clubs aren't using it for practice. Many parks have tennis areas (along Ishite koen). Botchan Stadium has nice ones, but they are often in use by university clubs.
- ❖ Botchan Stadium is the very nice sports arena and area of Matsuyama City. There is a baseball stadium, soccer fields, tennis courts, a swimming pool, and a martial arts area.
- ❖ Besides Comi-Cen, there are lots of private gyms where you can pay if you choose. *Tomorrow*, located near Dogo Park, is a small cozy gym, only 5250yen/month (foreigner discount). Others include *Holiday*, *Konami*, and *Fitta*. All are quite expensive and lacking in equipment normally found in western gyms.

#### Nightlife

- ❖ Bibros / club, located to the east of Okaido, between Nibancho and Sanbancho on the 7<sup>th</sup> floor of a building (usually with a 1500yen+ cover)
- ❖ Flankey's bar / Located one block east of the McDonald's in Okaido. Cheapest beer in town. Standing room only.
- ❖ Choco Bar is Matsuyama's other cheap standing bar. Located two blocks south and an additional block east of Flankeys.
- ❖ Salon Kitty is a small local live venue where many bands come and play. Located just across the bridge near the intersection of Tachibana and Gintengai. You can't miss the giant stripper painted on the front wall.
- ❖ Jett is a small bar located about a five minute walk from Flankeys. A small rock bar which converts to a dance bar when DJs come.
- ❖ Linda Linda is a great bar for organizing events just down from Jett. Very friendly staff, darts, karaoke and you can bring your own music.

#### Tourism/ Festivals/ Highlights

- ❖ Matsuyama Castle, located to the north of the prefectural building, accessible by foot or chairlift.

- ❖ Dogo Onsen – a hot spring famous for being really old (really), is located in the northeast section of town, surrounded by shopping and several high-class hotels.
- ❖ Matsuyama community center has a library, swimming pool and gym.
- ❖ Matsuyama Koen is a park, located in the center of the castle moat, and contains the prefectural museum, and traditional gardens.
- ❖ Ishiteji, a famous temple, is located south of the Dogo area of town. Several festivals are held there at various times of the year.
- ❖ Dogo Park, good for relaxing, can hike to the top for a nice view, great for cherry blossoms in spring
- ❖ Central Park – European-style park with a mini castle west of JR station. Short hike up to a grassy area where you can picnic and see a nice view of Matsuyama.
- ❖ Pick up a Matsuyama brochure at COMS to find more sightseeing and highlights.

### Accommodation

- ❖ Abis Hotel – two locations: opposite prefectural building, and corner of Ichibancho and Katsuyama-doori – 4,500yen/night.
- ❖ Toyoko Inn – Ichibancho, east of Okaido – 5,000yen/night
- ❖ Guest House Matsuyama. On the Ropeway, just north of Starbucks  
<http://www.sophia-club.net/guesthouse/>
- ❖ Internet Café @precio in Gintengai. Around 3,000 yen.
- ❖ Many other hotels all over town ranging from 5,000 – 8,000yen/night
- ❖ Piano love hotel near Sanbancho downtown

### Health

- ❖ Matsuyama publication “What’s Going On” prints the emergency hospitals for each month (available at EPIC, MIC/COMs).

### HOSPITALS

- ❖ Ehime Prefectural Hospital, Shimin Hospital
- ❖ Ehime-kenritsu Chuo Byoin

### WOMEN’S HEALTH

- ❖ Female gynecologist at Shimin Hospital near JR station, Dr Yuuko Kawamoto
- ❖ NTT Hospital in the moat area
- ❖ Yano Maternity Clinic, near EPIC – good gynecologists

### OPTICIANS

- ❖ Takeoka Contact (up the Ropeway street from Ichibancho street so that Starbucks is on your right and LaForet is behind you. It’s about two minutes on foot, on the right hand side).
- ❖ Tanaka glasses (located about half way down Gintengai)

### Other Essentials

- ❖ EPIC (Ehime Prefecture International Centre) is a very handy place! Catch a tram bound for



Dogo from Matsuyama City Station or from Okaido. There is a woman on staff, Omori-san, who speaks English and is there to help you find a doctor, understand a bill or otherwise help you. You can park your car (please ask first). Intensive Japanese classes twice a year for two weeks each (summer/spring). Internet and good lending library too! You can also rent bicycles from EPIC.

- ❖ MIC/COMs is downtown, near to Shi-Eki. This is a good place to study and use the internet. Book loans and travel guides too.
- ❖ Foreign Books –
  - EPIC: free lending library. Just fill out your name in the back card and leave at EPIC.
  - Comi-Cen: quite an extensive collection of English books. Fill out the application card in English – bring proof of your address or foreigner card. Borrow for up to two weeks.
  - Junkudo have a great selection of English books for sale on the fifth floor.
- ❖ Internet –
  - EPIC: free computer use (but a little troublesome).
  - MIC/COMs: Set up a membership to use the computers for 100yen/hour. These connections are much better than the free ones at EPIC and worth the money.
  - City Station: (air conditioned room next to the train ticket machine) – internet use is free, with a limit of 15 minutes if people are waiting.

# Toyo A

*Incorporating the areas of Imabari, Kamijima, Namikata, Onishi, Kikuma, Tamagawa, Asakura, Oshima, Hakatajima, and Omishima*



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5th years	4 <sup>th</sup> years	3 <sup>rd</sup> years	2 <sup>nd</sup> years
<ul style="list-style-type: none"><li>• Deas Richardson IV (Hakata)</li></ul>	<ul style="list-style-type: none"><li>• Melanie Amano (Imabari)</li></ul>	<ul style="list-style-type: none"><li>• Jesse Stout (Imabari)</li></ul>	<ul style="list-style-type: none"><li>• Justin Cartaginese (Kamijima)</li><li>• Aram Glick (Kamijima)</li><li>• Heidi Heung (Imabari)</li><li>• Paul Kissin (Imabari)</li><li>• Daniel Linsennman (Imabari)</li><li>• Elizabeth Mikutowicz (Imabari)</li></ul>

❖ **Festivals!!**

- ❖ Spring Festival: “festivals”, is probably a more accurate term. Spring Festival, or “Haru Matsuri,” is a string of festivals that take place each year in the beginning of May, typically during Golden Week (one of the most popular vacation times in Japan, due to a string of National Holidays that come within a one-week period). Most of these festivals take place at local shrines throughout the Imabari area, and typically feature a type of dance called Tsugijishi. Tsugijishi features a small boy wearing a lion-like mask who does a dance with Japanese fans atop a tower of men, each standing on the shoulders of the one below him. Including the child, these towers are sometimes up to five people tall! Most of these festivals also feature taiko (Japanese traditional drumming), and mikoshi (portable shrines carried on the shoulders of groups of men, and occasionally, women).
  - Noma Jinja – The most famous of the spring festivals takes place at Noma Jinja. This festival features five groups of Tsugijishi dancers, and the local news media turn up to report on the event, each year.
  - Otaue-sai/Nukiho-sai: (rice planting ceremony/rice harvest ceremony) is held May 5, according to the lunar calendar (e.g. June 16, 2010), at Ooyamazumi Jinja (shrine), on the island of Omishima. It originated as a Shinto ritual to pray for a bountiful harvest, and dates back, at least, as far as 1346. First, a sumo wrestler, Ichirikizan, performs “Hitori-zumo,” a fight against an imaginary, invisible rice spirit. Then 16 young girls wearing white kimono with red sashes participate in the sacred rice planting ceremony.
  - Suigun Race: (Dragon Boat Race) is held in July on Noshima Island – the location of what was once a medieval Japanese naval base. All the rowboats used in the race are built in accordance with the medieval design. People come from all over Japan to participate.
  - Onmaku: is Imabari City’s annual festival, held in early August. It is a two day festival that features many types of dancing, taiko drumming, and incredible hour-long fireworks show over the Seto Inland Sea. You can get a great view from the city port.
  - Otomo-uma: is held each year, on the third Sunday of October, at Kamo Jinja (shrine) in Kikuma-cho. It is an autumn festival meant to ensure the health of the people and a plentiful harvest. The festival features Tsugijishi (lion dancing), and mikoshi fights... but the main feature is a horse-racing event called “Uma-no-hashirikomi.” Brave boys race horses clad in colorful adornments up a 300 meter approach to the shrine.
- ❖ **Imabari Castle** (Tel: 0898-31-9233)
  - Built in 1604 by Takaora Todo, it is a rare coast-side open castle, and boasts one of the only sea water-supplied moats in the world.

- There is a fabulous view from the observation deck on the 6<sup>th</sup> floor of the main castle tower. You can see a panoramic view of the entire city, the Ishizuchi Mountain Range (the highest mountain in Western Japan), the Seto Inland Sea, and the first Shimanami-kaido bridge, which leads to Oshima.
- In the spring, the castle grounds are a popular location for ohanami (cherry blossom viewing parties).
- The castle grounds are open to the public 24 hours a day, but the castle, itself, is only open from 9am to 5pm (last entrance at 4:30pm), and requires an entrance fee of 400yen for adults, and 100yen for children.

