

Antena salon in Shimane International Center

♪ Exchange event for Japanese and Foreign mom and dad making a lunch box "obento" ♪

Hello to every mom and dad♥

This is an exchange event for Japanese and Foreign mom and dad who work very hard. To those foreigner who don't know how to make a lunch pack for their children. Let us learn how to make a lunch pack (obento) for your children for their field trips and sports day (in spring) in school. ♥

WHEN: Aug. 23 (Sat.) 2014 (10:00-13:00)

PLACE: Shimane International Center
Matsue shi Higashi Tsuda cho 369-1

TARGET: Foreign and Japanese mom and dad

CAPACITY: 10 families (Foreign parents with child 6 pairs, Japanese parents with child 4 pairs) 25 persons (first come per serve)

CONTENTS: How to make a Japanese lunch pack "obento" for our children

- * Making *tamago yaki* (Japanese style omelet)
- * *Goma bitashi* (boiled leafy vegetables with sesame seeds)
- * *Nimono* (boiled vegetables with soup stock)

PARTICIPATION FEE: Free

INTERPRETER: We have English, Chinese, Tagalog interpreters.

Please consult if you want other language not mentioned above.

REGISTRATION: Please register up to Aug.19 (Tue.) 2014. Call or send us E-mail (below) tell your name and tel.no. SIC are also serving English and Chinese language.

WHAT TO PREPARE: One empty lunch box, chopsticks or spoon and fork, drinks

OTHERS: Bring food and drinks (if you want to, obento we are going to prepare might not be enough for lunch).

For Inquiry:

Shimane International Center (assigned person ARLENE YASHIMA)

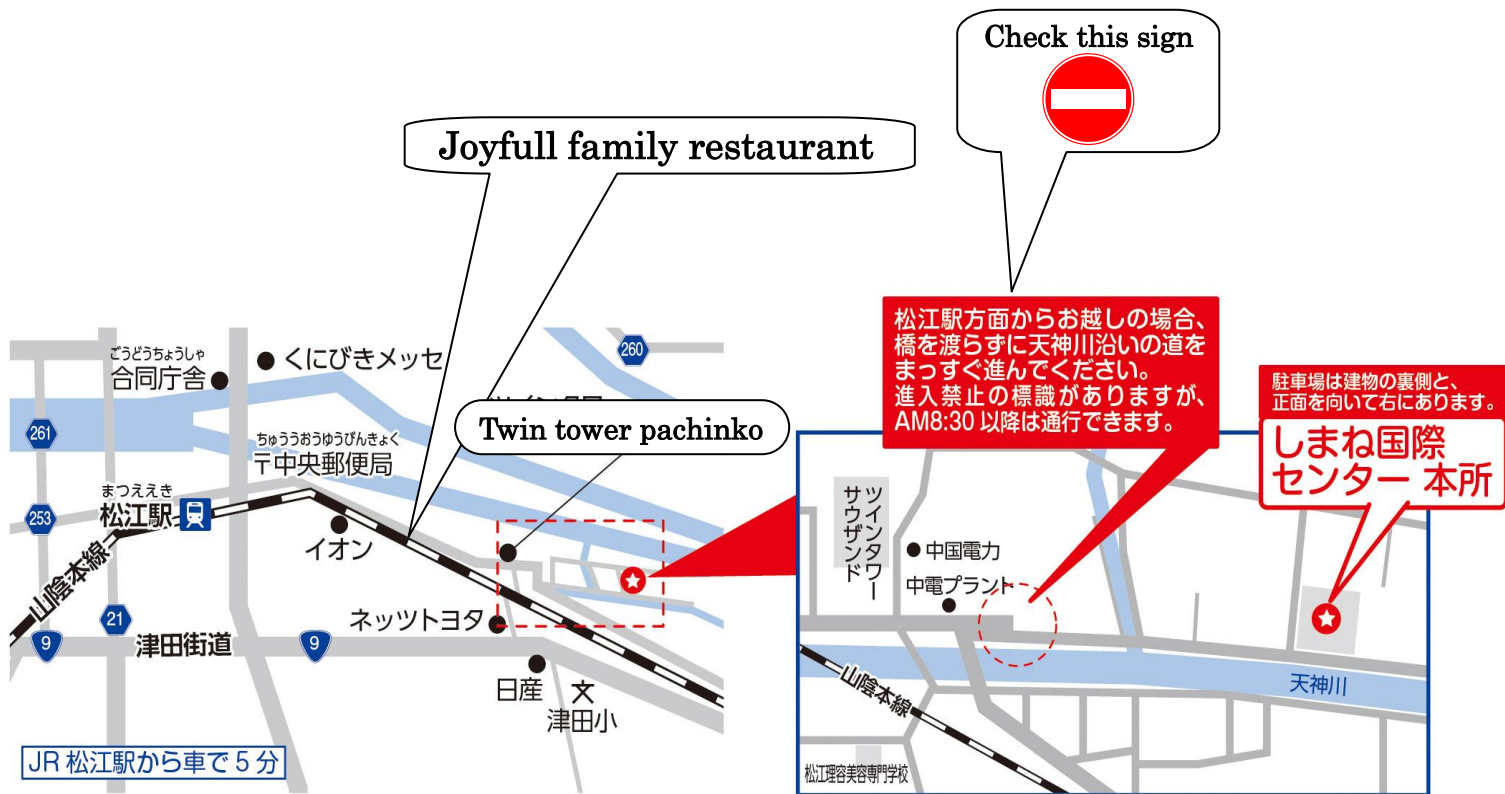
TEL: 0852-31-5056 FAX: 0852-31-5055

MAIL: yashima_arlene@sic-info.org

URL : <http://www.sic-info.org>




Organizer: Shimane International Center



Shimane International Center

〒690-0011

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It will take 25 to 30 minutes walking distance from Matsue train station to Shimane International Center. From the station walk straight ahead to chuo post office, from there, SIC have a sign boards on the left side (electric post) When you see the Twin tower pachinko on your left side (only when your from Matsue station) and saw this mark  (one way sign from 7 to 8:30 am only) on your front, go straight for about 200 meters, and you will see the sign board of Shimane International Center.