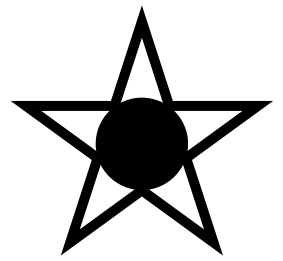


ASAHIKAWA INFO



March 2025 , Volume 339

NOTICE

Fun Fridays : (LOOKING FOR VOLUNTEERS & PARTICIPANTS)

Interesting activities such as quizzes, discussions, games, handicrafts and much more, all in English! Come meet new people, relax and relate on Fun Fridays! **Free for volunteer leaders fluent in English!**

To volunteer for Fun Fridays, please contact our center and request for AIC or John: **0166-25-7491**

Dates: Apr. 11th & 25th, May 9th & 23rd, Jun. 13th & 27th

Times: **13:30pm-14:30pm (AFTERNOON TIME UPDATED)**~Afternoon~ 2nd and 4th Friday of the month
18:30pm-20:30pm ~Evening~ 2nd Friday of the month

Location: Asahikawa International Center, Common Meeting Room (1)
(Feeeal Asahikawa 7F 1-jo-dori 8-chome)

Charge: ¥1,500 for 3 months (**Free for volunteer leaders**)



JLPT Registrations Open



Japan Educational Exchanges and Services will open registrations for the JLPT (Japanese Language Proficiency Test) from March 18 to April 8, 2025, for the exam on July 6, 2025. The JLPT measures Japanese proficiency and is recognized by various government and public organizations in Japan and abroad to assess non-native speakers' abilities. While it doesn't fully define Japanese proficiency, it is valuable for career opportunities in Japan and for gauging one's progress in Japanese studies.

Details

Registration Period: 3/18/2025 (Tue)~4/8/2025 (Tue)

Scan the QR Code for more information (jlpt.jp)



Guide

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- 04..... Useful Websites in Asahikawa:
Food Diversity

Check out our website and social media for information regarding the center or any upcoming events!

For further information or to register for events, contact:

Asahikawa International Committee (AIC)(ISHIBE), (NAGATA), (MIYAUCHI) or Coordinator for International Relations (CIR) (JOHN)

Address: Asahikawa International Center Feeeal 7F,
1-jo-dori 8-chome, Asahikawa 070-0031

Tel: (0166) 25-7491

Fax: (0166) 23-4924

Email: cir_kokusai@city.asahikawa.lg.jp

Website:<http://asahikawaic.jp/en/>



Follow us on social media for latest updates and upcoming events!

X (formerly twitter)



Facebook



Instagram



****The opinions expressed in the essays are those of the writers and do not necessarily reflect the opinions of the AIC or the City of Asahikawa.****

Asahikawa International Committee

by John Mabilangan



Purpose/Aim

This program encourages positive participation by all citizens in various kinds of international exchange activities, which facilitate cross-cultural understanding and friendship bonds between foreigners and Japanese. This program's aim is to promote international and cross-cultural understanding on a citizen level.



Program Details

Volunteer Guides

Volunteers act as interpreters and information guides to foreign visitors as part of various international programs and events organized by Asahikawa City and city based public interest organizations.

Requirements: Ability to speak a foreign language, and display understanding and enthusiasm for cross-cultural communication.

Homestay Volunteers

Homestay volunteers host foreigners in their homes. This program deepens cross-cultural understanding and friendship by offering foreign visitors the opportunity to experience domestic life in Japan.

Requirements: Have approval and endorsement from the whole family. A household willing to host a foreign visitor accommodatingly.

Event Planning Volunteers

Volunteers take on the responsibilities for planning and managing international exchange events sponsored by the AIC.

Requirements: Have understanding of, as well as enthusiasm for cross-cultural and international exchange.

To Apply:

Asahikawa International Committee
Tel:0166-25-7491 Fax:0166-23-4924
Email: cir_kokusai@city.asahikawa.lg.jp



AIC Project Report Bilingual Cooking Class: Filipino Food

by John Mabilangan



On February 15th, 2025, the Asahikawa International Center hosted its bilingual Filipino cooking class, "Let's Cook in Japanese & English: Filipino Home Cooking." During this multicultural event, Mrs. Christelle Areeya taught both local and international residents how to make the iconic traditional Filipino dish, chicken adobo (a stew made with vinegar, garlic, soy sauce, and other spices). Residents of all ages and backgrounds overcame language barriers and learned how to prepare this delectable Filipino soul food.

What makes chicken adobo an exceptional dish is that it could be made with ingredients that can be found in Japan or even anywhere. With the main flavors of soy sauce and vinegar, the dish can be made in a cinch making it an easy-to-make dish for the family as well as for bento!