#### ❖ **Shimanami-kaido (Shimanami Sea Road)**

- A highway that connects Imabari City to Onomichi City in Hiroshima Prefecture, by means of ten bridges, via nine islands.
- Boasts the world's first suspension bridge, composed of three continuous suspension bridges.
- Can cross the bridge via car, motorbike, scooter, bicycle, or foot. Spring and fall are popular seasons for cycling and walking this beautiful route. All together, it is about a 70km journey from the foot of the bridge in Imabari to Onomichi.

#### ❖ **Hot Springs “Onsen”**

- Yu-no-ura Onsen: located on a hill at the most eastern part of Imabari, in the Machinami Area, Yu-no-ura has a gorgeous view of the city, white sand beach, and evergreen pine trees, of Sakurai. It is said to be one of the finest hot springs in Shikoku because of the naturally occurring chemical properties of the water.
- Nibukawa Onsen: lies in the Nibukawa gorge, situated upstream from Soja River. It is a nice place to enjoy cherry blossoms and autumn leaves. This hot spring has been known for the fine quality of its water since the Heian Period.
- Kiyomasa-no-yu: There are two onsens here – one in the main building, and one in the upper building, next door, which is for adults only. It features indoor and outdoor baths. The outdoor baths are guarded by a thick bamboo forest, which makes for a very beautiful and calming atmosphere.

#### ❖ **88 Temple Pilgrimage**

- Shikoku is home to Japan's most famous pilgrimage route. Many Japanese people follow this path on a quest for spiritual peace. The journey is said to be the spiritual legacy of the famous priest, Kobo Daishi (774-835), who founded the Shingon sect of Buddhism. “Hachijuhakkasho-meguri,” as it is called in Japanese, consists of 88 temples over a 1,200km stretch that loops around Shikoku. Most pilgrims who walk cover an average of about 25km per day, and finish the course in about five to seven weeks.

- Imabari is home to six of these temples.
  - #54 – Enmei-ji
  - #55 – Nanko-bo
  - #56 – Taisan-ji
  - #57 – Eifuku-ji
  - #58 – Senyu-ji
  - #59 – Kokubun-ji

#### ❖ **Museums**

- Imabari-shi Tamagawa Kindai Biutsu-kan: modern art museum
  - Address: 86-4 Ko Ono Tamagawa-cho; Tel: 0898-55-2738
  - Hours: 9am-5pm; Closed Mondays and 12/27-1/1
  - Admission: Adult 500yen; Child 250yen; Group (20+ people) 20% off
- Imabari-shi Murakami Suigun Hakubutsu-kan: local navy museum
  - Address: 1285 Miyakubo Miyakubo-cho; Tel: 0897-74-1065
  - Hours: 9am-5pm; Closed Mondays (and the following day if it's a holiday) and 12/29-1/3
  - Admission: Adult 200yen; Child: free; Group (20+ people) 20% off
- Imabari-shi Omishima Bijustu-kan Bekkan: art museum annex <Tokoro Museum Omishima>
  - Address: 2362-3 urado Omishima-cho; Tel: 0897-83-0380
  - Hours: 9am-5pm; Closed Mondays and 12/27-12/31
  - Admisson: Adult 300yen; Student (above 16) 240yen; Child 150yen; Group (20+ people) 20% off

#### ❖ **Ohanami (cherry blossom viewing party)**

- Ohanami season is short, but glorious! Throughout spring, cherry blossoms bloom in different parts of Japan, depending upon the weather. But one thing that remains constant... the cherry blossom parties! It is a favorite spring pastime for people all over Japan. Basically, it is a picnic with friends under an umbrella of cherry blossoms. Some people bring bento, and others go all out with a small BBQ pit and cooler of beer. Your choice!
- Popular places for ohanami in Imabari include... Imabari-jo, Tamagawa Dam, Shimin-no-mori Park, Tondagawa, and Hirakiyama Park

#### ❖ **Summer BBQ by the river**

- Why not have a barbecue by the river so you and your friends can take an occasional dip in the water to cool off from the summer, and barbecuing heat? There is a really nice spot on the river in Nibukawa, where the river is almost turquoise in the summer, and the banks are shaded by tall trees.

❖ **Work it out!**

- Imabari City Gym:
  - Admission Fee: 150yen
  - Hours: 9am-9:30pm  
Closed Monday (If Monday is a holiday, closed the following Tuesday.)
  - Address: 6-2-2 Bekku-cho
  - Tel: 0898-24-2351
  - There are also a number of sports courses (short-term/long-term) you can take at the City Gym. The courses start five times throughout the year. Applications are accepted in April, June, September, November, and January. To join a course, apply directly at the City Gym, and pay the fee for the appointed period (first-come, first-serve). Courses include: volleyball, badminton, table tennis, aerobics, futsal, fitness weight training, etc.
- **Cycle!**
  - Bike the Shimanami Sea Road! The views along the way are breathtaking. The water is a gorgeous blue-green color, and the mountainous islands are covered in greenery, and lined with beaches. It is best done in spring or fall, when the weather is milder. All together, the ride from the foot of the first bridge to Onomichi is about 70km, but if you're not keen on riding both ways, you can choose to ditch your bike on the other side. Just drop your bike off at one of the rental terminals in Onomichi, and catch a bus or ferry back to Shikoku. Bicycle rental is very reasonably priced, and couldn't be more convenient. There are also bike terminals on each of the islands, along the way... so if you get too tired, you can drop your bike off at one of these terminals (for a fee), then head back on a bus or ferry.
    - Rental terminals in Imabari City:
      - Imabar-shi Cycle Station  
Hours: 8:30am-5:00pm  
Address: 252-2 Ko Noagasawa  
Tel: 0898-47-0990
      - Imabari-shi Cycling Terminal "Sunrise Itoyama"  
Hours: Apr-Sept: 8am-8pm; Oct-Mar 8am-5pm  
Address: 2-8-1 Sunaba-cho (located at the foot of the first bridge)  
Tel: 0898-41-3196
- **Hit the beach!**
  - In the summer, hit one of the many beaches that line the coasts of Imabari, and its islands, where you can swim, kayak, play beach sports, etc...
- **Other Options:**
  - Axtos (gym)  
[http://www.axtos.com/shop\\_imabari/](http://www.axtos.com/shop_imabari/)

3-1-6 Kinuboshi-cho Imabari-shi

34.049041,133.015482 (see google map)

TEL.0898-34-1331

gym machine , pool , studio (yoga class, hula, hip hop, aerobics...)

- Z-up (gym)

<http://www.yokohama21.net/z-up/info/info.html>

610-2 Kamitoku-kou Imabari-shi

34.041992,133.014911

Phone : 0898-48-7400

gym machine , pool , studio (yoga class, hula, hip hop, aerobics...)

- Makoto Swimming Club Futaba

<http://www.makotosports.co.jp/futaba/program.html>

3990yen~/month

#### ❖ Learn!

- Why not enrich your Japanese experience with a class?

- Kinro Seisyonen Home (Working Youth Center)

<http://www.city.imabari.ehime.jp/shoukou/seishonen.html>

1-1-16 Kitahorai-cho Imabari-shi

34.063806,132.995178

0898-32-2698

Handicraft, Calligraphy, Kimono School (to learn how to put on a kimono properly), Tea Ceremony, Painting, Cooking, Flower Arrangement (Japanese&Western style), Koto(Japanese zither), Yoga, Baking, Png-pong

#### ❖ Party!

- Unfortunately, Imabari is not exactly nightlife central... however there are still a few places to go have a great time with friends. Among them...

- Chino: small bar with a nice atmosphere; owner has been to America, and he likes to speak English; plays English music – mainly American Hip Hop... but has iTunes and will pretty much play anything you give him

- Tel: 0898-31-3488

- Address: 1-3-1 共栄町

- Matsumoto-cho – a bar district in the downtown area of Imabari (running perpendicular to the Ginza); features a large variety of bars... but beware of snack bars (hostess bars)... the drinks are often very pricy, or there is a high table charge (fee just for sitting down), but you are mainly paying for the company of the hostess(es). But other normal bars in Matsumoto-cho tend to have table fees, anyway.



- Tin Goose – Jazz Bar; owner plays the guitar and knows many foreign songs that you can sing along too
  - Hours: 8pm-3am
  - Tel: 0898-35-1020
  - Address: 1-4-30 Matsumoto-cho
- Bar? Sky Rockets – yes, it's really a bar... the question mark is part of its name... This aptly named bar is on the top floor of one of the taller buildings in Matsumoto-cho. Its high vantage point and large windows provide it with a great 180 degree view of the city, castle, and bridge, as well as a nice, fresh breeze. Added perk: if you are looking for a place that will have some familiar music, they usually have MTV on the big flat screens
  - Tel: 0898-25-2232
  - Address: 1-6-34 Matsumoto-cho
- Karaoke!!
  - Wao: Entertainment center – karaoke, billiard, puri kura, and video games
    - Hours: 11am-2am (roughly); they stay open until about 3am on Fridays; and about 4am on Saturdays
    - Address: 3-12-30 Koizumi, Imabari-shi
    - Tel: 0898-23-1511
  - Maneki-neko: smaller, and not as nice as Wao... but cheaper; popular among high school students; upstairs from a billiards bar
    - Hours: Open 24 hours
    - Address: 8-2-7 Tokiwa-cho
    - Tel: 0898-34-3211

## Eat

Spice Kingdom (Indian curry)

<http://r.tabelog.com/ehime/A3802/A380201/38004361/>

5-13-1 Higashimon-cho Imabari-shi

34.061512,133.014843 (see google map)

