



hospitality



# Kabuse tea in Suizawa



Yokkaichi

Chabashira  
Tatsu



Suizawa

Mie prefecture

~ What kind of place is Suizawa Town? ~

About 2900 people live in Suizawa Town. Suizawa Town is located in the westernmost part of Yokkaichi.

Tea plantations spread at the foot of the Suzuka Mountains. And Kabuse tea is cultivated there. It is known as the back-room of Yokkaichi. It is renowned for its scenic beauty and you can feel nature.

In summer you can enjoy camping and barbecue at Miyazuma Gorge. In autumn you can see the colorful autumn leaves.

## Kabuse tea

Tea leaves are covered with a black cloth for two weeks before harvesting. After that the farmers pick the tea leaves. The black cloth is called kanreisha. The tea leaves are bright green and look great.

### Effects of Kanreisha

- block out the sunlight.
- reduce the bitterness of the tea.
- umami (theanine) is not broken down.
- higher levels of chlorophyll.
- becomes sweeter and more delicious tea.

### Conditions for growing Kabuse tea

- the annual average temperature is between 14 - 16 degree.
- the annual average rain needed is 1400mm or more.
- well drained soil.



## Miyazuma Gorge

Miyazuma Gorge is a valley in the upstream of Utsube river.

It's a place where you can have a barbecue while playing in the river and fishing. There is also a campsite there. Cottage, kitchen and toilet are equipped.



Kabuse tea  
cafe

Let's enjoy tea and sweets made from tea!



Theanine has calming and relaxing effects. Catechin prevents colds because of its antibacterial properties and antioxidant effects.

## Maple Festival

In Autumn, maples turn the area bright red.



# Asunarou Railway

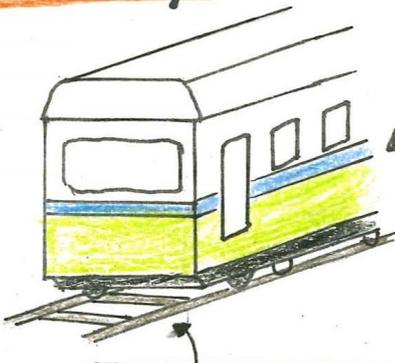


The Asunarou Railway runs in Yokkaichi city. It's one of the symbols of Yokkaichi. The trains of Asunarou are passing around my house, my junior high school, and my cram school. So I have ridden on them many times. I know many points and its history. I would like to introduce them.



Mie prefecture

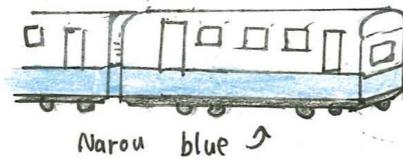
## Body



There are two color variations of the body nowadays.

- ① Narou green: It's imagined from the nature of Yokkaichi.
- ② Narou blue: It's a rare color so it's popular with train fans.

\* There were other pastel colors, but they were discontinued.



Narou blue ↗



↖ Pastel colors

The rail width is 762 mm, called "Narrow-Gauge". It's the narrowest rail in Japan, and there're only three such lines. Furthermore, Hinaga station is the only junction station with a narrow-gauge.

## Inside the train

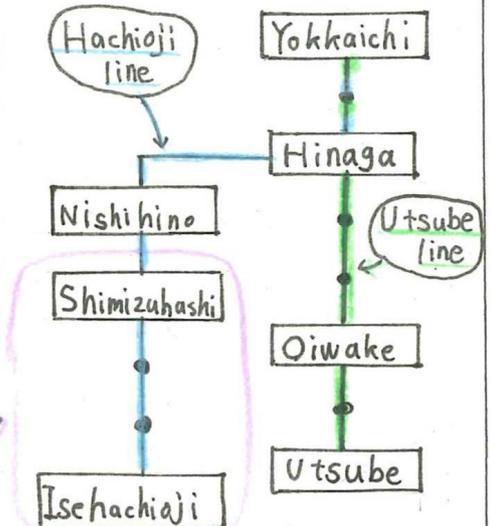
- There are only single seats on the train.
- The seats handrails are heart-shaped.
- There is a see-through train.