Chicken Adobo Recipe

Serves 3-4 People

- 650g chicken
- 2-3 tablespoons of canola oil
- ½ cup of soy sauce
- ¼ cup of vinegar
- 1 whole garlic of minced garlic
- 1/4 cup of chopped onions
- 1/2 cup of water
- 3 pcs. of laurel/bay leaves
- a little bit of ginger
- 4 eggs
- sugar about 1 table spoon
- 1 teaspoon ground black pepper (or peppercorn)

NOTE: Feel free to adjust portions based on preference

Instructions

1. Marinate the chicken with soy sauce in a plastic bag (15 min) . (You can do this while preparing the other ingredients.)
2. Mince garlic and onion. Slice the ginger. (5 min) (To your preference. If you want to fish out later, make it large as possible.)
3. Sauté the aromatics on a fry pan: garlic, onion, and ginger. Once, the color turns translucent, add the marinated chicken. Give it a good sear. (5 min) (I highly suggest giving it a good crust since Kikkoman does not give it that much brown color.)
4. Add the marinade, water, bay leaves and pepper. Let it stew until the chicken becomes tender and the flavors incorporate. (15 min)

5. Add the vinegar. Let the vinegar cook first before stirring it. (5 min) (This is when you can adjust the taste based on your preferred level of saltiness.)
 6. Let it stew until the meat becomes tender and the sauce thickens. (20 min) (You can add some sugar here if you want it to be sweeter.)
- OPTIONAL:
7. While waiting, you can boil the eggs on a separate part to add to the adobo.
- Notes: Some people let it dry out because the oil produced in the stewing process is delectable.
You can also eat it with a hard-boiled egg.

**NOTE: Parenthesis are comments from the instructor.
Feel free to adjust each step based on your preference**

Asahikawa Gourmet

Dealing with Dietary Restrictions in Asahikawa
by John Mabilangan (sourced from fooddiversity.today)



Diverse cultures around the world have unique dietary restrictions, often rooted in religion or personal beliefs. Religions like Islam and Judaism have kosher and halal laws, which govern not only what foods can be eaten but also how they are prepared. This requires followers to find restaurants that meet these standards.

Additionally, some individuals choose dietary restrictions based on concerns about animal welfare, ethics, or the environment, such as pescatarians (who avoid all meat except fish) and vegans (who avoid all animal products).

In Asahikawa, finding restaurants that accommodate these dietary needs can be challenging, but there are several options available. The website <https://fooddiversity.today/en> is a resource for finding restaurants that accommodate to dietary restrictions. Fooddiversity.today recommends restaurants all over for those with dietary restrictions. In their recent article, they showcased restaurants and food stalls in Asahikawa that have a vegan or halal menu! Check out some of their recommendations below!

The following restaurant recommendations are from fooddiversity.today. Scan the QR Code for more!



Restaurant: Ganso Asahikawa Ramen “ICHIKURA”

Address: 3 jo-dori 7-chome, Asahikawa
070-0033

Hours: 18:00-4:00 (next day)

Specialty: Vegan ramen and gyoza

Restaurant: Asahiyama Zoo Club Main Gate Gift and Bakery, East Gate Gift Shop, and “World” Food Truck

Address: Asahiyama Zoo, Asahikawa

Hours: Not specified

Specialty: Plant-based, allergy-friendly buns

Restaurant: Kagetsukaikan Ryotei Kabuto

Address: 3-jo-dori 7-chome, Hidari-8, Asahikawa
070-0033

Hours: Lunch 11:30-14:30, Dinner 17:30-20:30

Specialty: Vegan tempura rice bowl with vegetable dashi miso soup

Restaurant: Cafe Konii

Address: Chuwa 5-jo 5-chome-1-24 Asahikawa,
070-8045

Hours: 11:00-18:00

(by reservation from 18:00-20:00)

Specialty: Plant-based international cuisine

Restaurant: Vegan Ramen Meguri

Address: 4-jo-dori 7-chome 586-21F, Asahikawa,
070-0034

Hours: 17:00-2:00 (LO 1:30)

Specialty: 100% plant-based ramen

Restaurant: rawlaw by voreas

Address: 2-jo-dori 6-chome 258-1, Asahikawa,
070-0032

Hours: 10:00 – 17:00 (LO 16:00)

Specialty: Pesticide-free, plant-based dishes

Restaurant: Bookmark Cafe

Address: Asahikawa Food Terrace 1F, 5-jo-dori
7-chome-1070, Asahikawa,
070-0035

Hours: 11:00–17:30 (LO 17:00)

Specialty: Vegan Hokkaido mushroom peperoncino

Restaurant: Japanese Tea Cafe WHIZ

Address: 5-jo dori 8-chome 1253-1 Asahikawa
070-0035

Hours: 11:00-17:00 (LO 16:30), 18:00-22:00

Specialty: Vegan rice with yuba in savory sauce