Phone: 34-6688

Hours: 11:00-22:00

Closed: none

Korea Town (Korean food)

<http://r.tabelog.com/ehime/A3802/A380201/38004598/>

3-1-29 Gion-cho Imabari-shi

34.054993,133.003302

Phone: 23-5078 you'd better reserve in advance

Hours: 11:00-22:00

Closed: none

Albero (Italian food)

<http://r.tabelog.com/ehime/A3802/A380201/38000911/>

2F 3-2-1 Minamihorai-cho Imabari-shi

34.058837,133.002057

Phone: 31-5292

Hours: 17:00-23:00

Closed: not fixed

ESPANA MIRO (Spanish food)

<http://www.espana-miro.jp/>

<http://r.tabelog.com/ehime/A3802/A380201/38000999/dtlrvwlst/446594/>

3-20 Haishi Imabari-shi

34.042179,133.025347

Phone: 48-1536 need reservation

Hours: 11:30-14:00 17:30-21:00

Closed: Tuesdays

Chouan (Chinese)

<http://r.tabelog.com/ehime/A3802/A380201/38000104/>

1-9-18 Nakahiyoshi-cho Imabari-shi

34.062815,132.993563

Phone: 32-5178

Hours: 11:00-15:00 17:00-22:00

Sat, Sun & holidays

11:00-22:00

Closed: Tuesdays

Gyukaku (Yaki-niku)

<http://r.tabelog.com/ehime/A3802/A380201/38005193/>

3-2-7 Asahi-machi Imabari-shi

34.060886,133.001749

Phone: 34-7001

Hours: 17:00-24:00 (LO23:30)

Closed: none

Wataminchi (izakaya)

<http://r.tabelog.com/ehime/A3802/A380201/38007042/>

3-6-19 Tokiwa-cho Imabari-shi

34.065805,132.999265

Phone: 34-3071

Hours: 17:00-27:00

Closed: none

Uichi (Yaki-tori)

<http://r.tabelog.com/ehime/A3802/A380201/38000084/>

8-1-35 Tokiwa-cho Imabari-shi

34.054682,132.987879

Phone: 23-8851

Hours: 17:30~23:00

Closed: Sunday & holidays

Tarome-tei (okonomi-yaki)

<http://r.tabelog.com/ehime/A3802/A380201/38001003/>

3-3-65 Umagoe-cho Imabari-shi

34.058477,132.981074

Phone: 33-3690

Hours: 11:00~15:00(LO14:30) 17:00~23:00(LO22:30)

Closed: Tuesday

Begin (okonomi-yaki) near SATY

<http://r.tabelog.com/ehime/A3802/A380201/38000948/>

4-5-36 Umagoe-cho Imabari-shi

34.055293,132.981992

Phone: 32-6541

Hours: 11:00~22:00(LO21:30)

Closed: Tuesday (open on a national holiday and is closed on the next day)

Mitsuya

<http://r.tabelog.com/ehime/A3802/A380201/38005273/>

5-1-18 Tokiwa-cho Imabari-shi

34.061626,132.995478

Phone: 32-3227

Hours: 11:00-14:00 18:00-21:00

Closed: Tuesdays

Sushi-suigun (sushi go-round)

<http://r.tabelog.com/ehime/A3802/A380201/38000083/>

5-2-20 Tenpozan-cho Imabari-shi

34.062686,133.016195

Phone: 22-8788

Hours: Mon-Fri

11:00~14:00 17:00~22:00

Sat, Sun & holidays

11:00~22:00

LO21:30

Closed: none

Other kaiten-zushi (conveyer belt sushi) restaurants in the area include, Sushi-fune (sushi boat restaurant near Imabari JR Station), and Sushi-ro. Prices are very reasonable (100yen per plate, and 105yen per plate, respectively).

Gaka (café)

<http://r.tabelog.com/ehime/A3802/A380201/38000182/>

1-1-7 Ebisu-cho Imabari-shi

34.067612,133.004686

Phone: 22-8788

Hours: 10:00-22:00

Closed: Sundays

VERDURE cafe

<http://r.tabelog.com/ehime/A3802/A380201/38000190/>

1-1-5 Misuka-cho Imabari-shi

34.064797,133.008444

Phone: 24-1566

Hours: 9:00-23:00 (LO 22:30)

Closed: Thursdays

J-CURRENT (café)

<http://r.tabelog.com/ehime/A3802/A380201/38006292/>

3-1-51 Katayama Imabari-shi

34.052724,132.985417

Phone: 35-1500

Hours: 8:00-22:30

Closed: none

## Shop

- Fuji Grand: indoor shopping mall with stores, restaurants, bowling, video games, 100yen shop, internet café, and six screen movie theatre
- Saty: large supermarket (kind of like a Walmart); bottom floor is the grocery store with a large cosmetics section, a 100yen shop, and a McDonalds; 2<sup>nd</sup> floor has mainly men's, women's, and children's apparel; 3<sup>rd</sup> floor has almost anything else you could possibly need (i.e. kitchen ware, bedding, furniture, books, toys, bikes, electronic appliances, school supplies, etc... and even seasonal goods, such as Valentine's Day chocolates – a big deal in Japan)
- World Plaza: the largest mall in Imabari; Large do-it-yourself hardware store, 100yen shop, restaurants
- Ginza: covered shopping arcade; the original shopping district in Imabari
- Fuji Market (Koizumi): 1<sup>st</sup> floor grocery store; 2<sup>nd</sup> floor department store with a small 100yen shop
- Daiki: large do-it-yourself hardware store; daily goods; gardening tools
- DeoDeo: huge electronic store
- Yamada Denki: big electronic store
- Tsutaya: CD, DVD, and Video rental shop; also sells CDs, and typically features a small English music section
- Elk: Out door adventure store; climbing, camping equipment, etc.
- Uniqlo: Clothing store for men, women, children, and babies... big chain, kind of like The Gap. It's reasonably priced, and if you are any bigger than the average sized Japanese person, this may be one of the only safe bets for finding clothes that will fit you. Uniqlo is great because you can find clothes for work and play.

## Get Around (Public Transportation within Toyo A Region)

- Bus
  - There are many different local bus routes, but unfortunately, due to the fact that most people in Imabari drive, the buses do not run with much frequency, and their scheduled stops are at random times – often difficult to keep track of without a schedule.
    - Unfortunately schedules are only available in Japanese, but they can be found at the kiosk, located at the center of the platforms of Imabari Eki Mae bus terminal (the terminal in front of Imabari JR Station), the main hub for transport in the area. You can also find the local bus schedules in Imabari JR Station, on the buses (near one of the front seats), and online at <http://www.setouchibus.co.jp/> ...however it is all in Japanese.
    - When taking the bus from Imabari Eki Mae, make sure to board the correct bus! Check the time, as well as the platform number you are meant to board from.

- From Imabari Eki Mae to Yu-no-ura
  - Take the Komatsu Line (Takes 31 minutes; 520yen)
- From Imabari Eki Mae to World Plaza
  - Take the Komatsu Line, Niihama Station Line, or Mine Topia Line (Takes 15 minutes; 250yen)
- From Imabari Eki Mae to Nibukawa Hot Spring
  - Take Kamikomori Line (Takes 28 minutes, 570yen)
- There is a Setouchi bus line connecting Matsuyama == Imabari == Oshima == Hakatajima == Omishima, which runs throughout the day, and makes other various stops along the way  
<http://202.229.54.225/05jikoku/naikaikotsu/naikaikotsu.htm>
- Train
  - Japan Railways (JR)
  - Local Trains connect to smaller towns in the area, as well as Matsuyama and Iyo-Saijo. The local stations in the Toyo A Region are: Iyo-Sakurai, Iyo-Kameoka, Onishi, Namikata, Hshihama, Imabari, Iyo-Tomita, Iyo-Sakurai.
    - Timetables are available inside the train station.
    - Or you can look up train times in English on-line, according to specific departure or arrival times at <http://www.hyperdia.com> or <http://www.jorudan.co.jp/english/norikae/> ... The hyperdia website also has links to timetables.
- Bike Rental
  - For sightseeing within the Imabari area, it may be easiest to rent a bike. Bikes can be rented near Imabari Station.
- Taxi
  - There are two types of taxis: small and medium
    - Small taxis start their meters at 550yen for the first 1,500m
    - Medium taxis start their meters at 560yen for the first 1,500m
      - After 1500m, the fare climbs quickly
      - The fare will still increase while waiting in heavy traffic; etc.
      - From 10:00pm to 5:00am, the fare increases 20%
- Ferry (from Imabari Sanbashi Port)
  1. 土生行き Habu (Innoshima) (high speed boat) Geiyo Kanko Ferry 0898-32-6712  
6:25 ~ 18:40 (9 / day) 70min; 1,700yen stops at Tomoura, Kinoura and so on.
  2. 下田水行き Shitadami (Oshima) Kyowa Kisen 0898-22-6825  
6:30 ~ 22:00 (9 / day) (High speed boat 15mins), 400yen;

7:05 ~18:45 Regular ferry (11 / day) every 70 minutes; 400yen

3. 宮浦行き Miyaura (Omishima) (Fast ferry) Omishima Blue Line 0898-32-6713  
8:00~16:50 (3 / day) 1 hour; 1050 yen; stops at Munakata (Omishima) and so on.
4. 宮浦行き Miyaura (Omishima) (Ferry) Omishima Blue Line 0898-32-6713  
6:30~14:10 (2 / day) 90 min, 990yen; stops at Munakata (Omishima) and so on.
5. 岡村行き Okamura (Okamurajima) Okamura Port Office 0897-88-2252  
8:25~17:40 (4 / day) 80min, 840yen (Regular ferry)
6. 岡村行き Okamura (Okamurajima) Okamura Port Office 0897-88-2252  
7:36~18:19 (2 / day) 40 min, 840yen; (Fast ferry)

\*Schedules and fares are subject to change without notice.