## History

Before 2015, Kintetsu Railway ran the railway. But around 2008, the number of people using the lines was decreasing year by year. Many citizens hoped to continue of the lines. Yokkaichi and Kintetsu Railway decided to run the lines together. The name of the lines changed to "Asunarou Railway". It still used as a means of transport.

This section was abandoned due to heavy rain in 1974.

## Route Map



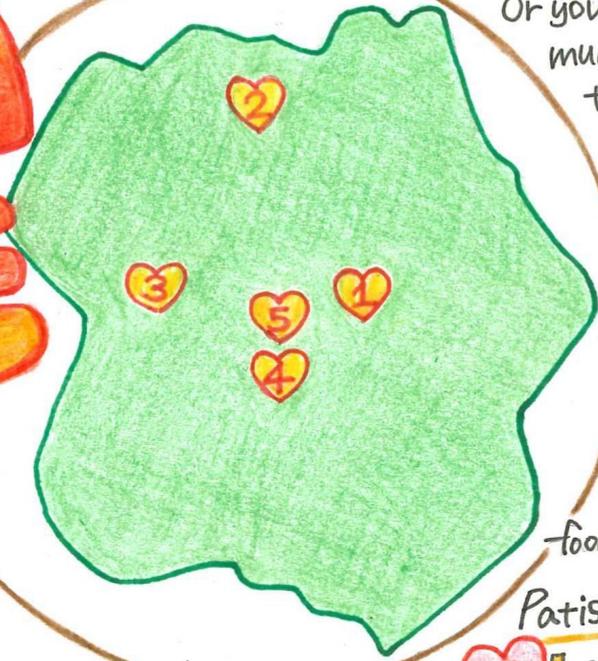
# IINAABEE CITY

Do you think Inabe City is the countryside? Or you don't know much about the city?

Inabe City has a lot of charms that you may not know about.

There are lots of nature, food, and smiles.

WE LOVE  The city with smiles 



## 1 Inabe Park

It's very large, and there are many flowers during each season.

You can take a walk, looking at beautiful flowers!



↳ The symbol tower!

## 2 Nakazato Dam

It's the largest earth dam in Japan in dam volume. You can see the wonderful starry sky!



Please come!

## 3 Shohoji Temple

Beautiful nature decorates the temple. You can see cherry blossoms in the spring, hydrangeas in the summer, autumn leaves in the fall, and snowy scenery in the winter. The two waterfalls that are called Narutani Falls are very beautiful and popular.

## Patisserie Cafe

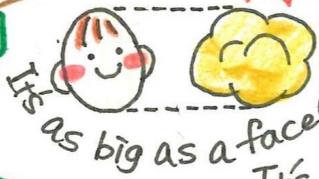
## 4 Konmatei

The cafe is famous for its rare cream puffs. Its name is

"Inabe's cabbage!"

It's delicious, so please try it!

**BIG**



It's as big as a face!

## 5 Freight Railroad Museum

It's the first museum dedicated to rail freight transport in Japan. Freight cars, locomotive and containers are on display outside.

Inside the museum, you can see the wonderful diorama. It's very detailed.

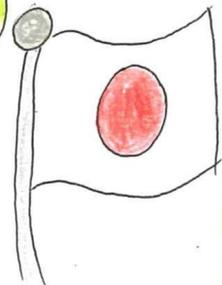
## Let's Cycle Around Inabe!

The bicycle roadrace "Tour Of Japan" is held in Inabe City. Also, you can rent bicycles in the city. When you cycle around Inabe, you'll feel like a road racer. **Go!** Riding a bike allows you to feel closer to nature than if you were in a car. Let's enjoy!! **Return**



# WONDERFUL SAIKU

Speaking of Ise, Ise Jingu is famous. However, the history of Saio and Saiku who served Ise Jingu is not very well known, and it is full of mysteries.



The Saiku Historical Museum is where you can learn about the origins of Saiku.

