Oita’s Green Tourism

“Green tourism” in English refers to eco-tourism or environmental-friendly, earth-conscious travel. However, in Japanese the expression takes on a meaning closer to the English expression “agritourism”. Oita not only has rich opportunities for agricultural experiences and farm stays, Ajimu Town in Usa City was actually the first locality in Japan to actively integrate hands-on agricultural activities with overnight stays in farmers’ houses. While rates usually range around the cost of a bed and breakfast accommodation, green tourism gives travelers the chance to try their hand at agricultural activities, exchange with local people, and experience local food, culture, and customs more intimately than a hotel or bed & breakfast stay would allow. This month THE TOMBO introduces just a few of the areas actively promoting “green tourism” in Oita. These can serve as a great weekend get-away for those living in Oita, or can give international travelers a rich taste of the “real” Japan.

Ajimu Town

There are approximately 30 host families just in Ajimu alone, and around 65 throughout Usa City. The Ajimunach Green Tourism Society has hosted visitors from all over the world, including Korea, China, Australia, Thailand and Germany. A list of host families is available on the Society homepage, and the Society helps arrange farm stays for visitors. While most agricultural activities take place during the summer, the Society advised THE TOMBO that January and February are good months to visit because farmers are more free to interact with visitors and do indoor activities such as teaching how to cook locally grown produce.

Ajimunach Green Tourism Society
TEL: 0978-44-1158
HP: http://www.ajimu-gt.jp/
EMAIL: japan-ajimu-gt@basil.ocn.ne.jp

Bungo-Takada City

The Bungo-Takada City Green Tourism Promotion Committee takes an active role promoting agricultural hands-on experiences and farm stays in the city. You can experience the remarkable “Tashibuno-sho”, which is a manor field that has maintained the same scenery and traditional farming culture for 800 years. The Committee can arrange farm stays at one of the 40 houses in the farming community, and can also arrange such hands-on experiences as digging up negi (onions) and renkon (lotus root), pounding mochi (rice cakes) or making soba (buckwheat noodles) from scratch. Inquiries in English are best handled via email.

Bungo-Takada City Green Tourism Promotion Committee
TEL: 0978-22-3100 Ext. 422
EMAIL: yoane@city.bungotakada.oita.jp

Notsu Town

Notsu Town in Usuki City is endearingly called “Kicchomu-san’s Village” after a historically famous farmer from the area. The Kicchomu-san Village Green Tourism Society has been actively hosting groups of visitors from Singapore for the past couple of years, and can also arrange stays for independent travelers. The head of the Society noted that having visitors not only helps revitalize the village, it also adds fun to otherwise laborious work. Hands-on experiences include making Japanese sweets, doing bamboo crafts and even making pizza at houses with a kiln! Inquiries in English are best handled via email.

Kicchomu-san Village Green Tourism Society
TEL: Ms. Yuki 090-2581-8983 (mobile), Ms. Nishimoto 0974-32-7239 (landline)
EMAIL: goraku40921@snow.plala.or.jp

Rates usually range around 6000 yen for a one-night stay at a house in a farming community. This fee usually includes breakfast and dinner, and visitors are asked to bring their own towels and toiletries. Hands-on experiences and visits to the local hot spring or public bath can cost additional, so please be sure to inquire.

Longer term farm stays and agriculturally based volunteering activities (accommodations in exchange for volunteer work) are available through Willing Workers On Organic Farms, with 415 locations nationally and 14 locations in Oita.


NICE (Never-ending International workCamps Exchange) also organizes agricultural volunteer activities nationally and internationally, including opportunities in Ogata Town, Bungo-Ono City, Oita.

NICE Homepage: http://www.nice1.gr.jp/en/
Meditation is like Love. It’s not easy to put into words, but once you are in it, you know just how blissful and transcendent it can be.

This article is to introduce a monthly Meditation Evening at Hana Organic Café. I hope it will stir at least one reader to become curious or interested enough to attend, even if just for the transcendent macrobiotic sweets that come with the evening. Meanwhile, I offer you this exercise to do anytime, anyplace. It is a taste of meditation, a simple way to begin to pay attention to your breath. I call it “The Tomare Paper Clip Theory of Breath.”