## Get Out (Public Transportation for getting out of Toyo A Region)

### ▪ Bus

#### ○ Bus Schedules

- Unfortunately schedules are only available in Japanese, but they can be found at the kiosk, located at the center of the platforms of Imabari Eki Mae bus terminal (the terminal in front of Imabari JR Station), the main hub for transport in the area. You can also find bus schedules in Imabari JR Station, on some buses, and online (also in Japanese) at <http://www.setouchibus.co.jp/>
- When taking the bus from Imabari Eki Mae, make sure to board the correct bus! Check the time, as well as the platform number you are meant to board from.

#### ○ Imabari Eki Mae to Fukuyama (Shimanami Liner)

- Tel: 0898-25-4873
- About 1 hour 40 minutes
- One-way 2400yen; roundtrip 4300yen
- Book of 4 tickets costs 7,900yen
- One bus departs each hour from 6am until 7pm.
- Cannot be used as a local bus

#### ○ Imabari Eki Mae to Hiroshima Bus Center (Shimanami Liner)

- Tel: 0898-25-4873
- About 2 hours 30 minutes
- One-way 3600yen; roundtrip 6500yen
- Book of 4 tickets cost 12,000yen
- Departs three times each weekday, and six times on Saturday and Sunday.
- Cannot be used as a local bus

#### ○ Imabari Eki Mae to Kobe Sannomiya and Osaka Eki Mae (Ishizuchi Liner)

- <http://www.setouchibus.co.jp>
- Setouchi Bus Tel: 0898-22-8800
- One-way to Kobe 4700yen (roundtrip discount not available)
- One-way to Osaka 5000yen (roundtrip discount not available)



- Departs 5 times daily
- Toilet on bus, Non-smoking
- Overnight bus to Tokyo (Pirate-Gou)
  - <http://www.setouchibus.co.jp>
  - Setouchi Bus Tel: 0898-22-8800 (must book reservation)
  - One-way 11,200yen (roundtrip discount not available)
    - Going
      - Depart: Imabari Kokusai Hotel at 18:15; Imabari Port at 18:30
      - Arrive: Hamamatsu-cho at 6:20; Arrive: Shinagawa at 6:40
    - Returning
      - Depart: Arrive: Shinagawa at 19:50; Hamamatsu-cho at 20:10
      - Arrive: Imabari Port at 7:40; Imabari Kokusai Hotel at 7:45
    - Toilet on bus; Non-smoking
- Train
  - Unfortunately Shikoku has no shinkansen (bullet train), but we do have a Japan Rail (JR) line that loops the whole island, and connects us to Honshu via Tokushima-ken/Okayama-ken. Luckily for us in Toyo A, we live close enough to the train line to make traveling pretty easy. For people who live further inland, they may be hours from the nearest train station!
  - From Imabari JR Station, you can catch both local and express trains. Express trains don't stop at most of the smaller stations (thus making them "express").
  - Express trains leave almost hourly, going in either the direction of Matsuyama and Southern Ehime, or in the direction of Takamatsu and Okayama.
  - Timetables are available inside the train station.
  - Look up train times in English on-line, according to specific departure or arrival times at <http://www.hyperdia.com> or <http://www.jorudan.co.jp/english/norikae/>. The hyperdia website also has links to timetables. Plus it makes searching for different routes, according to the type of train, price, convenience, etc. much easier.
  - Young Weekender Card: If you qualify (people of 13-29 years of age), you definitely want to get one of these! When you are travelling by limited express train on a Friday after 17:00, Saturday, Sunday, (can also be used on National Holidays, December 31, January 2<sup>nd</sup>, and 3<sup>rd</sup>), a Young Weekender Card gives you a 40% discount on your return trip. However, this is only applicable on a return ticket on a limited express train journey of more than 61km each way.
    - You can apply at the ticket window in the Imabari JR Station... or at Young Weekend Card Office (open weekdays 9am-5pm; Tel: 0898-825-1633).
      - Sign-up fee:1000yen; Renewal fee: 400yen... worth it because it should pay for itself pretty quickly... maybe even in your first trip!

- Roundtrip tickets to Matsuyama: Matsuyama is not far enough away to use the Young Weekender Card, but purchasing a roundtrip ticket can give you a slight discount from purchasing them as two separate one-way tickets. If you have a reason to travel to Matsuyama often, you can purchase packages of roundtrip tickets, and the discount rate goes up with the amount of tickets you purchase.
- Hanshin Free Ticket: A return ticket between Imabari and Osaka by limited express train and shinkansen (bullet train), a one-day unlimited ticket for the JR Free Area in the Hanshin Area (including Osaka and Kobe)... for 2 days on weekends and holidays: 16,000yen; for 4 days 17,000yen
- Birthday Ticket: For three consecutive days during your birthday month, you can get on and off any JR train or Tosa Kuroshio train in Shikoku. You can also use the first-class carriage. 10,000yen for your ticket; and the same price applies for each person who accompanies you (max 3 people).
- Imabari == Matsuyama            36min (express)            1430yen
- Imabari == Iyo-Saijo                26min (express)            1150yen
- Imabari == Niihama                34min (express)            1340yen
- Imabari == Takamatsu            116min (express)            4440yen
- Imabari == Okayama                133min (express)            5280yen
- Ferry (From Toyo Ferry Port)
  - 大阪南港行き (Osaka Nanko) Shikoku Orange Ferry 0898-64-4121
    - 5500yen one way, or 9350yen if you buy a round trip ticket (30% discount on the return trip)
    - Two departures, daily... Afternoon Departure at 14:30 (7 hours)
    - Overnight ferry from Toyo Port to Nanko Ferry Terminal departs at 22:30
      - If you want to spend the weekend in Kansai area (Osaka, Kyoto, Nara, Kobe, etc.), or you want to catch a flight out of Kansai the next day... this is probably the most time and cost-effective way of getting to Osaka.
        - If you are continuing on to Kansai International Airport, you can purchase a ticket when you buy your ferry ticket. Round-trip tickets are discounted.
      - A free connection bus bound for Toyo Port leaves from Imabari Eki Mae bus terminal at 21:05, and arrives at 21:50.
      - When you return, there is a free bus from Toyo Port, back to Imabari Station, that departs at 6:20, and arrives around 7:10. Make sure to ask for a bus ticket when you check-in for your return journey. It's free, but you still need the ticket.
- Plane
  - Matsuyama Airport is the closest airport.

- Getting There:
  - Airport Limousine (Izumi Kanko Bus) Tel: 0898-48-2626
    - Reservation required; 9 services a day; 2300yen each way
    - Takes about 85 minutes
    - Leaves from the designated bus stop in front of Imabari JR Station at 6:00, 7:35, 8:35, 9:35, 12:05, 14:35, 15:35, 16:55, 19:05
    - Leaves from Matsuyama Airport at 9:15, 10:30, 11:30, 14:00, 16:10, 18:00, 19:00, 20:20, 21:00.
  - Or you can take JR to Matsuyama Station (1430yen on the express train), and catch the blue Airport Limousine (no reservation needed) from the bus terminal in front of the station. This bus takes about 30 minutes to get to the airport, costs 300-350yen, and departs every 15 minutes, or so.
- Domestic Flights:
  - Tokyo (Haneda): All Nippon Airways (80 min): 6 flights per day
  - Tokyo (Haneda): Japan Airlines (80 min): 5 flights per day
  - Osaka (Kansai): All Nippon Airways (50 min): 8 flights per day
  - Osaka (Itami): Japan Air Commuter (50 min): 7 flights per day (6 on Sunday)
  - Fukuoka: Japan Airways (45 min): 4 flights per day
  - Nagoya: All Nippon Airways (60 min): 2 flights per day
  - Nagoya: Japan Airlines (60 min): 2 flights per day
  - Kagoshima: Japan Air Commuter (60 min): 1 flight per day
  - Naha: Nihon Trans-oceanic Airlines (110 min): 1 flight per day
- International Flights:
  - Seoul: Asiana Airlines (100min): 1 flight Tue/Fri/Sun
  - Shanghai: China Eastern Airlines (100min): 1 flight Mon/Fri

#### Other Useful Info

- Imabari City Library: Spacious, quiet atmosphere to read, study, etc.; Free internet access; English book shelf; Audio-visual booths; CD rental (some English music CDs available); <http://www.library.imabari.ehime.jp>
  - Hours: 9:30am-7:00pm (Tue-Sat); 9:30am-4:00pm (Sun)
  - Closed Mondays, National Holidays, and the 3<sup>rd</sup> Friday of each month
  - Address: 5-203-2 Tokiwa-cho (2 minute walk from the Imabari train station)
  - Tel: 0898-32-0695
- Imabari City International Exchange Association (ICIEA): An international organization whose goal is to promote international understanding within the community. They do this by organizing international oriented events, and providing assistance to foreign residents.

