



MINATO

# みなとユネスコ 会報

Bulletin

MINATO UNESCO ASSOCIATION NEWS & CALENDAR

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No. 181 : March 1, 2026

## Middle-agers face many challenges

NAKAMAE Yuki, Director, the Minato UNESCO Association



Have you heard of the “mid-life crisis?” I learned that it means such negative status of our mind as worries, frustration and unease about life, which people face in their mid-life from 40’s and 60’s at age. Some experts describe it as the “second adolescence” where almost 80 percent of the middle-aged people typically ask themselves, “Am I okay with this status of life?”

Being 51 at age, I belong straight to the mid-life generation. Looking around me, I become aware of the following typical challenges, shared by my generation, which seem to differ by individuals and in the degree of seriousness. In workplaces, middle managers are hard pressed between supervisors and subordinates. In families, child care, spouse relations and care of elderly parents cause increasing mental pressure. On the other hand, many mid-life couples start to feel mental emptiness after their grown-up children leave home or after their parents pass away.

Middle-agers also start to feel weakened health, including poor eyesight, high blood pressure and accumulating fatigue for example. They also find it difficult to catch up with the life style of younger generations. All in all, they feel that their life has peaked out, and that there is not any more potential for growth. Thus, they start to question the meaning of their life, willy or nilly.

Major milestones in the younger stages of our life, including entrance to schools or workplaces, marriage and birth of babies, are generally accompanied with joy. In contrast, changes in life, which hit middle-agers, often bring about severe challenges. When facing such challenges, they suddenly become aware that the days, when they were young and care-free, are long gone, and that they are no longer allowed to complain easily. In fact, they fall under pressure to work harder because they are not old enough to retire. In short, Tora-san’s mentality of “It’s tough being a man” applies to the mentality of mid-life generation.

In the past, it was taken for granted that the mid-life generation is the core to support our society, with their remaining youthfulness and stamina. Thus, the serious challenges they face have been overlooked. The coinage of the word “mid-life crisis” started to awaken people about the seriousness of this issue. Proposed ideas to solve this issue include to reevaluate what you truly treasure or value, to start new hobbies or activities or to do something helpful for others. While I was writing this essay, I felt that perhaps I can find a clue to solve this issue in vibrant activities of the Minato UNESCO Association (MUA).

The mid-life generation plays big roles in our society, including child & aged parents care, daily work, tax payment and community activities. Therefore, I hope that our society becomes more lenient toward the middle-aged citizens so that they can spend their life with a smiling face, not with a tired and gloomy face. While I was shedding light on the aforementioned challenges which face the mid-life generation, I renewed my desire to participate more actively in MUA’s activities.

# MINATO UNESCO Charity Concert

Date: Tuesday, September 23, 2025 14:00~16:00

Venue: Minato City Libra Hall

Co-sponsor: Minato City Board of Education

Minato UNESCO held the charity concert for the first time in its 40-year history. We have received more applications than expected, and there was capacity audience in the Libra Hall.

First half of Part I: Special Live by AYU, musical singer

Dressed in a stunning red dress, AYU sang five songs, including three Disney songs. Her pure voice and rich expressive power brought smiles to the listeners.

Second half of Part I: Piano recital by NAKAJIMA Hidekazu

His delicate finger movement, melodious sound, artistic sensibility and expressive power---audience was utterly overwhelmed. His "La Campanella" was just totally amazing.

Part II: Wizard of Oz: Story telling and music

The stage alternated between music and story telling, thereby taking audience to the imaginary world of Oz with its unique scenery and feelings of the characters.



Special Live:

Following the narration and music, a special live performance featuring violin and piano took place. The audience was enthralled by the violin's poignant, beautiful tone and the piano's wide range and expressiveness. The first MINATO UNESCO Charity Concert thus ended on a high note. It was a moment that reaffirmed the power of music to connect people beyond words.



The donations collected at the concert were endowed to Doctors Without Borders. We hope that they will be used for international medical and humanitarian aid. We are looking forward to holding the MINATO UNESCO Charity Concert as an opportunity to raise awareness and interest in social contribution.



主催 港ユネスコ協会 共催 港区教育委員会

# MINATO UNESCO チャリティーコンサート

第一部 AYUスペシャルライブ / 中島英寿ピアノリサイタル

歌/小野きみなほ

歌/ミュージカルシンガーAYU

ピアノ/中島英寿

第二部 語りと音楽「オズの魔法使い」

ピアノ/須藤信一郎

語り/併儀 和泉ちゆ

バイオリン/高橋 誠

2025年9月23日(火・祝) 開演 13:30 / 演奏 14:00 終演 16:30

会場 リーブラホール 港区芝浦1-16-1 みなとパーク芝浦1階

※お申込み 8月1日(金)～8月31日(日) 港ユネスコ協会 Website(ホームページ)よりお申し込みください。

定員 150名先着順 定員に達し次第、受付を終了します。

●お申込み・問い合わせ先 港ユネスコ協会  
〒100-0005 東京都港区芝浦3-16-3  
TEL: 03-3434-2300  
受付時間: 火曜～金曜 10:00～18:00 (祝日を除く)  
午前10時30分～午後5時