The Saiku Historical Museum has many exhibits about who Saio was and what Saiku was for. In addition, the history of Saiku's excavations and many excavated items are on display.

You can play games and watch videos so that even children can learn while playing.

Next, I would like to introduce Itsukinomiya Hall for Historical Experience, which is located near the Saiku Historical Museum.



Itsukinomiya Hall for Historical Experience is a facility where you can experience the games and life of the Saiku era.

If you go after the Saiku Historical Museum, you will be able to feel more about the lives of people at that time and feel like you have traveled back in time.

## CONTENTS OF THE EXPERIENCE!!

### "SHELL MATCHING"

What Princess Aiko, a member of Imperial Family, experienced was "shell matching", where she searched for shells that stuck together perfectly among many shells. It was very difficult to find

the right shell among about 100 shells, but when I got them all, I felt a great sense of accomplishment and it was fun.

### "JUNIHITOE"

For those who want to experience the atmosphere of Saio more we recommend the "Junihitoe" which is a reproduction of the kimono worn by Saio arranged to be worn casually, it is surprisingly light and gives you a special feeling.



## Location



KUWANA CITY  
IN MIE

## What is Renzuru?

The term Renzuru ("conjoined cranes") is an origami technique to fold multiple cranes from a single sheet of paper. You can fold from 2 cranes up to 97 cranes just by making cuts in a piece of paper. A chief priest of Choen-ji Temple in Kuwana created Renzuru. It has been handed down over 200 years.

## Renzuru and its Charms

Dive into Renzuru Intangible Cultural Property

## International exchange event

G7 Ise-Shima Summit was held in 2016 in Mie Prefecture. At the same time, Junior Summit in Mie was held, too. In this summit, Kuwana City held an international exchange event of Renzuru. Children from 7 countries were given Renzuru figures as gifts.

## Rules to create beautiful Renzuru

- Fold a paper crane beautifully from a single sheet of paper.
- Use Japanese paper.
- Minimize the uncut portion as much as possible.
- Fold a paper crane in your hand instead of folding it on the table.

## Exhibition and workshop information

### Kuwana City Museum

Kuwana City Museum is the first municipal art museum in Mie. It has various works such as historical materials. Some Renzuru exhibitions have been held regularly, too.

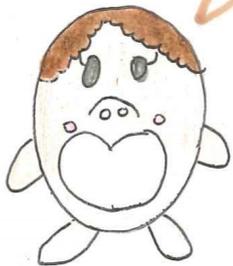
### Rokkaen

Rokkaen is an old European building combined with a Japanese-style structure. You can enjoy an origami experience or an origami workshop. Renzuru spreads its wings.

Let's go to

# Toba city!

Hello everyone!  
 I'm Topaty.  
 Have you ever been to Toba city?  
 Toba city has a beautiful sea.  
 This time, I looked into the city!



? Topaty  
 She is a mascot character of Toba City

There are many sightseeing spots in Toba city. A lot of tourists visit the city every year. I'll introduce my favorite sightseeing spots.

## Mikimoto Pearl Island

Do you know about pearl?  
 Pearls were discovered by Mikimoto Koukichi in 1907.

It takes many years to create a pearl. You can learn about pearl knowledge, and you can see Ama-san.

### How to make? ○

- 1 Raise a mother shellfish.
- 2 Put nucleation and Mantle into the shell.
- 3 Put it in the sea and observe it for two years.
- 4 Complete!



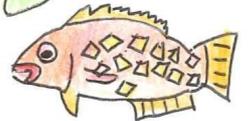
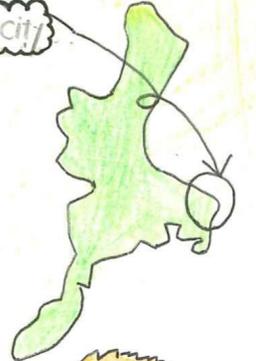
## ~ About Toba City ~

Toba city is in Mie prefecture.  
 It faces the Pacific Ocean.  
 The coast is a rias coast.  
 Rias coast, that has zigzag

coastline.