ICIEA offers help by supplying vital information for living in Imabari, as well as Japanese language and culture classes. A plethora of information about Imabari is available in English at ICIEA, including English maps. They also coordinate exchange programs with Imabari's international sister cities.

- Hours: 8:30am to 5:15pm  
Closed: Weekends, National Holidays, New Year's
  - Address: Imabari City Hall the 4th annex 2F, 1-1-16 Kitahorai-cho
  - Tel/Fax: 0898-34-5763
  - E-mail: [info@iciea.jp](mailto:info@iciea.jp)
  - Web: <http://iciea.jp>
  - <http://iciea.jp/siryo/guidebook.html>
- 
- i-News is a bilingual newsletter, published by ICIEA. It provides readers with a variety of information, as well as a range of perspectives. i-News welcomes written contributions from foreigners living in the area, so feel free to participate! You can find i-News at the information desk of Imabari City Office, Imabari Station, and the City Library.

## Imabari Area 今治

### Imabari City 今治市



#### Description

Imabari is a port city that lies on the coast of Ehime Prefecture, facing the Seto Inland Sea. It is the second largest city in Ehime, with a population of about 172,000 people.

[http://www.city.imabari.ehime.jp/kankou/download/imabari\\_en/imabari\\_english.pdf](http://www.city.imabari.ehime.jp/kankou/download/imabari_en/imabari_english.pdf)

#### Famous For . . .

- **Towel Production:** Imabari towel companies make up about 60% of Japan's towel production industry.
- **Largest ship building yard in Japan, and 4<sup>th</sup> largest in the world.**
- **Sakurai Shikki:** beautiful Japanese lacquer ware that comes from the town of Sakurai. It is well known throughout Japan as one of the finest, reasonably priced lacquer ware.
- **Kikuma Gawara:** Japanese roofing tile produced in the Kikuma region. Their production dates back 700 years.
- **Seafood:** Imabari is famous for its seafood because of its prime location on the Seto Inland Sea

### Location/ Access/ Transport

Imabari is located on the northern tip of mainland Ehime.

- ❖ Diamond Ferry – has routes to both Kobe and Oita.
- ❖ Orange Ferry – the overnight ferry goes to Osaka from Toyo Port. You can catch a bus from Imabari Station at 21.05 every night.
- ❖ Namikata Ferry – this ferry goes to Takehara. There is a van that can take you from the port to Hiroshima Airport. The airport is very close to Takehara. In total it takes about an hour and a half to go from Namikata to Hiroshima Airport so it doesn't take that much longer than going to Matsuyama Airport.
- ❖ JR Station – express trains almost hourly going to be Matsuyama and Takamatsu or Okayama
- ❖ Shimanami Bus – the overnight bus leaves from the Kokusai Hotel every night a little after 6pm.
- ❖ By car, take route 196 or route 317 (short and windy, dangerous in winter).
- ❖ Go to ICIEA for an English map of Imabari.
- ❖ For sightseeing in Imabari – it's best to rent a bike from the train station.

### GENERAL TRAVEL INFORMATION

- ❖ Imabari is the main connecting point for transport in the area. The best place to get bus information is the little kiosk outside of Imabari JR, in front of the bus stops. You can get any timetables you need. Local trains connect smaller towns in the area and also run to Saijo and Matsuyama. Timetables are available from inside the JR station. Buses running to/from (Matsuyama) Imabari to Miyaaura on Omishima, across the Shimanami Kaido link the Ehime islands in between. The buses run from stand three outside Imabari JR.

### CAR

- ❖ Toyo A is very well connected by the national expressway – routes to both Honshu and the rest of Shikoku. Be warned though, the Shimanami Kaido is extremely expensive due to the bridge tolls. Kei cars (yellow plates) receive a 20% discount. To reduce this cost, use the car ferry between Imabari and Oshima. It takes only 22 minutes, is half the price of the bridge and runs each way on the hour and half-hour. From Imabari central port, pay at kiosk straight off the roundabout. From Omishima head straight through the lights rather than turning left to the toll booths for the bridge.

### BOAT (within Imabari jurisdiction)

- ❖ Ferries run between Honshu, Shikoku and many of the islands between. Car ferries generally work out a little cheaper than the bridges. Habu also has ferries which run frequently to Onomichi and Mihara (10 daily). Many of these also stop at Yuge. For more information about the Uoshima ferry, check out [www.town.kamijima.ehime.jp/access/ferry\\_uoshima](http://www.town.kamijima.ehime.jp/access/ferry_uoshima). It goes from Habu and also stops at Yuge and Takaikami-jima.

### BOAT (long distance)

- ❖ [www.orange-ferry.co.jp](http://www.orange-ferry.co.jp) (Niihama-Toyo-Osaka). Orange Ferry is the overnight ferry service from Toyo Port, about 30 minutes from Imabari, to Osaka. There is a free bus from Imabari to

the ferry port which leaves from Imabari station at 21.05. There is a direct bus from Osaka ferry port to Kansai International Airport; if you buy your bus ticket with your ferry ticket, you get a good discount.

- ❖ [www.diamond-ferry.co.jp](http://www.diamond-ferry.co.jp) (Oita-Matsuyama-Imabari-Kobe). Diamond Ferry runs overnight from Imabari to Kobe. This ferry stops at Matsuyama before running through to Oita, near the famous onsen town Beppu on Kyushu.
- ❖ Other ferries
  - Namikata – Takehara, Hiroshima-ken (1000yen)
  - Omishima (Inokuchi Port) – Hiroshima-ken (passenger only)
  - Omishima (Seikan Port) – Takehara, Hiroshima-ken (car ferry, 20 minutes)

#### BUSES (out of Imabari)

- ❖ Setouchi Bus [www.setouchibus.co.jp](http://www.setouchibus.co.jp) (0898 228800).
- ❖ Express buses from Imabari to Hiroshima, Fukuyama, Kobe, Osaka and Tokyo.
- ❖ Ishizuchi Liner: Imabari, Toyo, Komatsu, Saijo, Niihama, Mishima/Kawanoe Intersection, Kobe Sanomiya and Osaka (overnight)
- ❖ Pairetsu: Imabari, Toyo, Saijo, Niihama, Mishima/Kawanoe Intersection, Tokyo Shinagawa, Tokyo (overnight)
- ❖ Shimanami Liner: Imabari, across Seto islands to Hiroshima Bus Centre or Fukuyama.
  - Shimanami Liner: Fukuyama to Imabari via the Shimanami expressway. One bus an hour from 6am until 7pm. Full journey is just under two hours. Cost of the full journey is 2,400yen. The same company runs eight Imabari to Onomichi buses throughout the day.
  - Shimanami Liner also runs buses from Imabari to Hiroshima. Three a day, each way during the week and six a day on Saturdays and Sundays. It takes roughly two hours 45 minutes from Imabari, 3600yen.
  - The information line is open 10am-5pm (0898 254873). NB – these buses cannot be used as local buses (ie. to get off at stops while still in Ehime.)

#### Shopping

- ❖ Fuji Grand (mall); World Plaza (shopping complex); Saty (department store)

#### Dining Out

- ❖ Tia – Organic Buffet
- ❖ Tsukasa – yakitori, try the torikawa-don
- ❖ Hagakure – yakitori
- ❖ Furaibo – yakitori, try the chicken wings
- ❖ Sekisen – yakitori, try the kamameshi
- ❖ Mimamizushi – sushi
- ❖ Sushi Suigun – conveyor belt sushi
- ❖ Gyukaku – yakiniku

- ❖ Sukiya – cheap gyudon and curry
- ❖ Hanamaru – udon
- ❖ Ganbatei Self Udon – udon
- ❖ Himedori – yakitori. Half price beer every Wednesday.

### Leisure

- ❖ Kiyomasa Onsen – there are two onsens here, one in the main building and an upper part that is adults only. There is also a pool, a climbing wall and a small gym. It's close to town so it's easy to go to.
- ❖ Kibukawa Onsen – this is the most famous onsen in Imabari. The water here is supposed to be better than Kiyomasa. Nibukawa is on the far side of Tamagawa, so unless someone is driving I wouldn't recommend it.
- ❖ Imabari City Gym – this is the cheapest gym. They have weights, treadmills, basketball courts which are also used for volleyball, badminton, indoor soccer, and they also have an area for karate, judo and aikido. There are also tennis courts and a baseball field nearby.
- ❖ Green Pier (Tamagawa) – they have a baseball field and tennis courts.
- ❖ You can rent Nibukawa Elementary School gym to play basketball, volleyball or badminton.
- ❖ Bowling
- ❖ Movie theatre

### Nightlife

- ❖ Liberlage – this is a sports bar. Take a left on the 4<sup>th</sup> street going down Imabari Ginza to the port. It should be about 10m away on your right side. The guys that run this bar LOVE soccer and almost always have some soccer game on the big screen there.
- ❖ Matsumoto-cho – main “nightlife” area in Imabari, first right going down the Ginza and you will find a street full of bars. Almost all charge cover fees.
- ❖ Karaoke

