

OUR HOME, MIE ONE PAPER CONTEST 2025



Every year, the Mie Prefectural Board of Education holds the “One Paper Contest: Let’s Promote Our Home, Mie, in English.”

It is a competition for junior high school students to share the appeal of Mie Prefecture. We hope you will enjoy reading the best of this year’s eight prize-winning papers and discover the attractiveness of Mie.



「郷土三重を英語で発信！ワン・ペーパーコンテスト」

三重県教育委員会では、県内の中学生を対象に「郷土三重を英語で発信！～ワン・ペーパー・コンテスト～」を実施しています。このリーフレットでは、今年度の応募作品の中から、優れた8作品を紹介しています。ぜひお読みいただき、三重県の魅力を感じてください！※生徒作品の内容は、実際の施設の状況等と異なる場合があります。

The blessing of sea from Mie prefecture

Matoyakaki

These are produced on the Shima Peninsula. A large quantity of oysters is produced on the Shima Peninsula. However, only the best oysters caught there are recognized as Matoya oysters.

How to eat it deliciously

There is a specialized restaurant near the aquaculture farm, the name "Matoya kaki teppan" and there we can enjoy various dishes using fresh oysters.

I am rare!



Which one would you like to eat??

Ise-ebi

It's caught in Ise city and it is famous for as a Japanese high-quality Ise-ebi. Its antenna is very long. It's a sign of long life. So Ise-ebi is an essential food for traditional Japanese events such as Weddings and New Year celebration.

How to eat it deliciously

people like cooking methods that let them enjoy the natural taste of the ingredients. Boiled, baked... Surprisingly, some people eat it raw 😬
*Abroad, It's commonly called the Japanese spiny lobster, but we call it Ise-ebi.



Anori fugu

This pufferfish is one of the Mie brands so it's raised very carefully as a specialty of Mie prefecture.

How to eat it deliciously

First of all, unlike other seafood, it can only be eaten on the Shima! 😬
Also, since the season is from October to March, it's better to eat it then.



YAMA in Sekijuku !!



Do you know dashi?
It is a traditional festival float in Japan. People in Sekijuku call dashi "yama." I would like to introduce yama in this article.

1 What is yama?

Yama floats have been used as a festival float in the Sekijuku Gion Summer Festival since the Edo period. In the Edo period, there were sixteen floats in Sekijuku, but now there are only four. Two of these floats are displayed at the Sekinoyama Hall. This hall opened in 2019 and has four buildings. If you go there, you can see the two floats, historical materials, and festival decorations.



3 Sekijuku Gion Summer Festival

Sekijuku Gion Summer Festival is held in Sekijuku every July. There are a lot of events in this festival. I would like to tell about two of these events. First, yama no jungyo. It's Japanese parade. People walk on the streets of Sekijuku with yama for a long time. Second, butai mawashi. People turn four floats 360 degrees. It's very exciting. Both events have gion bayashi. People are playing the musical instrument. For example, shinobue, taiko, kane, and tsuzumi. Moreover, bamboo lanterns are placed on the streets of Sekijuku. I went to the festival this year. Gion bayashi was beautiful. I hope that more people learn about the yama's appeal.

2 "Seki no yama"

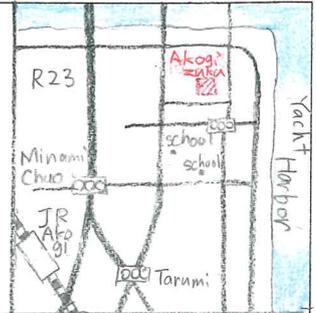
This title is a Japanese idiom. "Seki no yama" means "I can't do any more." The word came from the yama of Seki's festival. "Seki" means Seki town in Mie. "Yama" means festival float in Sekijuku. When Yasaka Shrine Festival Gion Association was held, the yama were very luxurious. People said "I've reached my luxury limit," so the word was coined.

(⚠ There are various theories.) Shikitei Sanba, a popular writer of the Edo period, also used the word in "Ukiyoburo."





A hidden gem in Tsu city AKOGIZUKA TUMULUS



What's "Akogizuka Tumulus"?

Long ago, the spirit of the fisherman Heiji, who illegally fished to help his sick mother and got punished is enshrined here. It's in a neighborhood close to the yacht harbor.

