



MINATO TOKYO

Bulletin

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MINATO UNESCO ASSOCIATION NEWS & CALENDAR

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My thoughts from Aizu to Minato UNESCO Association

Toshiko Watabe, MUA Standing Director

I presently live in the Yukawa Village in Fukushima Prefecture. It is located at the center of the Aizu-Bonchi basin. This may sound like an exaggeration but the location is geographically at the navel of Japan proper. I spend almost half of the month, shuttling between Aizu and Misato these days. For years my husband has had his business base in Misato and wants to remain there until his retirement. Therefore he expects me to work out an appropriate shuttling schedule. It is a blessing that his office in Misato is spacious enough for my lodging whenever I visit there.



Why do I live in Aizu? There is a good reason. My husband has been always understanding and cooperative with my years-long MUA volunteer activities. Also he has been a hard-working man. With a sense of deep appreciation as spouse, I let him choose freely the place where he tentatively wants to spend his post-retirement years. Actually being self-employed, he does not have business retirement. He chose Aizu as his Shangri-la.

Simply put, he wants to lead a rural countryside life, I thought. At first I hesitated at his idea. However, after I made the shuttle by car a few times, I found that it takes only about three hours one way. So I began to accept this life style. As he has been a green thumb, I thought that the ultimate goal of his years-long-hobby would be attained by living in Aizu.

Aizu is surrounded by mountains all around. Bandaisan to the east, Komagatake to the west, Chausudake to the south and Iinoyama to the north. It offers scenic beauty from season to season. In autumn, I notice from my car window groups of white swans pecking at gleanings in the post-harvest rice paddies. It's a beautiful sight to see and a great pleasure for me in autumn each year.

On March 11, 2011 the Tohoku area was hit by a disaster named later as the "East Japan Great Earthquake." My daughter's family lived in the Aoba ward of Sendai City then. For hours soon after the disaster, I could not get in touch with them. It was caused by massive traffic congestion as so many people tried to use cellphones simultaneously beyond the capacity of communication channels. Finally I could contact our daughter and confirmed the family's safety. A few days later, she sent me a cellphone video showing the scenery of the devastated seashore where traffic was restricted. I was just stunned at the miserable sight beyond my imagination.

The National Federation of UNESCO Associations in Japan immediately launched the "UNESCO Association Scholarship for the 3.11 Disaster Stricken Children and Students." In response MUA started its fund-raising Co-Action efforts, requesting the attendees to donate each time it held different programs. The disaster destroyed not just physical facilities like towns and homes but also family ties. When I think of the future of those children who lost their families, I renew my resolution to continue MUA's fundraising efforts ever more actively.

(To be continued on P. 3)

Welcome Meeting for MUA New Members

Date: June 28, 2017; 18:30 - 20:30

Place: Minato City Life-Long Learning Center

This year celebrates the 70th anniversary of the emergence of grassroots UNESCO activities in the city of Sendai for the first time in the world. We at MUA held a welcome meeting for new comers with an expectation that this year becomes a year of rapid progress for MUA.



Under the stewardship of Ms. M. Akiyama, Standing Director, who played a role of mistress of ceremonies, a comprehensive orientation on our activities was provided to those joined in the recent one year period. Five newcomers were warmly welcomed by sixteen members.

- **Welcoming Remark by Mr. Hiroshi Nagano, President:**

It is advocated in the UNESCO Constitution that ignorance of each other's ways and lives has been a common cause, throughout the history of mankind, of that suspicion and mistrust between the peoples of the world through which their differences have all too often broken into war. In Japan after World War II, the grassroots UNESCO activities emerged in the city of Sendai for the first time in the world back in 1947 in order for Japan to make a comeback as a peaceful country. Minato UNESCO Association was established in 1981 in line with the UNESCO spirit. It commemorates the 36th anniversary in October this year. We hope that new members take active parts in the grassroots activities for years to come.

- **Welcoming Remarks by Mr. Kensuke Kikuchi, Vice President:**

We expect new members to find an activity to take part in. Let's enjoy the activities of MUA together and develop friendship.

Next, representatives from the seven MUA committees gave a brief presentation on their respective activities:

Mr. Y. Suda, Secretary General, first introduced Ms. I. Takahashi, a new staff of the secretariat office.

- **Membership Committee:**

Our activities focus on the promotion of exchanges among members. The first event planned in the very near future is the visit to an embassy in Minato City. Please join us.