The Tomare Paper Clip Theory of Breath

- Relax in a comfortable position.
- Begin to observe the inhale and exhale of your breath (into and out of your nose).
- Imagine your breath like the shape of a paper clip.
  - When you inhale, imagine one of the long sides of the paper clip, then imagine the exhale is the other side.
  - Inhale…exhale…
  - On the next inhale, imagine the top “curved” part of the paper clip. This is a “pause/turroundaround” (tomare) in the breath.
  - Exhale and at the end of the exhale, once more imagine the breath stopping briefly and turning back around.
  - Begin to sense this movement:
    - Inhale (up long side of the clip), pause/turroundaround (top curvy part of the clip) at the end of the inhale; Exhale (down other long side), pause/turroundaround after the exhale.
    - Inhale, pause/turroundaround, Exhale, pause/turroundaround…
    - Pay attention to the “pause/turroundaround” where the breath “stops” between each inhale and exhale.
    - Feel the luxurious quality of each precious inhale and exhale.

Keep watching this elongated oval motion of the breath (for this exercise, all inhalations and exhalations are through the nose, the mouth remains relaxed) until you fall into a rhythm. This watching or paying attention is the beginning of meditation.

As you continue to do this for a period of time, little by little, something new opens up in the “pause”, which is where the magic and the reality of meditation can be experienced.

In the “Thursday Evenings at Hana”, once a month, we do a meditation together exploring breath, movement, energy, and sound, while taking advantage of the view of the night sky from the big glass windows. Last month at a full moon, we went outside into the Castle Park and felt the breath of the night. We got closer to the trees than when we just pass by during the usual busy-ness of the days. And did I mention, the sweets are naturally divine, no sugar added!

In the New Year, what better way to start than to fall in love? With your breath, and ultimately (one of the benefits of meditation) with yourself!

Next Hana Meditation Sessions:

Thursday, January 20th from 7PM to 8:15 PM & Thursday, February 17th from 7PM to 8:15 PM
1500 yen includes tea and sweets. RSVP*

Peace Love Tomare

*For reservations and/or information about Hana Meditation Evenings contact:
Joanne: 090-1165-5567 or 097-573-8053
or Organic Café Hana: 097-573-7711
Oita City, Shirosaki Machi 2-2-12  P&C Building 2F

Introduction to a New Year’s Song: "Haru no Umi"

“Haru no Umi”, written by Michio Miyagi, is one of the most famous, traditional Japanese songs. It is performed on koto, an instrument whose sound is similar to the harp, and the koto players wear beautiful kimonos. At the New Year, you can hear this song played in the department stores, shrines, on TV and on the radio.

I hope THE TOMBO readers have the chance to listen to some traditional Japanese songs this New Year’s season. Also, I plan to have a piano concert in the spring, where I focus on introducing my favorite Japanese songs. Anyone interested in learning more about Japanese music, or talking about music, please feel free to contact me!

Yasuko Hiramatsu
hello-hirako@softbank.ne.jp
The True Heart of the Japanese

By Eljoma

Both of my parents lived through the Japanese occupation of the Philippines. I grew up with stories about night curfews and about my mother cooking for Japanese soldiers. I already knew about Hiroshima and Nagasaki when I was just seven years old. The stories my children will be telling their children will be of a very different, special kind. They will fondly reminisce about their relentless Aunt and Uncle Takita, loving big sister Akemi, jolly Aunt Tsutsumi, towering Uncle Matsudaira and gentle Uncle Kikumoto.

Seeing that a second-hand car (in preparation for my family’s impending arrival in Beppu) was out of my budget, I emailed Mr. Kikumoto, a teacher who I had previously worked with as a teaching assistant, asking him to keep me within his radar, just in case any of his friends decided to dispose of their old cars. Eager to help, Mr. Kikumoto contacted a good friend of his in Oita, Mr. Matsudaira, informing him of my need.

Mr. Matsudaira, after exhaustively mapping out all possible options including several dates when he would accompany me to company car auctions, went to his barber, Mr. Tsutsumi, to share his plans. Mr. Tsutsumi’s daughter-in-law, Yuki, an assistant barber, overheard their conversation while Mr. Tsutsumi shaved Mr. Matsudaira’s beard. It turned out Yuki had recently heard that her uncle had decided to finally dispose of their 15-year old car. Mr. Matsudaira then took it upon himself to contact Yuki’s uncle, Mr. Takita, and personally inspect the car, ensuring that it was in good order and condition.