A Sad Legend of Filial Piety

Long ago, Heiji a poor fisherman who cared for his mother lived in Akoginoura. His mother became sick and weaker day by day.

One day, he heard a rumor that "It seems that eating a fish called Yagara can cure the disease".

But the sea with Yagara was a no-fishing zone. However Heiji wanted to help his mother so he secretly rowed out in a boat to fish every night, even though it was illegal. But one day, he forgot his straw hat with his name on it at the beach and got arrested. He was rolled in a carpet which was made of straw and was thrown into Akogiura, because of the illegal fishing.

People living near the beach built a tumulus to calm Heiji's spirit, and it's said that they still hold a memorial service for him every year during Obon.



Kabuki

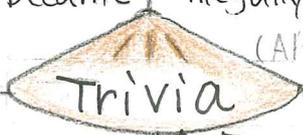
In the Edo period, a Kabuki play

called "Akogino Heiji" was made inspired by his story. It became very popular.

Origin of the name of the place, Akogi

This neighborhood is named Akogi because many people fished there illegally since ancient times.

(Although, there are various theories.)



Trivia

Musical drama

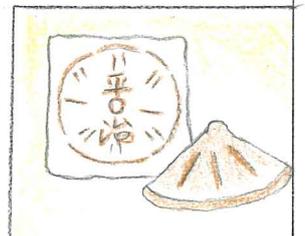
For about 20 years, every fall, all the students at Ikusei elementary school have performed a musical



story called "Akogino Heiji", which tells this legend through songs and lines.

Famous sweets

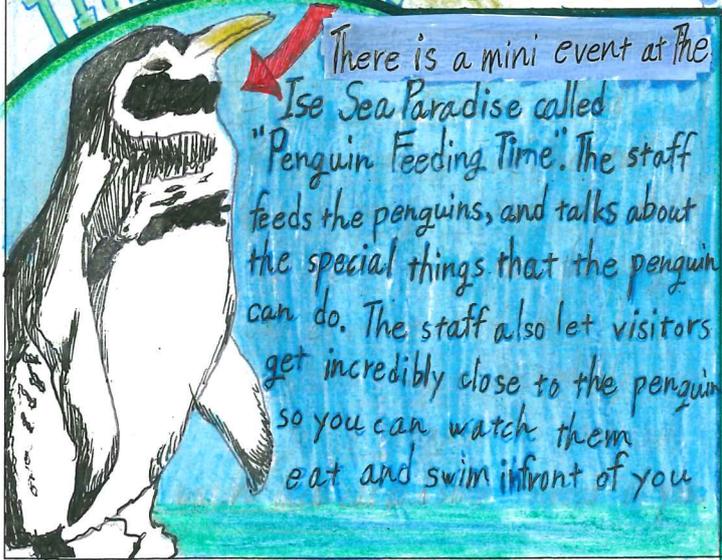
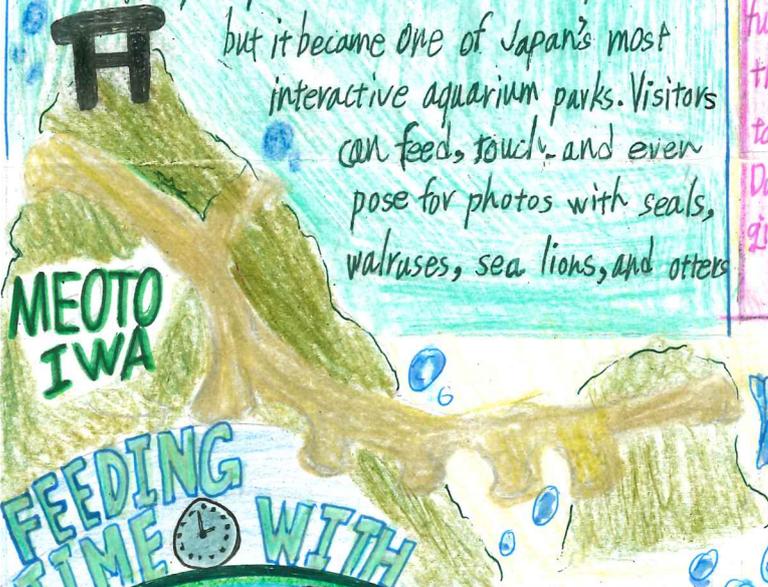
One famous treat from Tsu City is "Heiji Sembei". It's a baked biscuit said to be shaped like Heiji's straw hat. Because it's really tasty, you should try it!