### Tourism/ Festivals/ Highlights

- ❖ Shimanami cycling – I recommend this during the cherry blossom season or during the fall. Leave about 8.30 or 9am and follow the course from Imabari to Oshima, buy a bento at the LifeShop, keep riding on to Hakata Island, stop at the beach to eat lunch, after lunch keep going to Omishima, stop at the michi-no-eki for a rest, instead of crossing the bridge to Innoshima go around to the other side of Omishima and take the ferry back from Miyaura port to Imabari. The last ferry leaves about 3.50pm, but check and make sure! This is a great day trip.
- ❖ Imabari Castle
- ❖ Kiro-san on Oshima
- ❖ Asakura Towel Museum



### Accommodation



- ❖ Kokusai Hotel – very tall, expensive, fancy hotel located 10 minutes from the station.
- ❖ Imabari Grand Hotel – one of the cheapest business hotels in Imabari, it's next to U's Bowl (not Kokusai Hotel, the other side of U's bowl). I think it's 4,200yen per night.
- ❖ Station Hotel and Urban Hotel – cheap and conveniently located by station.
- ❖ Kiyomasa – they have lodges for rent on the upper side of Kiyomasa. If you're in a group of 2-4 this is the place to stay. It is a Japanese style lodge with tatami. You pay per lodge not person. The lodges are between 8,000yen to 10,000yen per night and 3-4 person limit depending on the lodge, onsen included. There is also a charge for during the day, so those intending to stay longer than one night will find it more expensive (4,000yen for the first four hours and 1,000yen for every hour after that. Day time charges apply between 10am and 9pm). Food and drinks are not provided.

### Health

- ❖ Murakami Orthopedics (seikei in Japanese) – this is the place to go if you break a bone or sprain something. He is a specialist and very good. He also speaks a little English.
- ❖ Suzuki Dermatology (hifuka in Japanese) – if you have any skin problems he's your man, he speaks some English.

### Other Essentials

- ❖ Baron Liquor store – this store has a grocery side with a number of imported foods.
- ❖ Aoi Liquor store – this is on Tokiwa-dori by the Imabari station. It has a few imported snacks.
- ❖ i-News is a bilingual Imabari magazine, published by ICIEA (an international association who help foreigners).
- ❖ Lots of different classes at the chuo kominkan (near Fracasso)
- ❖ Check out Imabari community radio station to listen to some JETs!

## Namikata Town 波方町

### Description

Website - <http://www.islands.ne.jp/imabari/index.html>

### Location/ Access/ Transport

- ❖ Namikata station, local buses going into Imabari City and other places in town although I've never taken the local buses before so I have no idea what the schedule is like or where the destinations are. There is a ferry in Namikata that goes to Takehara in Hiroshima. The ferry runs every hour and starts at 4.30 in the morning till 9 in the evening. From Takehara you can catch an express bus to Hiroshima station which takes about an hour. The price for the ferry one way is around 1100yen.
- ❖ By ferry (from Imabari)

### Shopping

- ❖ There are a few grocery stores in town but no places to really shop other than in Imabari City.

In the Hashihama area right next to Namikata there is a Komeri, home improvement store and right next to it is the discount grocery store Dio. They are both on route 317 going towards Imabari City.

#### Dining Out

- ❖ There are a few restaurants in town all mainly on the main streets around town. One that is quite popular is a yakiniku place called Liohen. The best yakiniku in the area although a little pricey. You can see the restaurant on the way to Namikata port if you are coming from the Matsuyama direction. It's a restaurant with the picture of a cow on it.

#### Leisure

- ❖ There are various activities offered in the town hall and the town gym during the week. I don't know the schedule but you can easily ask at town hall.

#### Nightlife

- ❖ There are small cafes in town and some with karaoke but most of them are frequented by the locals and closes relatively early during the week.

#### Tourism/ Festivals/ Highlights

- ❖ Ozumi no Hana is a nice beach camping area at the tip of Ehime overlooking the sea. It is also where the Marine festival is held, the Sunday right before Marine Day. There are various food vendors, a stage for performances with local acts and a power-rangish dude that comes to put on a show for the kids, kayaks for rent, and a mini boat cruise around the small nearby islands. Namikata is also very close to the Shimanami bridges that connect to the Seto Inland Sea islands and Onomichi in Hiroshima. You can rent bicycles at Sunrise Itoyama to cycle across the bridge which is relatively inexpensive compared to driving across the bridges and paying the high toll fees.
- ❖ Cultural activities at Namikata BOE during the week (taiko, tea ceremony, flower arrangement)
- ❖ A great kids park that's fun for all ages! (roller slides and a flying fox).
- ❖ Above the park there is a nice path that will take you to a traditional house. Next to the house is a small museum that displays old agricultural tools.
- ❖ Umiyamajo (Namikata Castle) is a tiny castle at the top of the same mountain, but the walk up is nice and the view is great (you can look at the sea and the first set of the bridges over to the islands).
- ❖ Ozumi beach seaside park – why not bbq or camp overnight? There is a beach festival held here every year – on the Sunday before Marine Day festival (kayaks, stage shows, catch fish, take a boat tour around the coast!)

## Hakata Island 伯方島

### Description

Hakatajima is a small island in the middle of the Seto Inland Sea, along the Shimanami Kaido bridges. It is only about 20 square kilometers in area, and is located between Oshima and Omishima. The population according to a 2004 census is 7,393 people. It's cozy, but it is definitely "inaka!" Website- <http://ja.wikipedia.org/wiki/伯方島>

### Location/ Access/ Transport

- ❖ You can get to Hakatajima by taking the Kurukushima Kaikyo Bridge and then the Oshima-Hakata bridge from Imabari, or by taking the other Shimanami Kaido bridges from Honshu. A car or scooter is recommended, though walking and biking are possible. From Imabari, there are also ferries available. The fee from Imabari Port to Kinoura Port is 1000yen.

*By ferry:* (from Imabari) – high speed, once an hour to Innoshima, stopping at Hakata

*By bus:* (from Imabari) – to Omishima, once or more an hour (about 900yen)

### Shopping

- ❖ There is a Lawson's convenience store near the Hakatajima Interchange.
- ❖ The biggest store is the Hakata Shopping Center, located directly across from Hakata High School in the Kinoura district.
- ❖ Alcohol and fish shop (next to the high school)

### Dining Out

- ❖ Sanwa is a famous ramen shop near the police station that serves "Hakata Salt Ramen."
- ❖ Cache is a homestyle Italian restaurant in the Furue district.
- ❖ The best okonomiyaki on the island can be had at Fuu, located on the frontage road across from the bus terminal, near the Marine Park.
- ❖ Sakura, another excellent okonomiyaki restaurant, is located on the main road towards the northwest side of the island.

### Leisure

- ❖ There is a rundown karaoke shack. But... that's really it

### Nightlife

- ❖ Everything closes down pretty early. It's a quiet island.
- ❖ One late night drinking bar opposite toll gate at Inter.

### Tourism/ Festivals/ Highlights

- ❖ Hakata is famous for cherry blossoms, viewable on Mt. Hiraki during the appropriate season.
- ❖ Most tourists stop by for a bowl of ramen at Sanwa and buy a container of Salt. (Truth is, it's

not even from the island anymore! They just package it here. Shh.)

- ❖ Biking is a great day trip.
- ❖ Lovely beaches (SC Park and Okioura)

#### Accommodation

- ❖ There are some ryokans on the island, but they are overpriced, and it is far more convenient to stay in Imabari. If you want to stay the night, call up one of the two ALTs and ask to crash on the floor – it's your best bet.

#### Health

- ❖ There are clinics and dentists on the island, but for anything more than the sniffles or a checkup, you'll be shipped to a hospital somewhere else, most likely in Imabari.

## Omishima Town大三島町

#### Description

Omishima's total population is close to 8,000 including both Omishima and Kamiura towns.

#### Location/ Access/ Transport

- ❖ You can reach Omishima by boat, ferry or bus. The bus is the most convenient option and it takes about an hour to get to Omishima from Imabari. The last bus heading to Omishima usually takes off at 9:30p.m. Coming into Imabari, the buses begin running as early as 6 a.m. and typically run on the hour, every hour until 6pm.
- ❖ *By ferry:* (from Imabari port) – slow ferry: 6.30, 9.50. 13.445; fast ferry: 8:00, 14.35, 16.50
- ❖ *By bus:* (from Imabari bus station) – nearly every hour, starting at 8am, finishing at 10pm weekends, 7:50pm on Sundays and bank holidays.
- ❖ *By car:* (from Imabari/Honshu) – travel over the Shimanami-kaido

#### Shopping

- ❖ There are several shops and places to buy little gifts and cultural items that you WILL NOT find in the bigger, more popular cities. Take advantage of these cultural treats when you're out sightseeing and shopping for your friends and family back home.
- ❖ Miyaura has two small supermarkets and a large DIY shop.
- ❖ Kamiura has two small supermarkets and two convenience stores close to the bridge.

#### Dining Out

- ❖ Several restaurants offering a small range of Japanese cuisine from okonomiyaki opposite the shrine to sushi and tempura at several places in Miyaura and Kamiura.

