

PICK ME UP!



A PROJECT BY
SECOND-YEAR
STUDENTS OF THE
SCHOOL OF GLOBAL
AND COMMUNITY
STUDIES AT THE
UNIVERSITY OF FUKUI

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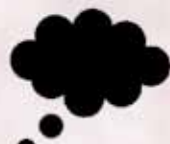
make



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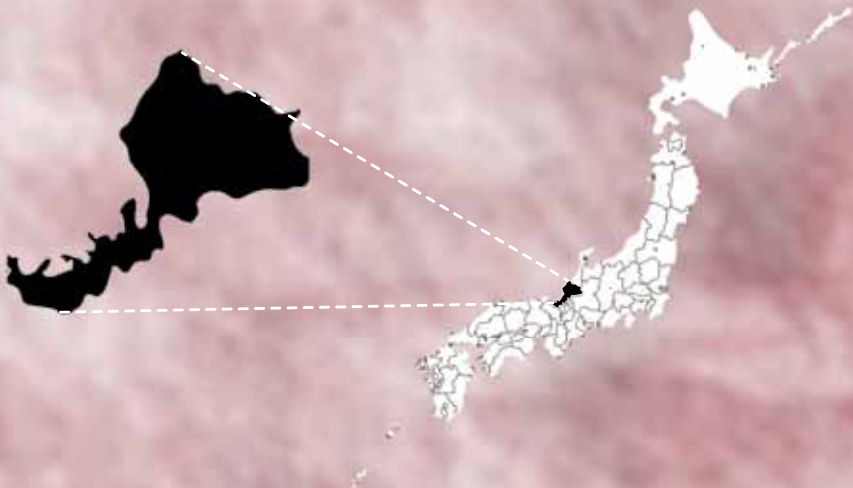
meditate

What is *Taiken*?

Taiken, especially in this pamphlet, means to experience traditional Japanese culture. In Fukui, you can participate in various local art, craft, and other cultural traditions. These traditions are preserved and kept alive through the efforts of local people, and joining a *taiken* is one way for you to contribute to the preservation of these traditions while expanding your own cultural experience at the same time. Through this pamphlet, we hope you become interested in Fukui traditional culture and start planning a visit to Fukui to enjoy some of the *taiken* introduced in these pages. *Yatte miyossa!*

What is やってみよっさ?

“やってみよっさ (*Yatte miyossa*)” means “Let’s try!” in Fukui dialect. Putting “っさ (*ssa*)” at the end of a sentence is a feature of Fukui dialect, particularly when people invite someone to do something. So “っさ (*ssa*)” can be translated as “Let’s” in English.



禅 Sitting Zen

What is *Sitting Zen*?

Try to do *zazen* (sitting zen) with real monks in the beautiful mountains east of Fukui City at Eiheiiji Temple. This temple was founded by Zen Master Dōgen in 1244. *Zazen* is not about obtain-



ing a certification of spiritual enlightenment, but rather it is the fundamental practice at Eiheiiji Temple. Enlightenment is important, but it is not something to be obtained after participating in a single session of *zazen*.

There are two types of *zazen taiken* at Eiheiiji Temple: full-lotus position and half-lotus position. When you practice *zazen*, you make a cosmic mudra with your hands. Each person has a different physical form and constitution, so it's best to find a way to sit without straining too much.

You will find calm and peace when you practice *zazen* at Eiheiiji Temple.



Things to know

- You will find calm and peace in the beautiful and quiet nature surrounding the temple.
- You can experience zazen in English by reservation. (If you speak Japanese, you do not have to reserve.)
- You can stay at Eiheiji Temple for one night and experience zazen practice with monks.

Please look at the homepage below when you reserve:
<https://daihonzan-eiheiji.com/en/practice.html>



Information

Location : Daihonzan Eiheiji Temple

Address: 5-15 Shihi, Eiheiji-cho, Yoshida-gun, Fukui, 910-1228

☎0776-63-3102

Opening hours: May-October : 8 a.m. – 5:30 p.m., November-
April : 8:30 a.m. – 5:30 p.m.

Access: Shuttle bus from JR Fukui Station

How to reserve: phone or Internet

Taiken fee: ¥1,000 (includes admission price to Eiheiji Temple)

Homepage: <https://daihonzan-eiheiji.com/en/>

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Ishidajima-Teori

What is *Ishidajima-Teori* ?

Ishidajima-Teori (Ishidajima handweaving) is a textile that is a traditional cotton craft of Fukui and has been designated as an intangible cultural property of Sabae City, having over one hundred years of history. It has a striped pattern and is characterized by its warmth, lightness, and breathability.

It was once used as an everyday material for items such as school kimonos in Fukui, especially in Sabae City. Recently, the Sabae Fiber Association was founded to preserve this traditional culture. In this *taiken* activity, you can experience making this traditional textile under the guidance of local volunteers at the facility. Textile weaving is simple. You will first select your threads and set them on the loom. Then, you operate the traditional machine with your hands and feet. With a little practice, you can weave your first textile. Our recommendation is to make a colorful coaster for your drinks!