- **PR, Bulletin & Internet Committee:**

We publish Japanese and English quarterly bulletins in order to share, internally and externally, information on MUA's activities as well as to record them. Please come and join us in editing bulletins as well as maintaining MUA's website.

- **International Science & Culture Committee:**

We present the following three major programs, thereby providing Minato City citizens with opportunities to broaden their perspectives on the outstanding issues.

- Cross-cultural Awareness Workshop: three times a year
- Diplomats Lecture: once a year
- Symposium: once a year

- **Foreign Language Study Committee**

We currently operate two English classes. The one is taught by an American teacher, and the other by a Japanese. Thus, we are ready to satisfy the needs for the English studies toward the 2020 Tokyo Olympic Paralympic games.

- **World Cooking Workshop Committee:**

We hold the workshop three times a year at Libra Cooking Room in Minato Park Shibaura near JR Tamachi Station in order to introduce food culture and home dishes around the world.

- **Minato Citizens Festival Committee:**

We participate in the festival every year which is held at the vast site around Zojoji Temple and Shiba Park close to Tokyo Tower. We take advantage of this festival for presenting MUA activities to the visitors.

- **Hands-on Cultural Workshop Committee:**

We provide workshops of Yukata dressing, tea ceremony and calligraphy, which are all traditional Japanese culture. This year, we also plan to present a Kumamoto folktale and regional dance.



Then, new events planned for this year were presented.

- **Zazen Trial Class:**

A hands-on learning of Zazen was held in the end of June at Seishoji Temple, one of the historic temples of Tokyo. Located in high-rise community of Minato City, the temple offers you very calm environment most suitable for Zazen.

- **Japanese Speech Contest**

A speech contest in Japanese language by foreign nationals is planned on January 20th, 2018. This shall offer especially younger people with a good opportunity for international exchange.

Then, the reception was held in MUA's secretariat office. New members introduced themselves over snacks and candies. We hope that all new members actively join various activities of MUA.

(Written by T. Kobayashi, Standing Director, and translated by Y. Suda, the PR, Bulletin & Internet Committee)

(Continued from P. 1): My thoughts from Aizu to Minato UNESCO Association

In the following years Japan experienced the Kumamoto Earthquake while the world has seen the occurrence of "guerilla" torrential rainfalls, super-size typhoons, and the rise in seawater temperature, among others. It seems to me as if the earth were screaming for help. Still the global warming is worsening at an accelerating speed. How terrible! I'm determined to fulfill my share of duty in my capacity, joining other parents and global citizens, by advancing the "Stop the Global Warming" initiative to secure sustainable future for all the children.

In retrospect it was in 1987 that I first joined MUA's New Year Friendship Party. I remember it was held at the Aoi Kaikan hall. I was briefed that Minato City, where MUA is based, accommodates many foreign embassies and business corporations, and that it is characterized by abundant opportunities for us to be exposed to different cultures. During the reception for friendship, MUA members and different attendees, including foreign guests, enjoyed cross-cultural interactions in a very pleasant family-like atmosphere. Motivated by such a favorable perception, I decided to join MUA on the spot.

To become an active MUA member, I joined the International Exchange Committee which was later renamed the Cross-cultural Awareness Committee. The committee held many rewarding lectures. The committee members used to have conferences in the evening at MUA's secretariat office. We enthusiastically exchanged opinions concerning different programs in a harmonious atmosphere as we ate Onigiri rice ball snacks. The meetings offered good opportunities for me to enrich my knowledge by listening to other members' opinions which were sometimes academic. Time passed so fast and we had to leave the room before the building was closed at 21:00. Sometimes, after those conferences, we relocated to coffee shops for additional talk. On such occasions, I used to take the train before last of the Musashinosen Line and came home at almost 24:00.

I'm of opinion that the spirit of service, the aspiration for peace and the respect for other people's equal rights are indispensable for those who engage in volunteer activities. I hope that I can continue my participation in MUA activities so that I can make humble contributions to the realization of world peace.