#### Leisure

- ❖ There is the Mari Gracia Spa located on Omishima Island in Ikena town. The spa is in a nice situation looking out over the Inland Sea and has an inside and outside onsens with relaxing comfortable sauna located inside. You can also get personal massages as well relax in lounge chairs while looking out over the beautiful ocean. They also have a little pub to keep you well fed while you relax and enjoy the calm atmosphere. Mari Gracia is open from 8:30-9p.m. during the week and 10 a.m.-8p.m. on the weekends.
- ❖ Small library in Miyaura community centre/ local government office with videos.
- ❖ Volleyball is popular (in Miyaura on Wednesday nights there is volleyball – mixed ages/ability)
- ❖ Omishima has the Kamiura Dome located in Kaimura town. The Dome is equipped with a swimming pool, weight room, and onsen as well as two full sized basketball courts and volleyball courts. Just outside the Dome is two sets of tennis courts and a soccer field located across from the Dome as well. Weekly events such as yoga classes and ping pong are held there as well.

### Nightlife

Nightlife is extremely limited – one small karaoke bar on Miyaura and a restaurant/karaoke bar.

### Tourism/ Festivals/ Highlights

- ❖ Located in Omishima is the famous Oyamazumi Shrine that houses 70-80% of Japan's National Treasure of Samurai armour and swords. The 3 story museum which houses the famous armor is usually open during the week and closes on the weekend around 5 or 5:30 p.m.
- ❖ Omishima also has a huge Autumn Festival that includes the whole island! It begins at the Oyamazumi Shrine located in Omishima. The festival includes many towns toting their local Danjiri all throughout the island with singing and dancing and plenty of food.
- ❖ A beautiful walk up the mountain behind Omishima Elementary School from which several islands can be seen.
- ❖ Utena beach is a quiet location with a beautiful setting and some basic facilities (including toilets)
- ❖ Pirate shrine
- ❖ A large dam in the mountains and a small waterfall.

## Yoshiumi Town 吉海町

### Description

The town has about 8000 people in it and is one of two on the island of Oshima

### Location/ Access/ Transport

- ❖ There are several local buses as well as a bus that goes from Omishima to Imabari.
- ❖ There is also a ferry that runs from 6am to 8pm every day every half hour to and from Imabari.
- ❖ There is a smaller ferry port in Miyakubo that runs to the other islands.
- ❖ The Shimanami Expressway runs through Oshima connecting it to Imabari and all the way up to

Hiroshima.

### Shopping

The Life Shop is on the main road running through town (317) and has the best selection of food. Next door is a drug store with medicine and beauty products. Lawsons and Circle K are just up the road as well as a Tsutaya video store.

### Dining Out

There is a small cafe at the Rose Park (Bara Coen) which serves set lunches. There are also 2 or three restaurants along 317. All serve Japanese fare and are open intermittently.

### Leisure

Most leisure activities are located in Imabari. There is a nice lookout point in Yoshiumi as well as the Bara Coen which when in full bloom is quite beautiful and a big tourist stopping point.

### Tourism/ Festivals/ Highlights

Murakami Suigun (pirate) museum, Kirozan observatory and cycling on the Shimanami Kaido. There is also a stone museum in Miyakubo to celebrate Oshima's granite production. It is as exciting as it sounds.

### Health

Imabari- although there is a small hospital in Yoshiumi near the elementary school for emergencies.

### Other Essentials

<http://www.pref.ehime.jp/izanai/english/route/route3.htm>

## Kamijima Town 上島町

### Uoshima Village 魚島村

#### Description

Uoshima is a small island, part of Kamijima. Kamijima is a cluster of islands to the north-east of the northern most tip of Ehime. Population is approximately 280 people! Website - <http://www.town.kamijima.ehime.jp/> (Japanese only)

#### Location/ Access/ Transport

##### ❖ *Getting to Uoshima:*

- only be ferry: on/off Uoshima is the new Uoshima 2, a high-speed ferry that runs four times daily. For times check out [http://www.town.kamijima.ehime.jp/access/ferry\\_uoshima.html](http://www.town.kamijima.ehime.jp/access/ferry_uoshima.html)

##### ❖ *Getting to Kamijima:*

- By road: from Shikoku – take the Shimanami Expressway north from Imabari. It connects a whole series of islands in the Seto Inland Sea between Shikoku and Honshu.

- By ferry: from Imabari – high speed ferry *Chidori*. It stops at Iwagi, Yuge and Ikina (all parts of Kamijima township – change at Yuge to continue on to Uoshima). Chidori timetable: [http://www.town.kamijima.ehime.jp/access/ferry\\_yuge.html#01](http://www.town.kamijima.ehime.jp/access/ferry_yuge.html#01)

### Shopping

- ❖ Basic necessities on Uoshima, with a small restaurant that is part of the tourist centre (open for lunch Sunday – Friday)
- ❖ Grocery type stores on Yuge.

### Leisure

- ❖ Small libraries on Uoshima and Yuge (Yuge has videos)
- ❖ Volleyball and badminton in Uoshima school gym

### Tourism/ Festivals/ Highlights

- ❖ Fishing and diving for clams
- ❖ Kameihachiman-jinja (shrine) on Uoshima
- ❖ Observation point on the top of “Castle Mountain” and a nice display of sakura in the spring.

## Yuge Town 弓削町

### Description

About 3,000 on Yuge Island, about 8,000 with all five islands of Kamijima-chou combined.

### Location/ Access/ Transport

The northern most town of Ehime. Kamijima-chou is a town made up of five islands (Yuge, Sashima, Ikina, Iwagi, and Uoshima). The islands are located in the Seto Inland Sea of Japan. Although Kamijima-chou is technically part of Ehime prefecture in Shikoku, it is actually closer to mainland Honshu, and Yuge is only a fifteen-minute ferry ride from Hiroshima prefecture. From mainland Honshu, a bus can be taken to the island of Innoshima, from which a fifteen-minute ferry can be taken from Habu port. From mainland Shikoku, an hour ferry ride can be taken from Imabari port. On the island, most places can be accessed on foot or by bike, although a free public bus drives around the island.

### Shopping

One small supermarket, one coop, and convenience store, a small stationary shop connected to the supermarket, a shop of locally-made food and crafts connected to the supermarket. Not much other shopping unless you like to dress like your grandmother ☺

### Dining Out



A couple hole-in-the-wall okonomiyaki joints, a yakiniku place, and a sushi place

#### Leisure

Lots of community sports, music, craft groups, free video rental from the public library, a saltwater spa, and nice beaches.

#### Nightlife

Various hobby groups meet in the evenings. Shops close around 7pm.

#### Tourism/ Festivals/ Highlights

The fall festivals are not to be missed (especially ass sumo at the Shimoyuge fall festival). Good beaches, good hiking, and great bicycle rides around the island.

#### Accommodation

There's a lodge located on a hill overlooking Matsubara beach that has a spa and a restaurant inside. There's also a small guesthouse behind the community center/ board of education.

#### Health

There's a health clinic in Kamiyuge, a dentist, and a hospital is a fifteen-minute ferry ride away in the port town, Habu, on neighboring Innoshima Island.

#### Other Essentials

No cafes, the public library has a VERY limited amount of English-language books (just some children's fairy tale books), the supermarket hardly has any foreign food. Your best bet is to go to the neighboring island of Innoshima part of Hiroshima prefecture. Yuge is a great place to go to get away from it all, as there's next to nothing but beaches, mountains, and good people here ☺

## Iwagi Island 岩城島

#### Description

Iwagijima is located north-east of the top of Ehime, with a population of about 2,200.

#### Location/ Access/ Transport

Only be ferry: to/from Imabari and Habu (also connects with neighboring islands).

#### Shopping

Basic necessities

#### Tourism/ Festivals/ Highlights

❖ Mt Sekizen has lots of sakura trees.

- ❖ Around the second Sunday of April, people from neighboring islands come to Iwagi to drink sake on the mountain.
- ❖ Quiet walks in the dark.

## Ikina Island 生名島

### Description

Ikinajima has a population of about 2,000.

### Location/ Access/ Transport

- ❖ Ikina is one of the four main islands that form Kamijima-chou. It is approximately 2km by 0.5km. Near to Fukuyama city 福山市(1 hour), Imabari 今治市(1 hour), Hiroshima city 広島市(2 hours) and Matsuyama city 松山市 (2 hours). It's a three minute ride to Habu town (Innoshima 因島, Hiroshima pref. 広島県) makes most necessities possible. Including library, super market, video store (Takamatsu), kendo in the local police station and the possibility to take Japanese classes.
- ❖ No bridge. Ferry access only from Yuge island (6 minutes) or Innoshima island (Habu port土生港- Nagasaki port 長崎港, Hiroshima ken: 3 minutes) which is in turn linked to the Shimanami Expressway島波海道. There are both passenger and vehicle ferries which operate to Ikina and are cheap. (for times, check out: [http://www.town.kamijima.ehime.jp/access/ferry\\_uoshima.html](http://www.town.kamijima.ehime.jp/access/ferry_uoshima.html))

### Shopping

- ❖ Three small food shops and a mini supermarket.
- ❖ Bicycle shop, dry cleaners, hairdressers. Etc
- ❖ Ehime Bank 9:00-5:00 (ATM 8:40 –3:40)
- ❖ Post office (郵便局) 9:00-5:00 (ATM 8:40-4:00)

### Dining Out

- ❖ 2 okonomiyaki restaurants open lunchtimes only.

