

# Dear TOKYO

[ディア・トーキョー]

文：山崎ナオコーラ

Text by Yamazaki Nao-cola

写真：中村ナリコ

Photograph by Nariko Nakamura

## 美術館のたくさんある街

### A city of art museums

I make it a habit to head out and visit art museums once a month with my husband. We probably catch about five or six exhibits in a single day. Before we leave, we look at maps and train routes to come up with the best plan for each trip: “If we’re going to the National Art Center, Tokyo in Roppongi, we should check out the Mori Art Museum,” we’ll decide. Or maybe we’ll say, “After we’re done at the Maison Hermès in Ginza, let’s stop by the Shiseido Gallery.” “We’ll go to Shibuya,” we might say one day, “visit the Shoto Museum of Art, and then make a little side trip over to the Nezu Museum.” With all the smartphone apps now, you can find out where exhibits are showing, what the exhibits are like, how you can get from place to place on the train, and where you should walk — and you can get all that information in almost no time at all. Neither of us has a driver’s license, so we rely on the train and our feet. Tokyo’s the perfect place for people who don’t have cars. You can get around however you want to.

The reason that we created our little museum routine was that we haven’t enough money. We decided to stop going to nice restaurants and expensive concerts for a

while. Our monthly museum dates might not be the cheapest option out there, of course, but the value of the experience that we get is worth so much more than the money we end up spending.

When all that walking starts to catch up with us, we stop for a rest on a park bench. If we’re hungry or thirsty, we try to find a place with character: the kind of cafe that an older gentleman would sit down and read a newspaper at, the kind of Chinese place that you’d just happen to find on a stroll down a side street, or the kind of casual Italian restaurant where the owners are a husband and wife that love cooking but haven’t ever actually been to Italy. To me, those are the best types of places — and the food always tastes great, too. Tokyo certainly has its share of world-class, ritzy restaurants, but it’s also full of so many little old eateries and down-to-earth, regular-folk shops. We pick restaurants in a simple way — if it’s in our price range and has what we want to eat, we go in.

When I’m old and gray, I hope I’ll still be living in Tokyo and making the most of the senior-citizen discount days at all my favorite art museums and galleries.

月に一度、夫と美術館巡りをするようにしている。一日に五つか六つほどの展示を見て回る。「六本木の国立新美術館へ行くなら、森美術館も見よう」「銀座のメゾンエルメスのあとに資生堂ギャラリーにも寄ろう」「渋谷の松濤美術館に出かけて、根津美術館にも足を延ばそう」と地図や路線図を見ながら考える。今はスマートフォンアプリでどこでどんな展示をやっているか、電車でのよう移動できるか、どこを歩いたら良いか、すぐに調べられる。私たちは車の免許を持っていないので、電車と徒歩で動く。東京は、自動車を所持していない者に優しい街だ。自在に動ける。

いのだが、かけている値段に比べてかなり優雅に時間を過ごせる。歩き疲れたら、公園のベンチでひと休みする。喉が渴いたり、お腹が減ったりしたら、目についた「おじさんが新聞を読むために行くような喫茶店」や「街の中華料理屋さん」や「イタリアに行ったことがない料理好きの夫婦が憧れでやっているようなカジュアルイタリアン」に入る。私たちにとっては、十分においしく、楽しいと感じられるところだ。東京には、世界最先端のハイセンスな店ももちろんたくさんあるが、昔からある食堂や素朴な人がやっている店もいっぱいある。自分たちの経済力や欲求に見合ったところを選んで入れれば良い。