(Translated by S. Tanahashi, the PR, Bulletin & Internet Committee)

Visit to The National Museum of Western Art

Date: May 19th, 2017
Lecture: “Matsukata Collection and The National Museum of Western Art”
Speaker: Ms. Megumi Jinggaoka, Curator

Ms. Jinggaoka obtained a Ph.D. at Graduate School of Arts and Sciences, The University of Tokyo in 2005. After joining the National Museum of Western Art (“NMWA”) as a curator in 2007, she organized many exhibitions introducing French history and culture since then. She conferred L'Ordre des Arts et des Lettres from French Government in February, 2017. She kindly prepared a special lecture for the members of Minato UNESCO Association this time as outlined below.



Main collections of the NMWA, established in 1959, are French paintings produced in the 19th to 20th centuries, based on the Matsukata Collection of approximately 370 artworks. The founder of the Matsukata Collection was Kojiro Matsukata, the third son of Masayoshi Matsukata, a politician of the Meiji period who rose to the post of Prime Minister.

After completing his college preparatory studies in Tokyo, Kojiro Matsukata went to America for further studies, obtaining a Juris Doctor in law from Yale University. He became the first president of the Kawasaki Dockyard Co., and made a fortune out of his shipbuilding business, which allowed him to build a vast collection of artworks. He aimed at building an art museum and putting authentic European artworks on view for the benefit of Japanese artists. As a matter of fact, he actually completed the design of the museum and, further, named it “Sheer Pleasure Fine Arts Pavilion”. However, his plan was disrupted by such misfortunes as Great Kanto Earthquake and the world economic crisis.

He began to collect artworks in London in 1916, and expanded the activity to other European countries. He was introduced in a Japanese paper of the time as a business person who purchased as many as 600 artworks. He got advice from British painter Frank Brangwyn as well as Léonce Bénédict, director of the Musée du Luxembourg as to the purchase, and a lot of support was extended by a group of Japanese people represented by Seiichi Naruse, a scholar of French literature.

The huge collection is categorized into three; (1) approx. 1,300 works shipped to Japan after purchase, (2) approx. 900 works stored in London and (3) approx. 400 works stored in Musée Rodin in Paris. Most of category (1) were scattered and lost in Japan. Most of (2) were destroyed in a fire. Most of (3) were sequestered by the French government, but were given back to the Japanese government as a sign of the renewed amity. The artworks, designated as the Matsukata Collection, were returned to Japan with a strong request of the French government to introduce French artworks, which led to the opening of the NMWA.

An article in a newspaper of 1959 neatly explains that people got passionate about the opening of the NMWA. The word “Matsukata Collection” was written in large letters on a cargo truck which carried artworks in to the NMWA. Packages of artworks were opened under the gaze of many people, which seldom happens these days. An article like “Matsukata Collection exhibition girls wanted!” was seen as well. Perhaps young girls were recruited for receptionists. The revision of General catalog of Matsukata Collection is scheduled to be published in the end of this year. Should you see it at a bookstore, please pick it up and go through it.

We enjoyed listening to the above-mentioned presentation with a screen view of many artworks. An artwork named “Mr. Bran” painted by Manet that was donated by Matsumoto family was also introduced. Some people stated in their responses to the questionnaire that they were surprised to know what took place, that the presentation given by Ms. Jinggaoka was very well prepared and superb, and that they had different impression in seeing artworks after the presentation.

(To be continued on P. 9)

The Zazen Workshop

Date: Friday, June 30, 2017

Place: Seishoji Temple, Minato City

MUA decided to start a Zazen workshop as a new program under the initiative of the Membership Committee. In the first session held on June 30, a total of 30 people attended. At first Reverend Mukan Kamada gave a briefing in Japanese and English. Then the attendees moved to the Zazen hall and experienced the Zazen exercise. When our staff asked the attendees their impression of the exercise, the responses were generally very favorable to our great joy. For example, they responded, “I found the exercise very precious” or “The experience was so rewarding.”

All of us go through daily hustles and bustles, dealing with stressful human relations or job executions, in the complex modern society. It may be a good idea to have a Zazen meditation, even for a short time, and obtain an objective view of ourselves, sitting quietly and emptying our minds. It will enable us to become aware of what we have overlooked in our daily life. As long as we apply our own yardstick to evaluate things around us, we are liable to fall into unrealistic perceptions, prioritize our own benefits unfairly or become carried away on the spur of the moment. Repetition of such conducts could spoil human relations and cause failures in different attempts.