The Ise Sea Paradise

HISTORY

The Ise Sea Paradise is an interactive aquarium and it was built in July 21st, 1966 in Futami-cho, Ise City, Mie Prefecture. It's near the famous Meoto Iwa. The Ise Sea Paradise is known for being Japan's first barrier free sea animal show and it is "Zero-Distance". The Ise Sea Paradise was originally opened as a traditional aquarium, but it became one of Japan's most interactive aquarium parks. Visitors can feed, touch, and even pose for photos with seals, walruses, sea lions, and otters.



There is a mini event at the Ise Sea Paradise called "Penguin Feeding Time". The staff feeds the penguins, and talks about the special things that the penguin can do. The staff also let visitors get incredibly close to the penguin so you can watch them eat and swim in front of you.



CHECK OUT THE WALRUS SHOW

The Walrus Show at The Ise Sea Paradise is a fun and exciting event. You can feed the walrus, hug them, allowing visitors to touch their whisker, feel their skin. During posing for pictures they will give visitors kisses on their heads, because it's "Zero Distance"!

FEEL THE LITTLE Paws of an Otter!

There's a special glass spot where you can actually hold hands with an otter. The Ise Sea Paradise aquarium has made a small tube just big enough for an otter's little paw to poke out, and the otter's inside are trained to interact with guest by holding on to their hands.



*タイトルを含め、全て英語で記入する。

I ♥ TAMAKI

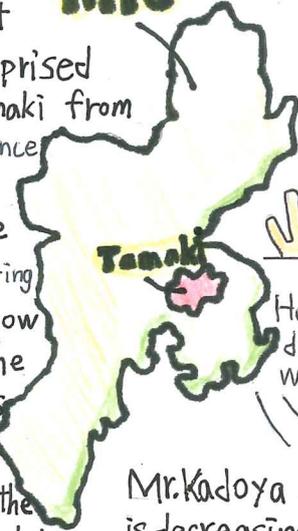
Transmission of Tradition

interview



In June, our ALT told us about shimenawa in my class. I was surprised to hear about shimenawa in Tamaki from the ALT. A shimenawa making experience was held at the Mie Prefecture booth at the Osaka World Expo. He went to there as a member of supporting staff to translate to foreigners how to make shimenawa. In this way, the tradition of Tamaki Town is also transmitted to the younger generation and foreigners by Mr. Kadoya. So I had the idea to meet Mr. Kadoya and wanted to learn about shimenawa in Tamaki.

Mie



Tamaki

What is he doing?



What is he doing?

He is making a shimenawa
His name is Mr. Kadoya yoshitaka
He is famous for making shimenawa in Tamaki.

How to make shimenawa



Mr. Kadoya says that the number of urajiro is decreasing. It's becoming difficult to stock it. There are many problems in buying materials. I think it will not be easy to continue making shimenawa.

What's a Shimenawa?

Only this area, including Tamaki Town, has a culture of putting up shimenawa all year round. By placing shime nawa in a sacred place, it protects against bad things and brings good luck and health. We think that shimenawa are a part of our lives all year round.

I'm wearing one, too



My Thought

Making shimenawa is an important part of culture that connects the hearts of many people. Talking with Mr. Kadoya, I really understood his desire for the happiness of the people living in the Ise area. After the interview I felt that he is a very important person here. I'm very proud of Mr. Kadoya.



What is the Ouchiyama Milk?

Ouchiyama Milk is produced in Mie Prefecture. It has a rich and refreshing taste. And it tastes fresh. It is loved by locals. And has been selected as "Mie's Food Selection!!"

Have you ever bought Ouchiyama Milk? It's the most famous milk in Mie Prefecture. Please buy it to help protect Mie Prefecture's dairy farmer.

EXPERIENCE

Factory Tour

You can see the process of milk production. And learn about cows and milk. It is very popular, so make sure to get a reservation. Please go and check it out!!