On December 25, 2009, I brought my family, who had just arrived in Beppu that week, to the barber shop. We met, for the very first time, Mr. Matsudaira, the Tsutsumi family, Yuki and her children, and the Takita family. As they turned over the car to me, there was one small problem: our three kids couldn’t fit inside as they had fully loaded the car to the roof with sweaters, jackets, blankets, futons, plates, shoes and a whole lot of other stuff we needed to get settled down!

This story, however, is not about the free car, which I eventually passed on to a Malaysian couple since I couldn’t sustain the huge expenses for gasoline, parking, insurance and other road taxes. The free car was just the vehicle through which fate connected us to the true Japanese heart.

The true Japanese heart is relentless in its generosity, and even fiercer in its anonymity. By January 2010, we had been mysteriously receiving at our doorstep white Styrofoam boxes containing frozen shrimp, crab and other seafood items. At times our mystery gift giver would leave 10-kilo paper bags of freshly-milled rice. Our kids would jump in joy when these packages contained cakes, chocolates, cookies and various fruits. We realized how much these heavenly graces had become a part of our lives when one time we ran out of rice to cook and our 6-year old son said: “Pa, let’s check outside the door if there’s rice.” The plot to stay anonymous was foiled when our 1st grade son, returning from school on his own, met his Aunt Takita walking down the stairs of our apartment.

The true heart of the Japanese is extremely perceptive and thoughtful. When our small kids began at the nursery and elementary, their Aunt Takita would regularly visit us, bringing shirts, pants, kids underwear, shorts, shoes, coloring books, pencils and colored pens, even a melodica. One day a mini-truck was parked in front of our apartment, and driving it was Mr. Takita. Mrs. Takita had gathered from her friends a washing machine (thinking we still didn’t have one), a large refrigerator (seeing that our current one was good for only one person), some wooden closets, and other pieces of furniture. Mr. Takita and I hauled the refrigerator via the stairs up five floors, but I had to sadly decline the other gifts as we had, just the week before, gotten some other stuff from a departing international student. When our 17-yr old son spent his summer vacation in Beppu last March to May, Mr. and Mrs. Takita’s daughter, Akemi, brought him to an Oita Heat Devil’s basketball game. Mrs. Takita also got him to teach Akemi and herself the Filipino language, paying for his transportation and giving a token salary.

The true heart of the Japanese is a quiet, steady presence. Just like loving parents, not a week passes without Mrs. Takita sending us SMS messages, patiently written using Hiragana and Katakana only, reminding us about the cold weather and about protecting our kids from coughs, fevers and colds. Mrs. Takita and Akemi have taken our kids to the games arcade, the park, the mall, allowing my wife and I to go on sorely missed romantic dates.

Positively suffocating from the love showered on us by the Takita family, I once asked why they treated us so kindly. Mrs. Takita narrated how a close relative had returned from overseas citing how difficult their life with no family nearby. Mrs. Takita told us that she just wanted us not to feel that way in Japan.

The Japanese heart is, above all, powerful in its simplicity yet gentle in its purity of purpose.

(From left) Mr. Takita, Mrs. Takita, Mr. Kikumoto, the author, and Mr. Matsudaira

Christmas Day 2009 with the Takita and Tsutsumi Families
Japanese Lessons

**Himawari Japanese Volunteers**
Support for people learning Japanese in order to help them enjoy their lives in Oita, now at three different locations.
Wasada Public Hall Wed. 10:00–12:00
Mejii Akeno Public Hall Wed. 14:00–16:00
Tsurusaki Public Hall Sat. 10:00–12:00
For more information contact Fukata Miharu TEL: 097-527-2614
E-MAIL: nhongo_himawari_oita@yahoo.co.jp

**Asian Culture Exchange Center**

**Nihongu Rakuraku-talk**
Beppu City Hall offers free Japanese lessons every Tuesday from 14:00–15:30. For more information contact Beppu International Affairs Division TEL: 097-721-6133
E-MAIL: int-ma@city.beppu.oita.jp

**Sakura Japanese Class**
Come study Japanese with friendly volunteers and teachers in a pleasant atmosphere. Sakura Japanese Class is held every Monday from 10:30–12:30 at the Oita University International House in Nishiki-Machi, Oita City. Classes cost ¥500 per 3 month term. For more information call Ohashi-san CELL: 090-7866-2486