●チャリティーコンサートでの募金は、国境なき医師団へ寄付いたします。コンサート当日、受付に募金箱をご用意しております。皆さまのあたごたいご支援をお願いいたします。

国境なき医師団とは、1971年にフランスで発足。国境を越えて世界中に医療活動を行い、1999年にUNESCOの「世界文化遺産」に認定された。2007年に「国境なき医師団」の活動が「世界文化遺産」に認定された。

UNESCOとは、国連の専門機関の一つ。国連の「科学・文化・教育」の分野で「United Nations Educational, Scientific and Cultural Organization」の略称。国境を越えて、世界の平和と発展を促進し、ユネスコが掲げる「人間性の発展」に貢献。2014年に「世界文化遺産」に認定された。

## MINATO UNESCO チャリティーコンサート

2025.9.23 (火・祝日) 開演14:00 終演16:30予定  
会場：リーブラホール

### 第一部 AYUスペシャルライブ

歌 ミュージカルシンガーAYU  
ピアノ 小野きみなほ

1. Lovin' You/Minnie Riperton
2. Part of your world/リトルマーメイド
3. Beauty and the Beast/美女と野獣
4. 夢やぶれて/レ・ミゼラブル
5. アイノカタチ/MISIA

### 中島英寿ピアノリサイタル

ピアノ 中島英寿

1. リスト：愛の夢 第3番
2. ショパン：バラード 第3番
3. ドビュッシー：前奏曲第2集より「オンディーヌ」
4. ドビュッシー：前奏曲第2集より「花火」
5. リスト：パガニーニ大練習曲より「ラ・カンパネラ」

### 第二部 語りと音楽 「オズの魔法使い」

語り 和泉ちゆ  
バイオリン 高橋誠  
ピアノ 須藤信一郎

### 特別ライブ

1. パリの空の下
2. ニューシネマパラダイス
3. My Way

主催：港ユネスコ協会 共催：港区教育委員会

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(Written by FURUICHI Yoko, Standing Director, and translated by Miyashita, the PR & Internet Committee)

## Gyrokinesis Lessons

From July through September, we held a total of three Gyrokinesis lessons at MUA's Secretariat Office, focusing on comfortable, mindful body movements and deep breathing. Gyrokinesis is an exercise method that promotes flexible movement of the body, especially the spine and joints. By coordinating breath with movement, it helps align the body and refresh the mind. Each session was conducted in a small-group, relaxed atmosphere, and participants clearly felt the “refreshing” changes in their bodies after each class.

Gyrokinesis was developed by dancer Juliu Horvath and is characterized by flowing movements that trace “circular” and “spiral” patterns. Unlike Gyrotonic, which uses specialized equipment, Gyrokinesis is performed seated on a chair or lying on the floor, making it easy to continue practicing at home—another of its appealing features.

The instructor for these lessons is a certified Gyrokinesis instructor from Taiwan. We first met her through MUA's Japanese-language classes, which she attended to study Japanese. Learning about her passion for health and fitness led to the realization of these lessons.

She currently also teaches at the Tokyo American Club, a well-known members-only facility, demonstrating her high level of expertise. Her classes, grounded in solid knowledge and enriched by an Eastern sensibility, were a refreshing experience for us—many of whom are slightly older. Her clear instructions in English also served as an opportunity to practice language skills. After each lesson, we enjoyed lunch together, turning it into a valuable time for conversation with people we do not often get to see.



*(Written by TAGAWA J., Standing Director, and translated by SUDA Y., the PR & Internet Committee Associate)*

**The 2025 Kanto Block UNESCO Association Study Forum in Saitama**  
**Passing on the Spirit of Peace to the Next Generation**  
— *What We Can Do Now, 80 Years After the World War II*—

Date: Saturday, September 27, 2025  
Venue: Fukaya Civic Hall

The 2025 Kanto Block UNESCO Association Study Forum was held in Fukaya City, Saitama Prefecture. A total of 220 people participated, including 50 members from the Tokyo Council of UNESCO Federation. The opening event began with a performance of the local traditional art, the Chiaraijima Shishimai (Lion Dance), followed by a program centered on a keynote lecture and case study presentations.