Ouchiyama Milk Village

There are many Ouchiyama Milk products available there. You can eat many kinds of ice cream. Bread and sweets are also popular.



If you see Ouchiyama Milk, try buying it!



OUCHIYAMA MILK

Good for the Environment

Ouchiyama Milk is committed to environmentally friendly practices.

Food Mileage  Ouchiyama Milk is produced in Mie and consumed in Mie. This reduces transportation costs, time. And helps reduce the amount of CO2 emitted during transportation.

This will enable fresh milk to be delivered to consumers. This way we can drink fresh milk and reduce food waste.

Sustainable

 Many dairy farmers import feed from overseas. However, Ouchiyama Milk does not. Cow waste is composted and used to grow crops. And then recycle it. This reduces waste and feed usage. Making it more environmentally friendly than other types of milk.

Products using Ouchiyama Milk

The following products are made with Ouchiyama Milk

★ Soft serve ice cream

It is famous for Ise tea flavour. You can enjoy the aroma of Ise tea and the taste of milk.



★ Butter Candy

You can enjoy the taste of real milk in a candy.

★ Butter

It has a creamy flavour. This is an old-fashioned butter. Which is loved by many people.



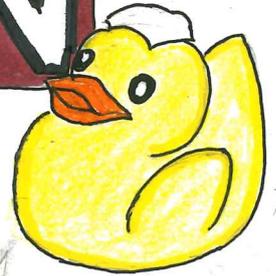
They also have yogurt fruit milk.

Why not try buying Ouchiyama Milk products?

Let's Go!!

ONSEN

Hot spring in Mie

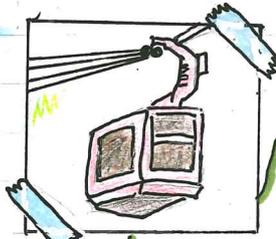


We Japanese take a bath every day, not shower. "Onsen" refers to hot water or steam that springs from the ground. Each hot spring has its own effects depending on the properties of the water. It has long been a popular place for people to relax and experience the atmosphere and culture of Japan.

1 YUNOYAMA

This hot spring is located at the foot of Mt. Gozaisho, there is a ropeway nearby.

The alkaline spring water is said to make your skin smooth.



2 AKAME

The area around Nabari is said to be where ninja were trained, and this hot spring is also said to have healed the mind and body of the ninja. Near this hot spring is Akame 48 Falls, so we can see the beautiful waterfalls there.



3 SAKAKIBARA

This hot spring is one of the most famous hot springs in Japan, and has long been developed as a place to purify the body and mind before visiting Ise shrine. This traditional hot spring is even mentioned in the writings of the famous 10th-century author, Sei Shonagon.

4 YUNOKUCHI

Surrounded by lush forests, this hot spring are known for their woody aroma thanks to the abundant use of Kumano wood. And the Kumano Kodo, a World Heritage Site, is located near this hot spring.



The hot spring mark has a meaning.

The three lines not only represent steam, but the different lengths of the three lines are said to represent the recommended bathing time in the hot spring.



- ① Medium length: The first bath should be a moderate length (about 5 min)
- ② Longest: The second bath should be a long soak. (about 8 min)
- ③ Shortest: The final bath should be a quick soak (about 3 min)

caution!!

- Wash yourself well before getting into the bath.
- Don't put towels in the bath.
- Don't wear a swimsuit.

Follow the rules and enjoy hot springs!!



Mijumaru Park

Mijumaru Park was built for children to enjoy playing with Pokémon and to make Mie prefecture more exciting. There are parks in Suzuka city and Toba city with playgrounds and photo spots of Mie's support Pokémon, Mijumaru (Oshawott).

What is Support Pokémon?

It is chosen to help revitalize the region. In Mie, Mijumaru joins events and is drawn on 31 manhole covers. Many local people know Mijumaru.

Types of playground equipment

- ★ 10m high slide
- ★ swing
- ★ Kart swing

Suzuka: + seesaw

Toba: + sky rope & ocean view

They are cute and photogenic!



Access

Suzuka

Take the Mie Kotsu bus from Kintetsu Shiroko Station to Seishounen

no Mori Stop.

Nearby spot is Suzuka Circuit

Toba (10 minute walk from JR/Kintetsu Toba station).