**AIUEO Japanese Lessons**
Volunteers offer free Japanese lessons on Tuesday and Friday from 10:20–11:50 at 1-NESS near Oasis Tower as well as Thursday nights at Compl Hall from 18:30–20:00. Lessons are also offered in Beppu at the Oita International House on Tuesday mornings 10:30–12:00. For more information contact:
Mis. Miyase 090-8353-2485 (day lessons)
Ms. Kato 097-532-5940 (night lessons)

Community

**Oita International Christian Fellowship**
You’re welcome to join us for worship and fellowship! Check our website at: www.oicf3712.webs.com
Place: Compl Hall
Time: Every Sunday 10:00am–12:00pm
Check the lobby board for the room number under “O.I.C.F.”

**International Kempo (Self-Defense Classes)**
Ever thought about being able to defend yourself? Join us to keep in shape and to learn martial art-based self-defense techniques and bo-jyutsu (stick fighting).
Place: Souda Dojo (Near Oita University)
Time: Every Friday 19:00–21:00
For more information on times and places, please contact Katsuonni Tsujita at 097-583-0959.

**“Tomare” Meditation**
~Stop and find your center~
Would you like to learn more about or participate in individual or group meditation sessions, classes, or the Japanese healing art of Reiki?

**Spanish Club**
Join our Spanish club at the College of Arts and Culture (Geiin) in Oita City. This club is open to the public and participation is free! Every Monday from 19:00 to 20:30. Contact Ambre for more information anburu1984@gmail.com

**Oita JALT Event**
Our first event of 2011 will be a workshop held by Christopher Stillwell from Sojo University, Kumamoto. Christopher will discuss teacher awareness through peer observation. More specifically, how teachers are typically isolated from one another in their classrooms, but are fortunate in that they have a valuable and free resource in their midst- other teachers. This workshop will explore guidelines for tapping into this resource through peer observation and coaching. The workshop will also provide examples of how a voluntary peer mentoring program can create opportunities for teachers to benefit from the insights of peers, while experiencing the challenges of giving and receiving feedback. This workshop should be of value to anyone interested in collaborative professional development, peer/teacher observation, and techniques for giving feedback effectively in all contexts of teaching and learning. We hope you will be able to join us!
Date: Saturday, January 15th
Time: 14:00-15:30
Place: Oita International House, Beppu
Fee: Free for JALT members, ¥500 for non-members
Further information: http://jalt.org/groups/oita

**Word Lover’s Group Anyone?**
We have started a small group of writers in Oita. We meet once a month in Oita City to discuss writing, share texts that we are working on, and encourage and support each other’s writing projects and ideas. We would like to continue to meet on this basis, as well as facilitate readings and literary events in cafes and other spaces in Oita or Beppu. For exact times, and other information, please contact Joanne.
E-MAIL: joanneyoshi@gmail.com

**Lunch With Us?**
Japanese home cooking club for international families living in Beppu, takes place on Friday Feb. 25th at Women’s Center Fujin Kaikan “Nadeshiko” from 11:00–14:00. ¥500 to participate. For more information contact Beppu International Affairs Division TEL: 097-721-6133
E-MAIL: int-ma@city.beppu.oita.jp

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**From the Plaza**

**Japanese Chat @ OIP**
Come to the Oita International Plaza to exchange with locals and practice your Japanese conversation skills one-on-one in a relaxed atmosphere. There is a topic for each meeting to help guide conversation and promote exchange between cultures.
Saturday January 22nd 2pm–3:30pm (Foreign words in Japanese)
Saturday February 5th 1pm–2:30pm (Manners in different cultures)
Space is limited! Contact us to reserve your seat!
Details: March 5th 1pm–2:30pm (Foreign words in Japanese)

**Free Legal Consultations**
The Oita International Plaza holds legal consultations on the 3rd Sunday of every month. The next consultation will be held on Jan. 15th and Feb. 16th from 13:00–16:00.
The Oita Emigration/Immigration Affairs Council also organizes free consultations on the 1st Sunday of every month at the Oita International Plaza. Emigration/Immigration specialists are available to offer advice on a variety of topics from Immigration Bureau paperwork and procedures, to daily life matters. Due to the New Year holiday the next consultation will be held on Feb. 6th from 13:00–16:00. English interpretation available, other languages may be available with reservation two days in advance. OIP 097-533-4021