Toba city

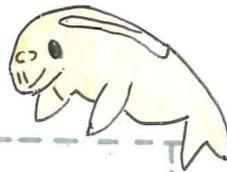
Toba city is famous for its seafood. For example, spiny lobster, abalone, and sea bream.



## Toba aquarium

Toba aquarium is famous for having the largest number of sea animals in Japan. And it is very fun to walk through the tunnel which is underwater and watch many animals like sea lions and seals.

We can also see dugongs which are very rare. In fact it is impossible to see them in other aquariums in Japan. In addition to that, we can enjoy watching sea otter shows which are fascinating.

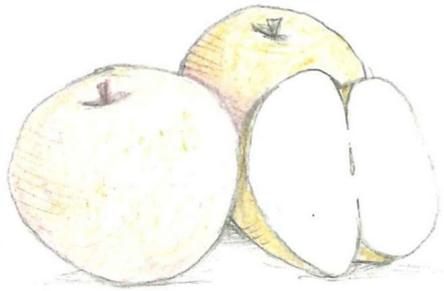


## Finally

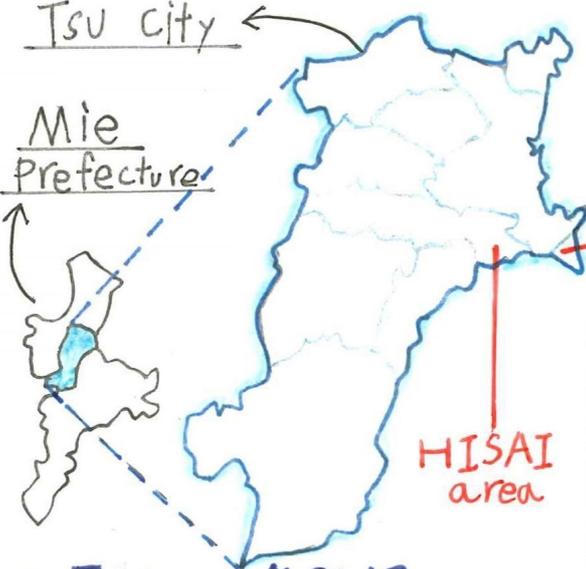
There are many tourist attractions in Toba City that you should visit.

Please visit them!

# NASHI



The fruit I like most is NASHI. When eaten chilled from the refrigerator, it is crunchy but juicy and sweet. NASHI is one of the local specialties of Mie Prefecture and NASHI production is active in the HISAI and KARASU area in Tsu City where I live.



④ What's the difference between NASHI and pear?

	NASHI is...	Pear is...
shape	round	large at bottom
taste	refreshing, sweet	rich, sweet
texture	crunchy	soft
season	August ~ October	October ~ December

④ Enjoy NASHI more with .....

## NASHI Picking

You can go NASHI picking at some NASHI farms. You can pick NASHI by yourself and eat as many as you like.



## Taste Comparison of NASHI

There are many varieties of NASHI and in Mie Prefecture, "Kousui" and "Housui" are the main types. Why don't you get NASHI from different shops and enjoy comparing the taste?

## NASHI Competition

A NASHI competition is held in August every year and the best Mie NASHI is chosen. You can check the newspaper to know who and which NASHI get the best prize!!

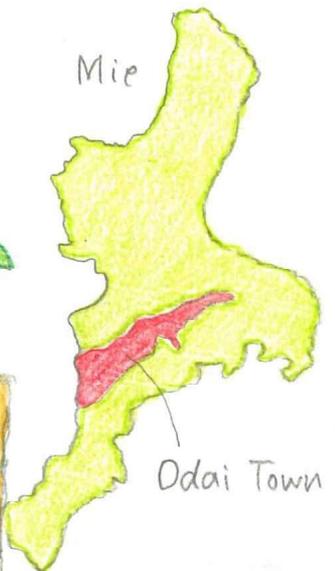
My mother's hometown!