Nearby spot is Toba Aquarium

Information

History: They opened in July 2025.

Admission fee = Free

Seasonal hours: Toba 9:00 ~ 19:00

Suzuka Jan-Feb, Nov-Dec 8:30 ~ 17:00

Mar-May, Sep-Oct 8:30 ~ 19:00

Jun-Aug 8:30 ~ 20:00

The parks have just been built, so not many people know about them. Visit early, take cute photos with Mijumaru, and make good memories!!

Let's meet at Mijumaru



テーマを選んだ理由



The blessing of sea from Mie prefecture

四日市市立羽津中学校 齋藤 杏

臨海部に位置するという地理的特徴は、三重県にさまざまな恵みをもたらしてくれます。豊富にとれる海産物もそのうちの一つです。特に志摩半島から熊野灘に沿って延びるリアス海岸では、的矢かき、あのりふぐ、伊勢えびなどの三重県独自の海産物がとれ、それらの味はもっと広まるべき価値のあるものだと、三重県に住む人間のうちの一人として思ったからです。

A hidden gem in Tsu city

津市立久居東中学校 川合 咲穂

2年前、小学校に勤めていた母が、家で「阿漕の平治」を歌っているのを聞いて、興味を持った。図書館や公民館で『三重県の民話』を借りて、津市に古くから伝わる「阿漕の平治」の物語を読んだり、インターネットで調べたりした。こんな美しく哀しい話が津市に伝説として伝わっていたことは知らなかった。平治さんが祀られている阿漕塚に行って手を合わせてきた。意味は違うが、「あこぎ」という言葉の由来になっているし、江戸時代以降は「阿漕の平治」を題材とした歌舞伎が大人気で、それに関連したお土産である「平治煎餅」も生まれた。何よりこの伝説は今でも地元の小学校で語り継がれているのだ。私は感銘を受けた。このような理由から国内外を問わず、広く知ってもらいたいという思いからこのテーマを設定した。

I ♥ TAMAKI

玉城町立玉城中学校 山本 蒼依

私がこのテーマを選んだ理由は、玉城町の伝統文化を紹介したいと思ったからです。玉城町を海外の人々に紹介する通訳として大阪万博に行ってきたALTの先生が、その時の様子を英語の授業で話してくれたとき、伊勢地区の文化を支えているしめ縄作りが自分の住む町にあり、世界に向けて発信できることが、こんなに身近にあるんだと再認識しました。

ONSEN ~Hot spring in Mie~

名張市立桔梗が丘中学校 百々 桜

日本や世界の文化について学習する中で、日本では毎日お風呂に入ったり、お出かけ先で温泉に入ったりしますが、外国ではシャワーで体を洗うのが大半で、お風呂や温泉はあまり日常的ではないことを知りました。同時に「お風呂に入る」「温泉を楽しむ」というのは、日本ならではの素敵な文化だと思いました。そして三重県には、魅力的で伝統のある温泉がたくさんあるので、三重県を訪れた外国の方、そして日本の方にも改めて、温泉を通して日本の風情や三重県の自然・歴史を感じてほしいと思い、このテーマを選びました。



YAMA in Sekijuku !!

亀山市立亀山中学校 岡井 沙奈

私は今年の夏に関宿祇園夏祭りに行って、実際に曳き回されている山車を至近距離で見ることができました。展示されている山車は小学校の社会見学で関の山車会館を訪れた時に見たことがあったものの、実際に動いている山車を見たのは初めてでした。そのため、その時の山車の圧倒的な迫力や装飾の繊細さ、山車を回したり山車の中で笛を演奏したりする地域の人々にとっても感銘を受けました。私はその夏祭りをきっかけに山車に興味を持ち、この記事を通して関の山車について簡単に知ってもらい、ぜひ関宿祇園夏祭りなどで山車の魅力を体感してほしいと思い、今回のテーマに選びました。

The Ise Sea Paradise

津市立東橋内中学校 コルネル リーゼル

I chose The Ise Sea Paradise as my theme because I really enjoy going to aquariums, and visiting aquariums has special meaning to me. I find it fascinating to learn about different sea animals up close, which makes me excited and reminds me of fun memories with my family. Especially Ise Sea Paradise is a very fun and unique aquarium. There are a lot of events and things to do and you can even interact with sea animals. If you're looking for some great memories with your friends or family, The Ise Sea Paradise gives you something fun and special to look forward to.