Isn't it necessary for us to acquire a life-size perception and pass a realistic judgement from a correctly tuned viewpoint? Why don't we include Zazen in our lifestyle as a way of cultivating such a mindset? Zazen is a Japanese cultural asset which has been handed down from our ancestors for centuries. We welcome those who have never experienced Zazen. Just sit and feel what Zazen is like. The exercise will refresh your mind, relieve anxiety or tension, and infuse energy as you take a slow, deep breath. Please plan to join any of our future sessions to experience Zazen.

Last but not least, we'd like to extend our heartfelt thanks to the generous cooperation offered from the Seishoji Temple staff which made the first workshop very successful.



(Written by K. Kikuchi, Vice President, and translated by S. Tanahashi, the PR, Bulletin & Internet Committee)

The World Cooking Workshop Home Dishes in Myanmar

Date: Sunday, June 18, 2017

Place: Minato Gender-equality Center Libra

For this cooking workshop, we had the pleasure of having Ms. YuYu Wai as our instructor. She comes from Yangon. She is the owner of the oldest Myanmar restaurant in Tokyo which was opened in Takadanobaba in 1977. When her elder sister left for the U. S. 28 years ago, she succeeded the business. In Takadanobaba, known as “Little Yangon,” she continues to offer authentic Myanmar cuisine endorsed by those who came from her homeland.



Part I: Introduction of the Republic of the Union of Myanmar

First, Wai-san made a brief introduction of Myanmar. The country has a horizontally long territory, with its border facing China, Bangladesh, India, Laos and Thailand. To the south, it faces the Bay of Bengal and the Andaman Sea. The country was formerly called Burma which may sound more familiar to the elderly Japanese. It has a population of about 51.4 million and a territory of about 680 thousand square meters. The capital is Naypyidaw but the largest city is Yangon. It is a multi-ethnic country, with the Burmese accounting for 60% while also accommodating the Karen and the Kayah tribes, among others. The official language is the Burmese. In terms of religion, Buddhists account for 90% the population while Christians and Muslims account for 4% each.

Part II: Cooking of the Myanmar dishes

The Myanmar dishes are characterized by extensive use of different beans (including kidney bean and chick bean) and abundant use of oil, as well as seasoning by plain tastes. In some dishes, fermented tea leaves are used. Being a multi-ethnic country with a long horizontal territory, Myanmar offers a variety of cooking. In this workshop, Wai-san taught us home dish cooking typical in Yangon.

Day's Menu

- 1) La Pet Thop
Mixture of fermented tea leaves, dried shrimps, nam pla, lemon juice, nuts, cabbage and tomato. (Left photo below)
- 2) Fried Yellow Tofu
Fry Myanmar-style Tofu (made of chick pea) in salad oil. Place as the side nuoc mam seasoned with sweet chili sauce. (Center photo below)
- 3) Nang Jii Thop
Mix chick pea powder with water. Fry onion, garlic and ginger, and add coconut milk. Mix them all. Add chicken breast meat which was already seasoned. Also add Udon noodle, soybean flour, nam pla and lemon juice to work out good taste. Place boiled egg and coriander for decoration. (Right photo below)



La Pet Thop



Fried Yellow Tofu



Nang Jii Thop

The Myanmar cooking was the first experience for most of the attendees although a few had

(To be continued on P.9)

Workshop to learn how to wear a Yukata

Date: Saturday, July 1, 2017

Place: Minato Life-long Learning Center

We had the pleasure of having a total of 25 attendees to this popular event, including those from Cambodia, the Philippines, Myanmar, Romania and Thailand. The instructor was Ms. Yoko Hoshi. The program, focused on “Kitsuke” or how to wear, proceeded in the following steps:

- ① Briefing on the history of Yukata
- ② Demonstration by the instructor of how to wear a Yukata
- ③ Practice by the attendees on how to wear their Yukata's
- ④ Commemorative photo-shooting of the Yukata-clad attendees
- ⑤ Friendship reception
- ⑥ Practice of how to fold a Yukata

Let me introduce to the readers typical questionnaire comments received from both Japanese and non-Japanese attendees:

Japanese attendees:

- I'm very happy to have learned how to wear a Yukata by myself.
- I found the practice difficult. Still, I enjoyed the lesson.
- I felt as if I wore a beautiful Japanese culture, with my mind refreshed and deeply touched.

Non-Japanese attendees:

- It was a wonderful experience.
- This was a memorable experience and one of the most enjoyable time spent in Tokyo .
- I would have liked to walk outside dressed in Yukata.