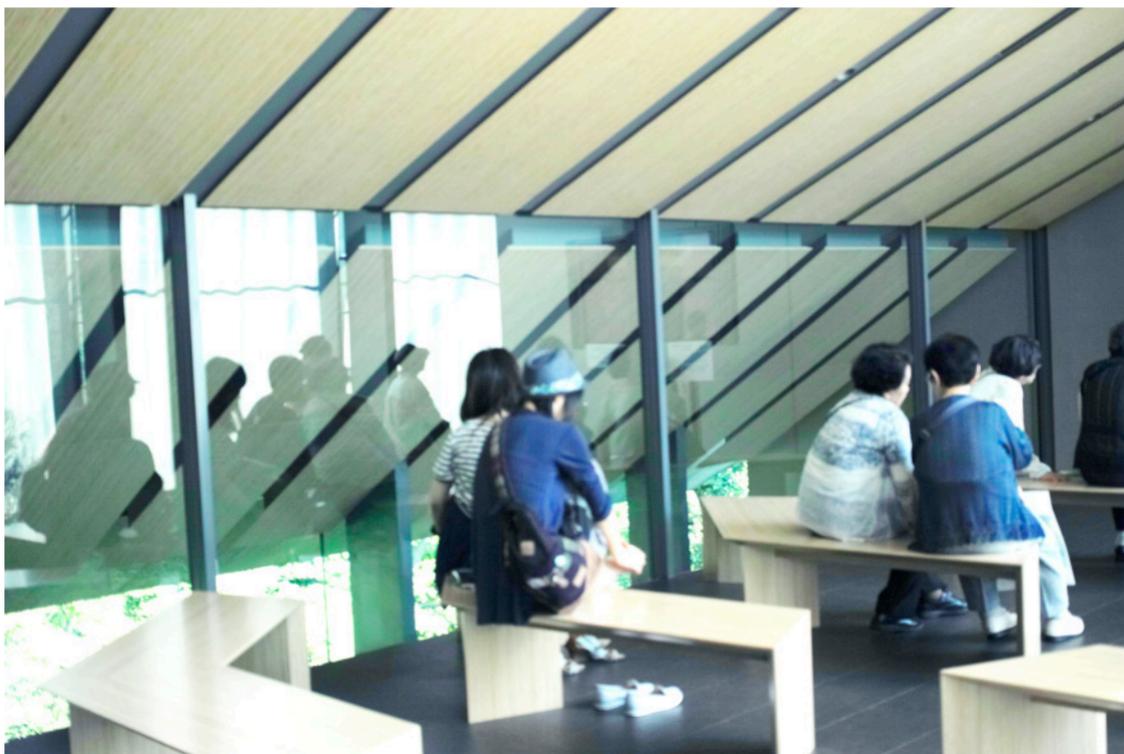
そして、私はおばあさんになるまで東京に住んで美術館やギャラリーのシルバーデーもいつか利用したいと思っている。

#### 山崎ナオコーラ

1978年福岡生まれ。生後半年で埼玉県さいたま市(旧・浦和市)に引っ越し、浦和は東京に近いので「東京人」という勘違いした自己認識で青春時代を送る。2004年に「人のセックスを笑うな」で作家デビューし、ひとり暮らしの金がやっと貯まって二十七歳から東京に住み始める。

#### Yamazaki Nao-cola

Born in 1978 in Fukuoka, Yamazaki Nao-cola moved with her family to Saitama City (formerly Urawa City), Saitama prefecture, when she was just six months old. Given the short distance between Urawa and Tokyo, Yamazaki grew up under the misguided assumption that she was actually a “Tokyo person.” She made her debut as a writer in 2004 with *Don’t Laugh at My Romance* and eventually saved up enough money to become a bona fide Tokyo resident at the age of 27.



## A Landscape of Hope for Forests and City

An overlook by the side of a lake. Below, the creek flowing into the lake swells, and the green hue of the trees seems to deepen. People who visit this place are drawn to its overarching beauty, to the charm of the wooden schoolhouse and the quaint classrooms. They immerse themselves in the picture before them and the aura that hovers around it. They find themselves thinking, as if it were the most natural thing in the world, that they want to do something here – that in this place they *can* do something. Here, everything begins.

Two years ago, we began a forestry business on the far western edge of Tokyo. Our base was an abandoned school on the banks of Lake Okutama, a place that once flourished but from which all trace of past vitality had disappeared. Our partners were the forest's owners, who wanted to preserve the memories of the people who lived here long ago. So many children who spent precious moments of life here, and so many adults with them. Even after the school closed, their memories of that irreplaceable time and place lingered. The feeling that hung over the old building seemed to demand of us not just nostalgia, but action and response. So we began our work of creating a life tied to the forest, of forging daily routines that answered the breath of the trees. We sent lumber from the forest to the city, and brought back goodwill from the city to the forest. We began the work of making the east and west of Tokyo one, like they were in the days when beautiful forests existed in synchrony with peaceful city streets.



文：竹本吉輝 Yoshiki Takemoto

1971年生まれ。横浜市出身。株式会社トビムシ代表。株式会社東京・森と市庭代表。国内環境政策立案や、環境ビジネスの多面的展開に従事。数多の森を闊歩する日々を過ごす。

Born in 1971 in Yokohama, Yoshiki Takemoto is president of Tobimushi Inc. and Tokyo forest and Ichiba Inc.. He designs domestic environmental policy and helps environmental businesses achieve multifaceted development. He is most likely to be found walking through a forest.