Ouchiyama Milk

名張市立桔梗が丘中学校 北村 環奈

私の家はいつも大内山牛乳を買っています。お母さんが「牛乳は大内山牛乳を買ってきて」というので、どんな牛乳か気になって調べることにしました。そうすると、三重県の牛乳ということがわかったので、みんなにもっと知ってもらって、三重の生産者を守りたいと思い、テーマにしました。

Mijumaru Park

暁中学校 稲垣 波希

ミジュマル公園のことを駅で配られていた号外で知り、興味を持ったことがきっかけです。私はポケモン自体をあまり知らなかったのですが、ミジュマルは三重県のイベントに登場していたり、私の父の名刺に描かれていたり、身近な存在でした。新しくできたこの公園も沢山の人が知ってほしいと思い、テーマに選びました。ぜひ訪れて楽しい思い出を作ってみてください！

「ワン・ペーパー・コンテスト」について

「ワン・ペーパー・コンテスト」は、中学生がふるさと三重についての学習を深め、英語でその魅力を発信できる力を育むことを目的に、平成26年度から、県内の中学生を対象に実施している取組です。三重県の魅力を1枚の紙(ワン・ペーパー)に英文でまとめた応募作品の中から、コンテスト形式で入選作を選出します。

令和7年度は、県内国公立中学校等から1,890作品の応募があり、16作品が入選しました。その16作品から、「リーフレット掲載部門」として入賞した8作品が、本リーフレットに掲載されています。

本リーフレットは、県内外の観光施設に配架されています。ぜひ、子どもたちが表現する「三重の魅力」を感じてください!

三重県教育委員会事務局小中学校教育課

〈県HP〉



ワン・ペーパー・コンテストは今回で12回目となりました。このコンテストを通して郷土三重を英語で紹介する取組が定着したことは、とても喜ばしいことです。このコンテストは、英語を使って視覚に訴える表現力を磨いてほしいという願いでスタートしました。

応募作品は、三重県の食べ物や歴史、行事について、自分の言葉でわかりやすくまとめられていました。また、国内外の人々が理解しやすいように工夫されたイラストも描かれており、どれも力作です。さらに、内容には説得力があり、三重県の魅力を英語で世界に伝えたいという思いがしっかりと感じられました。

ワン・ペーパー・コンテストの本来の趣旨は「書くこと」によるコミュニケーションです。これからの社会では、口頭での英語運用能力だけでなく、「書くこと」も大切となります。そして、書くためには文法的正確さや、読む人にアピールするような表現の選択も重要な要素になってきます。AIの進化には目を見張るものがありますが、「自分で」考えることが大切なのは言うまでもないことです。

このコンテストに参加したみなさんは、郷土三重の紹介という英語で発信する「コンテンツ」を身につけたことになりませんが、これからはさらに広く日本文化についての知識も深め、それらを英語で表現することを試み続けて欲しいと思います。

審査委員長 豊住 誠 (皇學館大学教授)

This year marks the 12th anniversary of the One Paper Contest. We are very pleased to see that through this contest, efforts to introduce Mie Prefecture in English have now become well-established. The contest was started with the goal of encouraging students to improve their ability to use English to express themselves in a visually appealing way.

The entries clearly explained the food, history, and events of Mie Prefecture from the students' own perspectives. They also included illustrations that people in Japan and other countries could easily understand. All the works were very well done. The contents were convincing, and we could feel the students' strong wish to share the brilliance of Mie Prefecture with people all over the world in English.

The aim of the One Paper Contest is to promote communication through writing. In the future, it will be important to have both proficiency in spoken English and effective writing skills. In order to write appealing English, grammatical accuracy and the choice of appropriate words and phrases for the readers is necessary. Although the evolution of AI is remarkable, it goes without saying that it is important to think for oneself.

By participating in this contest, all of you have acquired the skills to communicate in English by introducing Mie Prefecture. We hope that you will continue to deepen your knowledge of Japanese culture more broadly and challenge yourselves to express it in English.

Toyozumi Makoto, Chairperson of the judging committee (Professor at Kogakkan University)



三重県教育委員会