Things to know

- *Ishidajima-Teori* is strong and durable.
- People of all ages are welcome.
- You can choose your own string color combinations.
- After you weave your textile, it's yours to take home.



Information

Location: Sabae Fiber Association

Address: 32-1-1 Tadasu Sabae City, Fukui, 916-0004

☎ 0778-52-1880

Opening hours: 9 a.m. – 5 p.m. Monday-Friday (Except National Holidays)

email: ss-kyo@angel.ocn.ne.jp

Access: 5-minute walk from Fukui Railway Shinmei Station

By car, 15 minutes from Hokuriku Highway Sabae I.C.

By taxi, 15 minutes from JR Sabae Station

How to reserve: phone/email (Reservation not required)

Taiken fee: Coaster ¥500

Ishidajima textile fabric cost

1-foot (30cm) ¥1,600

6-feet (50cm) ¥2,500

吹 Glass blowing

What is **Glass blowing**?

Make your trip to Fukui more fun by trying glass blowing. In this *taiken*, you will make glass art by yourself, and the professional staff will help you create your own piece of artwork.



The professional artisans will teach you how to use the tools and materials as well as demonstrate the methods. You can make glass art in the atelier, which is in Kanazu Sousaku no Mori — a very scenic setting. Glass art is flourishing in Japan, and there are many glass art studios around Japan, such as *Edo Kiriko* in Tokyo and *Ryukyu* glass in Okinawa. The *taiken* process begins by attaching molten glass to a long bar called *fukizao* (blow pipe), and then blowing the glass from the opposite side of the bar. Finally, you will tint the glass any color you like. Next, you attach it



to another long stick and shape the glass, and then your work is complete. It is a little bit difficult to make a perfect shape the first time, but even if the shape is a little twisted and distorted, it will be your own personal artwork.



Things to know

- You can make your own unique glass shapes.
- You can take your work home.
- It's good for everyday use.
- It's a new experience.



Information

Location: Ezura Glass Studio (Kanazu Sousaku no Mori)

Address: 44-10-37 Aonoki, Awara City, Fukui, 919-0814

☎ 0776-73-7801

Opening hours: Tuesday, Wednesday, Thursday, Saturday, Sunday,
(*taiken* 10:00 a.m.~, 1:00 p.m.~, 3:30 p.m.~; in
general, closed Mondays [if not national holiday], last
day of year and New Year's Day)

Access: 25 minutes on foot from JR Hosorogi Station

How to reserve: phone (Reservation necessary)

Taiken fee: ¥3,100 (shipping extra)

越前 Echizen Washi

What is *Echizen Washi*?

Echizen Washi, which is traditional Japanese paper from Fukui, is a cultural asset because of the delicate manual methods used during the production process. *Echizen Washi Village* is surrounded by clean water and lush forests, and is said to be blessed by the *washi* goddess *Kawakami-gozen*.

You can experience making *washi* and shop for fine *washi* products in a place called Papyrus House. In this *taiken*, you will scoop and swing a framed screen using raw material to make *washi*. After creating your own original *washi* products, you can visit the Udatsu Museum and Workshop to see local craftsmen making *washi* in the traditional way, and learn about *washi* history and culture.





Things to know

- Choose to make nine different kinds of products, including postcards, Japanese fans (*Uchiwa*), and coasters.
- Have an unforgettable experience at a reasonable price.
- Create your own original design with colored paper and seasonal flowers.
- Take your craft home on the same day.



Information

Location: Papyrus House

Address: 8-44 Shinzaike-cho,

Echizen City, Fukui, 915-0232

☎ 0778-42-1363

email: papyrus2012@yahoo.co.jp

Opening hours: 9:00 a.m. – 4:00 p.m.

(Except end of year and New Year's Day)

Access: 20 minutes from JR Takefu Station by bus or taxi

How to reserve: phone/email

(Reservation not required)

Taiken fee: ¥500 – ¥2,800

Poetry Card	¥500
Postcard	¥500 or ¥800
Coaster (6 pieces)	¥800
Name Card	¥1,000
Luncheon Mat	¥1,000
Mini-Japanese Fan	¥1,100
Japanese Fan	¥1,300
Tapestry	¥1,800
Lamp Shade	¥2,800



墨流 Sumi-Nagashi

What is *Sumi-Nagashi*?

How about enjoying a Japanese culture experience with over 1,500 years of history? *Sumi-Nagashi* is a Japanese traditional craft that began 1,500 years ago. It was a form of entertainment for court nobility, and originated with these court nobles dipping a color-filled writing brush, called *fude* in Japanese, into a river and enjoying the intricate patterns borne from the flowing of the river with the colors. Eventually Japanese traditional paper, or *washi*, was introduced into the process in order to capture the patterns created by the confluence of color and river. For this *taiken*, you will pour pure, natural water from the local Otaki area into a small box. Next, you will dip a color-filled *fude* into the water and spread it into a circle, creating your own complex and unique patterns by blowing and fanning the surface of the water. Finally, you will capture the marble pattern with locally-produced *washi*.