■ Keynote Lecture

Speaker: Mr. KOYANAGI Mitsuharu (Former Superintendent of the Board of Education, Fukaya City)

Fukaya City is the birthplace of SHIBUSAWA Eiichi, who contributed greatly to the development of Japan's modern economy. Mr. KOYANAGI spoke about how SHIBUSAWA, who designed and worked to develop Japanese society in the early Meiji era, left behind a spirit and philosophy that have been adopted as a pillar of education in Fukaya City. He continued that the aforementioned spirit and philosophy largely influenced the formulation of the *Fukaya City Basic Plan for the Promotion of Education (The Fukaya Education Plan of Aspiration and Loyalty and Empathy)*, and that its influence further extends to the industrial sector as well as to educational institutions such as Hitotsubashi University and Japan Women's University.

■ Case Study Presentations

1. Fukaya Regional UNESCO Association

*Practices in the Field of Education*

Becoming leaders in community-based town development

— *Learning from SHIBUSAWA Eiichi and inheriting his spirit* —

2. Ota UNESCO Association

*Practices in the Field of Culture*

A sustainable “UNESCO Children’s and Students’ Art Collection for International Exchange”

In cooperation with the local medical association, principals’ association, and PTA federation, the association exchanges artworks with other countries and holds exhibitions. Through these activities, it aims to deepen understanding of UNESCO activities.



■ The 2026 Kanto Block Convention

The 2026 Kanto Block Convention will be held in Numata City, Gunma Prefecture.  
(Venue: Tone-Numata Cultural Hall, Date: Saturday, October 24, 2026)



(Written by SATO R., Standing Director, International Science and Culture Committee, and translated by SUDA Y., the PR & Internet Committee Associate)

## Fiscal 2025 2nd Cooking Workshop: Philippine Food

Instructor: Yu Naruse

Date and Time: Saturday, October 4, 2025

Venue: Minato City Gender Equality Center "Libra" Cooking Room

Participants: 18 residents, 3 instructors, 5 staff members

When you think of Filipino cuisine, what kind of food comes to mind? Since there are hardly any Filipino restaurants in Japan, many people probably can't think of any. Our guest speaker this time was Haruka Naruse of the Minato Ward Ethical Community. For the past 20 years, Ms. Naruse has experienced Filipino home cooking while staying with host families in business locations such as Manila, Cebu, and Bohol.

The menu we were taught today was as follows:

- ① Pinakbet (Filipino-style ratatouille)
- ② Ginataang Manok (Chicken simmered in coconut milk)
- ③ Tortang Talong (Eggplant omelet)
- ④ Fruit salad
- ⑤ Cucumber juice



• "Pinakbet" is a hearty ratatouille made with pork belly and seven kinds of vegetables. It was seasoned only with garlic, ginger, fish sauce, and anchovies, giving it a mild flavor. I had it with jasmine rice.

• "Ginataang Manok" is a soup made by simmering chicken breast and five kinds of vegetables in consommé, fish sauce, and coconut milk. Apparently, cow's milk isn't used much in the Philippines, but coconut milk is more common. It had a tropical stew-like flavor and was delicious.

• "Torutang Talong" is an omelet featuring tender grilled eggplant.

• "Fruit Salad" is a dessert made with fresh cream and condensed milk, mixed fruits, macaroni, and processed cheese. Macaroni and cheese combined with a sweet dessert seems a bit odd, but it's apparently popular in the Philippines.

- "Cucumber Juice" is a refreshing drink made by blending cucumbers in a juicer with lemon juice and sugar, then mixing it with cold water. It's interesting that cucumbers can be used as a drink. I was told to use plenty of cucumbers.

Finally, we all enjoyed a meal together. During the meal, Ms. Naruse gave us the following overview of the Philippines:

The Philippines is similar to Japan in terms of population and number of islands. Each island has its own unique culture and culinary tradition.

Recently, an increasing number of Japanese people travel to the Philippines to study English. University graduates in the country speak English as a second language and have many job opportunities. On the other hand, some people are forced to start working immediately after graduating from elementary school. This has led to widening educational and income disparities.

The government reports that 30% of the population lives in shacks, but the actual figure is likely closer to 50%. In fact, when I went to Cebu on a family trip this summer, I saw not only luxurious resort hotels and impressive shopping centers, but also rows of shacks. It made me realize once again that both are part of the real Philippines.

Traditional performing arts include bamboo music and bamboo dance, which use bamboo instruments.

Participants seemed to cooperate with one another at each table and cooked in a harmonious atmosphere. In the post-event survey, we received many warm comments, such as "It was fun," "It was delicious," and "I'd like to participate again."

Many thanks to our instructor, Naruse-san, and our assistants, Yoshinaga-san and Soma-san.