# Odai Town



Miyabo

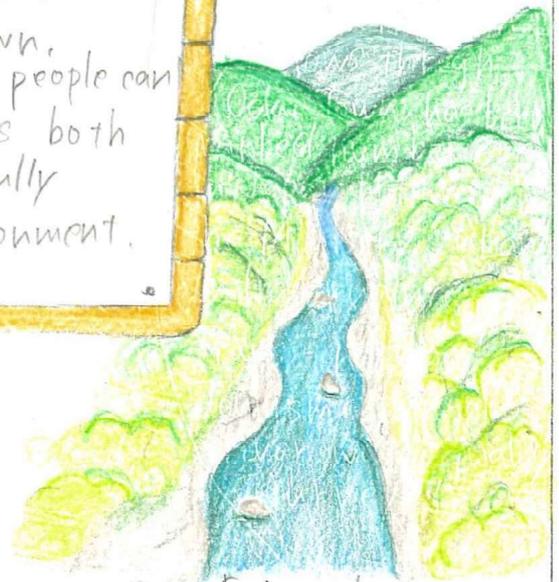
Chamy



Mie

Odai Town

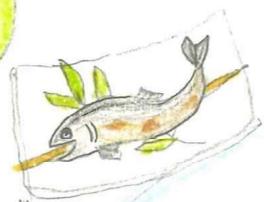
「About Odai Town」  
 Odai Town is a town located in central Mie Prefecture with a population of approximately 8300 people. The Miyagawa River, the prefecture's largest river with a length of approximately 90km, crosses the town. With the slogan "A town where nature and people can live happily," we are creating a town that is both affluent and sustainable while carefully protecting a world-class natural environment.



Enjoy playing in the river

## eco-PARK

The entire town has been designated as a UNESCO Eco Park. Odai Town is a world-recognized treasure trove of precious natural resources.



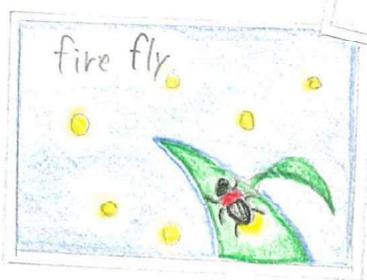
Salt-grilled sweet fish



cherry blossoms



maple



fire fly

You can enjoy beautiful scenery ♡

The Miyagawa River, which flows through Odai Town, has been ranked number one in Japan 11 times in the Ministry of Land, Infrastructure, Transport and Tourism's first-class river water quality surveys!

Clearest stream in Japan!



# テーマを選んだ理由



## Suizawa ~Kabuse tea~

四日市市立富洲原中学校 澤田 琉生

私は、緑茶が大好きです。お茶でもたくさんの種類がありますが、その中で三重県産 100%のかぶせ茶がさわやかな苦味でお勧めです。鈴鹿の祖母の家へ行く道中で水沢の茶畑を通ります。葉に黒いあみを被せてある光景を一定の時期に見た事がありました。そのお茶がかぶせ茶だったと知りました。

私の大好きなかぶせ茶を多くの人に知っていただき、水沢の町って、レジャーでも楽しめたり、自然のすばらしさも満喫できる素敵な町なんだ、と感じてもらいたいです。

## Asunarou Railway

四日市市立笹川中学校 後藤 詩織

私が住んでいる四日市には、あすなろう鉄道という列車が走っています。私は小さいころからよくこの鉄道を利用しています。あまり知られていない鉄道ですが、日本で唯一の点もあり、貴重な鉄道です。私にとっても、思い出が詰まっている大切な鉄道なので、もっとたくさんの人に知ってもらいたいと感じているため、今回このテーマを取り上げました。