Comment from the Committee Staff:

Yukata is a popular summer-season icon of the traditional Japanese culture. It seems an increasing number of people, dressed in Yukata, go out to festivals or for shopping. It will certainly make the summer season more enjoyable if you can wear Yukata by yourself. In this workshop, the number of non-Japanese participants outnumbered the Japanese – only four. We are pleased to spend a vibrant friendly cross-cultural interactions throughout the program.



(Written by K. Hirakata, VP, the Hands-on Cross-cultural Workshop Committee, and translated by S. Tanahashi, the PR, Bulletin & Internet Committee)

Dialog with the UNESCO Committee Students of Tokyo Metropolitan Mita High School

Date: June 13 & 19, 2017

Place: MUA secretariat office

A total of 32 students from the UNESCO committee of the Tokyo metropolitan Mita High School, led by Mr. Naohiro Kawaguchi and Ms. Rio Yamauchi, visited the Minato UNESCO Association's secretariat office in two groups on two different dates in June. This war-related dialog program was started by MUA six years ago.

Ms. M. Takai, former President of MUA, talked on her tragic experiences during the World War II (WWII) until last year. This year Mr. H. Nagano, MUA President, first talked about the meaning of the establishment of the UNESCO and the grass-roots activities that led Japan to the membership of the UNESCO. Then, Mr. G. Shimizu, MUA Director, explained his experience during the WWII. He not only spoke but also sang along with accompaniments by himself on the accordion such songs as "Douki no Sakura", "Rabaul Kouta", etc. which were sung quite often to encourage people during the period of WWII in Japan. He added some explanation on the sentiment of people of the time when they sang those songs. After these visits, Mr. Kawaguchi kindly forwarded us the letters written by two students later on. We took the liberty of introducing the letters hereunder.



Letter 1:

We the members of the UNESCO committee of Tokyo Metropolitan Mita High School had the opportunity of listening to the history of UNESCO as well as the experience during the WWII at the Minato UNESCO Association. We were able to reaffirm the true meaning of "peace" which we understood vaguely.

When we listened to the history of UNESCO, we were frightened by the sentence of UNESCO Constitution which goes as "that ignorance of each other's ways and lives has been a common cause, throughout the history of mankind, of that suspicion and mistrust between the peoples of the world through which their differences have all too often broken into war". We re-acknowledged the importance of learning the culture and language of other countries to suppress the eruption of a war.

What impressed us most was the scale of negative effect that war gave over the people in Japan. We were horrified to know that the national mobilization was prompted not only in Japan but in all the countries involved in the WWII. We surely learned the importance of putting our best efforts in handing down the story of the world we just heard by word of mouth from generation to generation in order to avoid the recurrence of tragedy caused by a war.

Letter 2:

We had the opportunity to hear the activities of Minato UNESCO Association as well as the tragic stories of the WWII.

We found that there were places very near to us where we could learn and experience the international exchange. Being high school students, it makes easier for us to take part in such activities.

All of us were very impressed by the songs sung by Mr. Shimizu to his own accordion accompaniment. Those songs were all powerful as they were actually sung during the war time. Mr. Shimizu's talk on his miserable experiences was also very impressive to us. We once looked up

the situation of battlefield or air-raid before. However, it was very precious experience for us to have an opportunity to listen to the talk of a person who actually experienced the war. We shall surely keep facing with the war and communicate misery of the war with as many friends of ours as possible.



(Written and translated by Y. Suda, the PR, Bulletin & Internet Committee)

(Continued from P. 4): Visit to The National Museum of Western Art

Last but not least, the visit to the NMWA was realized by the effort of Mr. Hiroshi Matsumoto, Advisor of MUA and a grandchild of Kojiro Matsukata, and the great support extended by Ms. Akiko Mabuchi, Director General of the NMWA. We would like to express our deepest gratitude to both of them.

(Written by Y. Miyashita, MUA Vice President, and translated by Y. Suda, the PR, Bulletin & Internet Committee)

(Continued from P. 6): Home Dishes in Myanmar

experienced it. Wai-san was kind enough to prepare ingredients needed for preliminary cooking arrangements. It facilitated greatly the progress of the cooking steps so that we could have time to talk with Wai-san at the end. All the attendees were very happy and appreciated Wai-san's attractive Myanmar fashion. During the event, Chairperson Ohba gave a helpful presentation on the Buddhist temples in Myanmar. Because only three of the committee members were available on the day, it was the presence of Ms. Okumura, MUA Vice President, along with the cooperation from the attendees that made this workshop successful.