*(Written by YAMASAWA Emi, Vice Chairperson, the World Cooking Committee, and translated by MIYASHITA Yukari, Acting Director, the PR & Internet Committee)*

**Hands-on Workshop on Japanese Calligraphy**  
**Why not expose yourself to Japanese culture?**  
**Instructor : KANEDA Suimu (Member, the Mainichi Shodo Association )**

Date : Saturday. Oct.14,2025  
Venue : Minato Life-long Learning Center  
Fee : ¥1000 (MUA Member ¥700)

We had a total of 25 attendees, Japanese and non-Japanese, for the workshop.  
Contents of the class:

- Briefing on the history of calligraphy & tools
- First hands-on experience in calligraphy
- Drawing letters on colored papers



Comments from MUA staff :

We were pleased to find among the attendees a five-year-old boy and an eight-year-old girl escorted by their mothers. We also welcomed foreign embassy staff. In a very international atmosphere, all attendees focused on their drawing. After the workshop, they all expressed very positive impressions about what they experienced in the Japanese calligraphy class.,

The five-year-old boy draw the letter “Yume” on a colored paper. When we introduced his work to the other classmates before his departure, everyone was impressed and applauded. We understand that elementary schools in Japan re-started calligraphy classes. We sincerely hope that all of the attendees will work out time to brush up their calligraphy skill and enjoy the traditional Japanese culture.



*(Written by HIRAKATA K., MUA Director, and translated by TANAHASHI S., the PR & Internet Committee)*

## MUA Committee Leaders for Fiscal 2025

Committee Name	Standing Director	Chairperson	Vice Chairperson
Membership	Okumura K.	Okumura K.	
PR & Internet	Miyashita Y.	Tanahashi S.	
Foreign Language Study	Miyashita Y.	Miyashita Y.	
International Science & Culture	Sato R.	Umene K.	Kaneda N.
World Cooking	Furuichi Y.	Furuichi Y.	Yamasawa E.
Japanese Speech Contest	Tagawa J.	Tagawa J.	
Hands-on Cultural Workshop	Yokoi A.	Yokoi A.	
Minato Citizens Festival	Isobe T.*	Isobe T.*	Okumura K.
Youth Activities	Furuichi Y.	Kobayashi T.*	
Administration & External Relations	Sato R.	Furuichi Y.	
Esprit Nouveau	Tagawa J.	Tagawa J.	Miyashita Y.
International Party	Furuichi Y.	Furuichi Y,	Yamasawa E.

(\*denotes Vice President of MUA)

(Continued from P. 109 UNESCO Press Release

### **Khaled El-Enany** UNESCO Director-General

ALIPH was notably created to enable rapid and effective action for heritage under threat. This renewed agreement with UNESCO reflects our shared commitment to practical cooperation, complementarity, and impact. Together we have a collaborative advantage to better support countries and institutions facing increasingly complex risks, from conflict to climate change. The signing of this agreement today is especially symbolic as we prepare to celebrate the 10th anniversary of the founding of ALIPH in 2017. We look forward to having UNESCO's Director General join us in Abu Dhabi for our anniversary celebration next year, when we can look back together at lessons learned over the past decade and determine new avenues of collaboration for the protection of cultural heritage at risk.

### **Bariza Khiari** President of the Foundation Board of ALIPH

Within this new partnership, UNESCO will provide enhanced access to its global network of institutions, including UNESCO's field offices and diverse networks around the globe—such as UNESCO Category II Centres, UNESCO Chairs and UNITWIN Networks, as well as academic, research and heritage institutions, and local and international non-governmental organizations—for capacity building and data collection needs.

(Excerpted)

## UNESCO Press Release

### **Stronger Together: UNESCO and ALIPH reinforce cooperation for the protection of heritage at risk**

The United Nations Educational, Scientific, and Cultural Organization (UNESCO) and the International alliance for the protection of heritage (ALIPH) announced today the signing of a new cooperation agreement to strengthen the protection of cultural heritage threatened by armed conflicts and other crises, including those linked to climate change and technological developments. This renewed partnership builds on the results achieved in recent years and responds to the rapidly evolving risks facing heritage around the world.



**26 February 2026**

The new agreement, which covers 2026 to 2029, builds on a previous Memorandum of Understanding (MoU) signed in 2019, and reaffirms the complementarity of the two organizations' mandates and capacities. It aims to strengthen operational coordination, facilitate the implementation of joint projects and develop innovative responses to emerging challenges, including the combined impacts of conflict, climate change, and natural disaster.

UNESCO and ALIPH embark on a renewed and strengthened commitment to protecting heritage in danger. Over the past decade, UNESCO has significantly expanded its action in crisis-affected contexts, combining heritage protection with education initiatives and tools for social recovery, including through the Heritage Emergency Fund. Building on ten years of achievements, this new partnership with ALIPH opens a new chapter in our cooperation — one that will allow us to deliver more effectively for communities and the people we serve.

(To be continued on P. 9)

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Minato UNESCO Association is a citizens' voluntary membership organization that promotes Japanese traditional culture, holds cross-cultural workshops and presents multicultural events and international symposia for world peace. For any questions or comments about our articles, please contact our secretariat office at:

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URL: <https://minato-unesco.jp/en/>