**Free Tagalog Consultations**
Date: Saturday Jan. 8th and Feb. 5th
Time: 13:00–16:00
Place: Oita International Plaza
Consultant: Rhodora Yoshitake

**Free Chinese Consultations**
Date/Time: Every Thursday 10:00–13:00 and the 2nd and 4th Tuesday of every month from 13:00–16:00. Place: Oita International Plaza.
Consultant: Cui Wenyu (*Dates and times are subject to change. Please contact the Oita International Plaza before coming.) TEL: 097-533-4021

**International Movie Screening @ Prefectural Library**
Canadian native Phillip Anastapalous will introduce a Canadian movie to promote international understanding.
Details: March 5
Saturday February 5th 1pm~2:30pm (Manners in different cultures)

**Explore meditation one Thursday a month from 7PM to 8PM.**
Would you like to learn more about or participate in individual or group meditation sessions, classes, or the Japanese healing art of Reiki?

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E-MAIL: joanneyoshi@gmail.com

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E-MAIL: int-ma@city.beppu.oita.jp
**Kanji of the Month**

This section aims to teach new kanji characters to beginner or intermediate learners of Japanese and to give advanced learners deeper understanding of different characters. This month’s character set is:

**TEACHER 「先生」**

The kanji 「先」, which is read セン or さき, combines the upper part 「先」 representing foot, with the lower part 「ん」 representing leg. The combination of foot and leg suggest a person moving forward so that the character means ahead of future or, in month’s character set, it means:

**PREVIOUS 「先」**

The kanji 「生」 originated from a pictograph of a plant growing. This depiction is conceptually broad so that the character takes on several different meanings (and readings), including life (生), live (生きる), birth (生む), and grow (生える). In this month’s combination it has the meaning of:

**TO BE BORN 「生まれる」**

The characters meaning “previous” and “to be born” were originally combined to suggest “a person born before oneself”. In this time, became used as a term of respect towards elders, and eventually arrived at the current meaning:

**TEACHER 「先生」**

The sentence below exemplifies the different ways to read the above characters individually and in the character set:

先生が私より先に生まれましたが誕生日は同じ日にあります。

My teacher was born before me but our birthdays are on the same day.

*Not all possible kanji readings are noted.

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### Foreign Movies Showing in Oita

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Only foreign films are listed. Changes may occur without notice.

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### Making Submissions

**The TOMBO** is always looking for articles and event information. Please send your submissions to the Oita International Plaza by E-mail (melissa@emo.or.jp) based on the submission deadline listed in the publication schedule below. The Oita Prefecture Cultural and Sports Foundation reserves all copyright to articles printed in THE TOMBO.

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### Receiving THE TOMBO

The Oita International Plaza mails THE TOMBO, free of charge, to all foreigners living in Oita prefecture. If you would like to start receiving THE TOMBO by mail, or you would like to cancel your subscription, or change your address, please send your name and address to the Oita International Plaza by mail, phone, fax, or E-mail (melissa@emo.or.jp).
As part of a program to develop the area around Oita Station, construction will be done on the Nippo train line to elevate it above street traffic. As a result the Omichi Bypass on Route 210 will be closed during the construction period from January 17th until August. Approximately 50,000 cars travel on the Omichi Bypass daily, so significant traffic jams are expected in downtown Oita City during this period. Taking public transportation as much as possible is advised, but when driving be sure to follow the signs for detour routes.

While the Omichi Bypass construction is expected to be finished by August 2011, it won’t be until March of 2012 that all train lines are elevated and traffic can move easily around the station. Plans to develop the southern side of the station also include a city park with water fountains, enrichment of “Symbol Road”, the 440 meter long road that connects southern Oita Station and the Oita City Art Museum, and also establishment of a new cultural exchange center, which will house a meeting hall, library, and a health & welfare center (to open in July 2013).

The following detour roads connecting areas on either side of the station will be open to traffic during construction: Oji-Machi to Shisako Route; Tamuro-Machi to Kasuga Route; Shonoharu to Sano Route; Kanaiko to Sakuraoka Route; Omichi to Kanaiko Route; Kencho to Furugo Route; Rokubo to Shin-nakashima Route.