(Written by K. Matsuzaki, Standing Director, the World Cooking Committee, and translated by S. Tanahashi, the PR, Bulletin & Internet Committee)

(Continued from P. 10): The 70th anniversary commemorative convention of NFUAJ

- Sendai proclamation by the youth group
- Presentation of the 70th anniversary vision of the private-sector-driven UNESCO activities
- The youth assembly: Let us get together from all around Japan and strengthen our network for working out future plans for the UNESCO youth group

A total of about 900 people attended this commemorative event, including UNESCO association members from all over Japan as well as foreign guests from 16 countries, including China, India, South Korea and Vietnam. It turned out to be a very successful gathering worthy of the anniversary event. From MUA, six members attended including President Nagano and Ms. Mari Omoto, who is the eldest daughter of late Mr. Koichi Ueda, one of the pioneering members who started the private sector-driven UNESCO activities in Sendai.

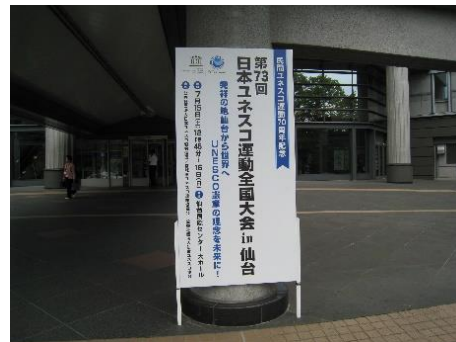
(Written by M. Takai, Advisor & Director, and translated by S. Tanahashi, the PR, Bulletin & Internet Committee)

**The 70th Anniversary Convention of the National Federation of
UNESCO Associations in Japan, observing the Start of Japan's
Private-sector-driven UNESCO Activities in Sendai**
-Let's advocate the UNESCO constitution ideals from Sendai into the future-

Date: July 15 (Sat) & 16 (Sun), 2017

Place: Sendai International Center

“Since wars begin in the minds of men, it is in the minds of men that the defenses of peace must be constructed.” These are the well-known words included in the preamble of the UNESCO constitution which was adopted during the organizing general assembly of the United Nations Educational, Scientific & Cultural Organization, held on November 4, 1946 following the WWII. The news which reported on the birth of UNESCO with such a noble mission in its constitution became an empowering light for the downhearted Japanese to restore their devastated country and also a big hope for the future.



On July 19, 1947, the world's first UNESCO cooperative association was established in Sendai under the joint-leadership of Kochi Doi, Takeo Kuwabara, and Koichi Ueda. This marked the start of private-sector-driven UNESCO activities. Before long the activities expanded throughout Japan and also outreached oversea.

Note: Japan was accepted into UNESCO in 1951 as the 60th member state whereas it joined the United Nations five years later in 1956. Both organizations were founded by the countries which were allied during the WWII. Initially the two organizations did not accept Germany, Italy and Japan which were formerly the axis countries.

The commemorative convention in Sendai motivated us to renew our awareness of the basic UNESCO mission, launched 70 years ago. It also motivated us to aspire world peace and advocate our future-oriented message, jointly with the youth, in an enthusiastic and hopeful atmosphere.

The following major programs were included in the 2-day convention:

- Commemorative lecture: “Let us breed the youth possessing intellect and courage to tackle the climate change” by Dr. Rajendra Kumar Pachauri, Nobel Peace Prize laureate
- ”Invitation by the Youth Group to an adventurous tour to the Present, Past and Future of UNESCO” by the Mirai Sozo Tai
- Panel discussion on “Messages from senior high school students” for the building of a sustainable society.
- Audio-visual presentation on “Stage Earth” by Medical Dr. Norihiko Kuwayama, sending a message to the world based on the UNESCO constitution philosophy.
- Panel discussion on “ESD for securing world peace,” addressing disaster prevention, natural environment, traditional assets, protective action for human rights and peace.
- Commemorative music performance: Eijin Nimura, a UNESCO artist for peace
- UNESCO intangible cultural asset: Akiu no Taue Odori



(To be continued on P. 9)

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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