## We Love Inabe City

亀山市立亀山中学校 千種 杏実

私のいとこがいなべ市に住んでいて、何度か訪れたことがあります。いなべ市は自然豊かで居心地がよく、たくさんの訪れるべき場所があるので、とても魅力的なところです。

そんないなべ市にもっと多くの人々が訪れてほしいと思い、このテーマを選びました。

## WONDERFUL SAIKU

伊勢市立伊勢宮川中学校 小椋 紗友季

伊勢といえば伊勢神宮が有名で国内外たくさんの観光客が訪れます。ただ、伊勢神宮を支えた斎宮の在存や、当時の人々の生活や遊びを知っている人は少ないと思います。

私は小学 6 年生の時に校外学習で斎宮歴史博物館と、いつきのみや歴史体験館に行ったことで、興味が深まり、今まで以上に伊勢神宮を楽しめるようになりました。

同じ様に日本の歴史を外国の方たちにも興味を持ってもらいたいと思うのでおすすめします。

Renzuru and its charms  
三重大学教育学部附属中学校 須永 光玲

私は日本の伝統文化である折り紙が好きです。今年の子会の自由研究で桑名を訪れた時、連鶴に出会いました。連鶴とは、1枚の紙に切り込みを入れ、複数羽が連なる折り鶴で、2羽から最高97羽の鶴をつないでいくことができると知り、とても驚きました。

私も実際に折ってみました。鶴と鶴のつながっていく部分が切れないよう注意して折ることが大変でしたが、出来上がった連鶴はとても華やかで、普通の折り紙とはまた違う魅力を感じました。連鶴を通して三重の伝統を多くの人々に知ってもらいたいと思い、記事にしました。ぜひ、連鶴に興味をもって頂けたら嬉しいです。

Let's go to Toba city!  
暁中学校 土本 瑞季

鳥羽市には多くの観光スポットがあり、老若男女問わず誰でも楽しく観光することができます。私も小学校の修学旅行や家族旅行で訪れた際、綺麗な海を見たり、美味しい海鮮を味わったりして、たくさんの魅力に気が付きました。その魅力をたくさんの人に伝えたいと思い、観光客目線で鳥羽市について紹介することにしました。このワンペーパーを通じて、三重県を訪れた観光客の皆さんに、鳥羽市の魅力が伝わると嬉しいです。

NASHI  
高田中学校 フォレスト ノア

私は小さい頃から梨が大好きです。梨には色々な種類があり、主に旬の季節である夏から秋にかけて食べることが出来ます。私の住んでいる津市の久居地域や香良洲地域が梨の生産地だと大きくなってから知りました。これらの地域では、道路沿いに梨の畑や直売店などがたくさんあります。そこで梨狩りの体験をしたり、色々な種類の梨の食べ比べをしたりすることができます。私の好きな梨の楽しみ方を、多くの人に伝えたいと思い、今回記事にしました。

Odai Town  
高田中学校 友田 小春

私の母の生まれ故郷である大台町。今も祖母が、一人でこの町に住んでいます。大台町は、都会では感じられないたくさんの自然を楽しむことができます。春は綺麗な桜が咲き、夏は透き通った川で泳ぎ、秋は美しい紅葉に包まれ、冬は真っ白な雪の上を歩くことができます。私はこの大自然をもっとたくさんの人に知ってもらいたいと思い、テーマに選びました。

ぜひ、大台町で自然の魅力を堪能して頂きたいです!



## 「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6年度は、県内国公立中学校等から 2,032 作品の応募があり、18 作品が入選しました。その18 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11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。よりアピールする作品を完成させるためには、英文の大きさ、書体、写真の撮影やイラストの作成だけでなく、それらを紙面のどの位置に配置すれば効果的かなど、さまざまな要素が必要とされます。説明のための英文も、単に百科事典的にその起源や歴史の変遷、本来意味するものや象徴するもの、その存在意義を記すだけでなく、自分の目で見えた印象や感想なども記すと、より魅力的な作品に仕上げることができるでしょう。

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 11<sup>th</sup> 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 participants to improve their ability to use English to express themselves in a visually appealing way. In order to create a more compelling piece of work, it is not just about selecting the right size and font for the text, taking effective photos, or creating illustrations. Equally important are decisions about the layout—determining where each element should be placed on the page for maximum impact. As for the English descriptions, the key is to include more than just the origins, historical developments, original meanings, symbolism, and significance of a cultural event in an encyclopedic fashion. By adding your own personal impressions and thoughts, you will make it more engaging.

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