Things to know

- A highly-awarded master artisan will teach you this traditional Japanese artform.
- People of all ages can enjoy and create their own original *Sumi-Nagashi*.
- The price for experiencing *Sumi-Nagashi* is very reasonable.
- Otaki Town, where this taiken takes place, is situated in a scenic and nature-filled area.



Information

Organization : Lohas Echizen

Address : 25-25 Otaki-Cho, Echizen City,
Fukui 915-0234

☎ 0778-42-0463 FAX: 0778-43-0879

email : info@lohas-echizen.org

Access : By train, JR Fukui Station to JR Takefu Station. Then, a bus from JR Takefu Station to Washi no Sato. From there, it is a 15-minute walk to Lohas Echizen.

How to reserve: phone/email (Reservation not required)

Taiken fee: ¥1,000



越前 Echizen Soba

What is *Soba*?

The meal you cook yourself is more delicious! Let's try making *Soba* noodles.

Soba is a Japanese noodle which is made from buckwheat flour and has a long history in Japanese food culture. Fukui is famous for *oroshi-soba*. It is one of our soul foods of Fukui because the Japanese emperor praised it when he came to Fukui. *Oroshi* is grated Japanese radish, and it is used as a topping on the noodles. *Echizen Soba Club* is a great place to learn how to make *soba*. The staff in *Echizen Soba Club* are professional amateurs but making *soba* is their hobby and they love it. They are very friendly and good at teaching how to make *soba*, so you do not have to worry if you have never made *soba*. In addition, you can learn Fukui dialect from them!





Things to know

- It is close to JR Fukui Station.
- English-speaking staff is available (reservation only).
- You can eat-in or take your own soba home.
- They use ingredients from Fukui, including in the special soup.



Information

Location: Echizen Soba Club
Address: 1-10-21 Chuo, Fukui City,
Fukui, 910-0006

☎ 050-3637-3101

Facebook: <https://m.facebook.com/etizensoba>

Opening hours: 10:00 a.m. – 8:00 p.m. *no regular holiday

Access: 5 minutes from JR Fukui Station on foot

How to reserve: phone/Facebook/homepage (via QR code)
(Reservation not required)

Taiken fee: ¥1,500 (2.5 servings) + ¥500 (if you want to eat *soba* at the location)



水 Mizuyokan

What is *Mizuyokan*?

Mizuyokan is a Japanese traditional sweet jelly made from azuki beans, water, and sugar – and you can make it at Echizen Soba no Sato. What is unique about *mizuyokan* in Fukui is that people eat it in winter while it is usually eaten in summer. They do this because of the large amount of snowfall Fukui receives every year. Even before refrigeration, it was easy to keep cool. This is one of the reasons why eating *mizuyokan* in winter spread to Fukui. Also, it is more affordable than other sweets. *Mizuyokan* in Fukui includes more water and tastes softer and lighter than usual. You can purchase it at many places such as supermarkets and convenience stores within Fukui. Now that you're in Fukui, you can try to make your own!





Things to know

- *Mizuyokan* is a traditional and representative food in Fukui.
- People of all ages can make it.
- It has a delicious but gentle flavor.
- You can try other Fukui local cuisine at the same location.



Information

Location: Echizen Soba no Sato

Address: 7-37 Makara-cho, Echizen City, Fukui, 915-0005

☎ 0778-21-0272

Facebook: echizensobanosato

Opening hours: 9:00 a.m. – 5:00 p.m.

(*taiken* 9:00 a.m. – 9:40 a.m.)

closed January 1st to 3rd)

Access: 15 minutes from JR Takefu Station by bus or taxi

How to reserve: phone/homepage (via QR code) (Reservation not required)

Taiken fee: ¥1,800

What is GCS?

We are second-year students of the recently established School of Global and Community Studies at the University of Fukui. In this school, students study English as well as international and community issues. What is unique about our coursework is that we have Project-Based Learning (PBL) courses in which we are actually working together with companies and groups from the local community to conduct research and promote the local culture of Fukui. This pamphlet is the final product of this course in 2018-2019, in which we worked to promote *taiken* opportunities in Fukui to foreign visitors. Through making this pamphlet, we visited various facilities in Fukui, where we conducted interviews and experienced the *taiken* ourselves. The information and the pictures you see on these pages are the result of two semesters of the collaborative work of the 27 students in this course. We hope that after reading this pamphlet, you will take time to visit Fukui and enjoy some of the local *taiken* presented here.

We would like to thank you, the reader, for picking up this pamphlet. In addition, we give special thanks to the organizations that participated in this project, and Mr. Hidetaka Miyachi of Exceet for his support.

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University of Fukui
School of Global and Community Studies

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Homepage

GCS  世界へハバタケ。