### Leisure

- Brand new sports complex with swimming pool, baseball ground, badminton, table tennis, sauna.
- Camping grounds and a number of reasonable beaches.
- Ikina motorbike circuit track.
- Ikina JHS indoor sports hall has free access to teachers – basketball, badminton, etc.
- Kendo and Judo in police station of next island 【因島】.

#### Tourism/ Festivals/ Highlights

- ❖ Great fishing.
- ❖ Beautiful views from Mt. Tateishi.
- ❖ No noisy port.
- ❖ Easy access to Hiroshima ken, Fukuyama, Hiroshima city and to Shikoku, Imabari etc.
- ❖ Aki matsuri late Sept. (Autumn festival).
- ❖ Annual Junior High School boat race.
- ❖ Ikina Marathon – if you like running that is.
- ❖ Opportunity to go island hopping around the hundreds of islands of the Inland Sea of Japan.

# Toyo B

*Incorporating the areas of Saijo, Niihama and Shikokuchuo*



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5 <sup>th</sup> years	4 <sup>th</sup> years	3 <sup>rd</sup> years	2 <sup>nd</sup> years
<ul style="list-style-type: none"><li>David Gilluly (Shikokuchuo)</li></ul> Tyler Curtis (Saijo)	<ul style="list-style-type: none"><li>Caleb DeMarais (Saijo)</li></ul>	<ul style="list-style-type: none"><li>Steven Dansby (Saijo)</li><li>Jonathon Lore (Saijo)</li><li>Juliana Peele (Saijo)</li></ul>	<ul style="list-style-type: none"><li>Daisuke Yoshida (Niihama)</li><li>Mingh Daniel (Saijo)</li><li>Jennifer Kihnemann (Saijo)</li></ul>

## Saijo Area

### Saijo City 西条市

#### Description

Saijo City prides itself on its delicious spring water, sacred mountains and exuberant festival.

Websites – <http://www.city.saijo.ehime.jp> (Japanese)  
or <http://www.city.saijo.ehime.jp/english/index.htm>

#### Location/ Access/ Transport

- ❖ Saijo sits in the eastern part of Ehime.

#### Nightlife

- ❖ Bellinis Ballroom is located on the main street from Saijo Station. Walk out of the station and straight down the main road and Bellinis is on your left just before the intersection with the Circle K and Iyo Bank. They have a great cocktail menu with regular frozen specials, plus freshly made pizzas, burgers from the Balcony BBQ and top nachos. All washed down with Bass Pale Ale and Heartland beer on tap. Once a month they host The Free Session – a night where musicians and artists can get together and perform. Get there quick though as there is talk of it closing soon.

#### Tourism/ Festivals/ Highlights

- ❖ Saijo's spring water is known as '*uchinuki*', and was chosen to be one of the best 100 water resources in Japan. *Uchinuki* can be seen everywhere in the central part of the city, and the 'Aqua Route' running through the town areas is the ideal excursion course, which allows you to admire the relics of the Saijo Clan castle town and the surrounding freshwater fish and flowers.
- ❖ Being the highest mountain in western Japan, Mt Ishizuchi has been numbered among Japan's seven sacred mountains since ancient times. With part of the range designed for a quasi-national park, its seasonal beauty and alpine plants make it a welcoming sanctuary for nature-loving visitors.
- ❖ Saijo Festival (October 14<sup>th</sup> – 17<sup>th</sup>) is the biggest event in the town. Over 80 danjiris (portable shrines which weigh about 100kg) take part in all-day procession; make their way from local shrines down to Kamogawa River for the Festival's grand finale. The intensity of the Festival resembles a unique and magnificent picture scroll.

### Komatsu Town 小松町

#### Description

Komatsu Town has a population of about 10,000.

#### Location/ Access/ Transport

- ❖ Komatsu is located east of Matsuyama in the mountain regions of Saijo area.
- ❖ *By train:* (from Matsuyama) – from Matsuyama one hour 15 minutes/1500yen
- ❖ *By bus:* (from Matsuyama) – Iyo-Komatsu one hour 45 minutes local/1420yen

#### Shopping

- ❖ Grocery stores
- ❖ Kimono shop
- ❖ Bakery etc
- ❖ Yoshino mochi

#### Dining Out

- ❖ Marubun – excellent Italian
- ❖ Azuyama – izakaya with great food and atmosphere
- ❖ Ramen shops etc

#### Leisure

- ❖ Tsubaki onsen

#### Tourism/ Festivals/ Highlights

- ❖ Omiyage – Yoshino Mochi
- ❖ Yuba
- ❖ 2 – 88 temples
- ❖ Hiking in the woods
- ❖ Ehime Pilot Training School War Monument -  
<http://wgordon.web.wesleyan.edu/kamikaze/monuments/ehime/index.htm>

### Tanbara Town 丹原町

#### Description

Tanbara is a small township with a population of about 13,000.

#### Location/ Access/ Transport

- ❖ Tanbara is located in the Saijo area on the Eastern coastline of Ehime.
- ❖ *By train:* Train to Nyugawa (Toyo) and taxi to Tanbara or BUS
- ❖ *By bus:* (from Matsuyama) – Iyo-Komatsu one hour 45 minutes local/1420 yen

#### Shopping

Two grocery stores.

### Dining Out

- ❖ Fantasy – Western and Japanese restaurant. Really friendly owner, comfortable surroundings and a reasonably priced menu make for a great place. Near Tanbara HS.
- ❖ McDonalds- It may not be your mother's Irish stew (or insert your own equivalent), but love it or hate it, this place is sure to give you a taste of home. Newly opened in June 2010, 24hrs a day! Just follow the signs!
- ❖ Heijo - Good Korean/yakiniku restaurant. Its teishoku (set meal) for about ¥1,000 comes with many varieties of delicious dishes and is sure to fill the hungry.

### Tourism/ Festivals/ Highlights

- ❖ Lots of oysters
- ❖ Nice countryside and shrines
- ❖ Fun park – with slides, swings, climbing frames and nets, a trampoline and a zip-line!
- ❖ Check out the Cultural Building
- ❖ The Tanabata or star festival in July is a great way to mingle with the locals, enjoying a snack or a beer from one of the many stalls while watching the procession of traditional dancers.
- ❖ There's also a festival here in October coinciding with the bigger one in Saijo.

## Niihama City 新居浜市

### Description

Niihama is the second largest city in Ehime, and has a population of about 124,000. Website - [http://en.wikipedia.org/wiki/Niihama%2C\\_Ehime](http://en.wikipedia.org/wiki/Niihama%2C_Ehime) and <http://www.city.niihama.ehime.jp/> (Japanese).

### Location/ Access/ Transport

- ❖ Niihama is located in the eastern part of the prefecture.
- ❖ There are regular trains and buses from Matsuyama to Niihama.

### Leisure

- ❖ Movie Theatre

### Nightlife

- ❖ Jeandore – Niihama's live house
- ❖ Dance clubs:
  - White Soul
  - The Gaslight
  - Ocean



#### Tourism/ Festivals/ Highlights

- ❖ Zen Monastery
- ❖ Taiko festival in October. This is really a must see – it's one of the top taiko festivals in Japan! It coincides with other festivals in the region – Doi of Shikokuchuo and Saijo.

## Shikokuchuo City 四国中央市

### Kawanoe City 川之江市

#### Description

Kawanoe is the last city on the eastern side of Ehime. It's a pretty little town (minus the paper mills) and has some nice walks and hikes. Website – <http://www.city.shikokuchuo.ehime.jp/>

#### Location/ Access/ Transport

To get there, take the Kawanoe Mishima exit of the expressway.

#### Dining Out

There is a good range of restaurants, especially around the station.

#### Nightlife

There is one semi-nightclub called Luke, which has darts and stays open late.

#### Tourism/ Festivals/ Highlights

- ❖ Kawanoe is known for its paper mills and the tourist attractions include the Paper Museum (where you can make paper and postcards) and the Mizuhiki making center.
- ❖ Umenishiki – a large sake factory. You can tour and try lots of sake samples!

### Doi Town 土居町

#### Description

Doi is a small town in Shikokuchuo. It's a great town, if not a little rural. Japanese is a definite asset when visiting Doi. It has a population of 17,000.

#### Location/ Transport/ Access

- ❖ Doi is located on the eastern limit of Ehime.
- ❖ Without a car, stopping in Doi isn't that easy, as there is only a local train.

#### Dining Out

- ❖ Doi has a few good restaurants and a wicked pub – Syuki. The owners will do their best to accommodate you. It's on Route 11, just west of the Co-op grocery store on the same side.

#### Tourism/ Festivals/ Highlights

- ❖ With a car, hiking is a good bet. Just take any road south as far as you can and follow the giant blue arrows that are on Route 11.
- ❖ If you follow one in particular you will find an abandoned restaurant that looks like a castle (it would make an excellent haunted house).
- ❖ Another blue arrow following adventure will take you up the Sekigawa river to a bonsai tree farm and further beyond that are some excellent swimming opportunities.
- ❖ The Fall Taiko (Drum) Festival is good times. It's on usually the same weekend as the festivals in Niihama and Saijo.

## Thank You!

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Congratulations! You have read through the entire Ehime JET Guidebook. Hopefully you now have an idea of what to prepare for and expect.

If you still have any additional questions or suggestions for the guidebook, please feel free to contact your RA or email the PAs at [ehimepa@gmail.com](mailto:ehimepa@gmail.com)

We look forward to seeing you soon!