## 森と都市の希望の風景

湖畔の高台。眼下、湖にそそぐ小川は水量を増し、木々は緑を深める。訪れる人は、空間全体の美しさに、木造校舎の趣きに、教室の可愛らしさに惹かれ、その絵姿、その纏う空気に触れ浸る。するとアプリアリに、この場所なら何かができる、この場所で何かをしたい、という声と想いが和がれてくる。すべてのはじまりのはじまり。

一昨年、僕たちは東京最西端の地で林業・木材業という森の営みをはじめた。かつての隆盛を他所に、今ではその気配さえ感じたいこの土地で、先達の思いをつなげていきたいという山主の方々と共に、奥多摩湖畔に在るこの廃校を拠として。数多の子供たちが人生の大切なひと時を過ごし、数多の大人たちがそうした子供たちに向き合ってきた、この取替不可能な時空間は、廃校となって以降も、決して地元の人たちの思いや卒業生たちの想いが離れずに在った。だから僕たちは、ノスタルジーの外、能動性を惹起し呼応を求める空気に包まれたこの場所で、地域の森と暮らしがつながり、木々の息吹と在る日常が呼応する、そうした営みをはじめたんだ。森から都市に木を届け、都市の想いを森にお返りする、かつて森の美しい風景と優しい街並みが同期していた頃のように、東京の西と東がひとつになれる、ひとつで在れる営みを。



奥多摩山系から眺める都心の景色。東京の森の木々と街のビル群が同期しています。

Downtown viewed from the Okutama Mountains. The urban skyscrapers echo the trees in Tokyo's forests.

奥多摩の広葉樹の森。芽吹直後の新緑は落葉直前の燃える紅葉とは別の美しさを放ちます。

Spring foliage crowds a deciduous forest in Okutama, bringing a beauty distinct from the fiery leaves of autumn.



旧小河内小学校。奥多摩湖畔を走り緑のトンネルを抜けると、その神秘的な姿を現します。

The old Oguchi elementary school. Appearing through a gap in the tunnel of green lining the banks of Lake Okutama, the building emits an air of mystery.

## Tokyo, A City of Perpetual Change

Writing about Tokyo isn't easy. It's been six years since I moved to Tokyo, but I still discover new things every day. All the same, I'm quite at home giving tours of Asakusa, Odaiba, and all of Yoyogi Park. I love to grab a coffee, sit on a bench in Yoyogi Park, and watch how Tokyoites spend their free time. I'll never forget my surprise the first time I saw a dog dressed up in clothes being pushed along in a cart!

Tokyo feels different on weekends than it does on weekdays. On beautiful Sundays the city is bright and lively. One perfect place to kick off a great weekend is the Farmer's Market at United Nations University. I've gotten to know one of the vendors, and now I buy eggs and the sweet tomatoes that I adore there. The atmosphere reminds me of the green markets in Poland, where you're always sure to run into someone you know. I hope that other outdoor cultural events similar to those we have in Poland will also become more common in Tokyo. For example, I'd like to watch movies with friends on the big screen or listen to jazz in the park while sipping wine, and have more playgrounds and other places where one can spend time with children.

I still haven't had enough time to get to know Tokyo. What never changes about this city is that it overflows with hidden secrets.



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1. 上野方面から浅草へ向かう途中、かっぱ橋の本通りでお祭りに出くわし、下町らしさを満喫しました。 2. 代々木公園。抜けるような青空とキラキラ光るシャボン玉がとても綺麗でした。

1: Heading from Ueno towards Asakusa, I came across a festival on Kappabashi-Hondori St., where I soaked up the district's unique atmosphere. 2: Sparkling soap bubbles and a clear blue sky make for a beautiful day in Yoyogi Park.



1

東京について書くことは、容易ではありません。来日して6年になりますが、今でも日々新しいことを発見します。それでも、浅草やお台場、代々木公園一帯の案内はお手のもの。代々木公園ではコーヒーを手にベンチに腰かけて、みんなが自由な時間をどう過ごしているのか眺めるのが好きです。服を着てカートに乗せられた犬たちを初めて見た時の驚きは、未だに忘れられません。

また、東京は、平日と週末で異なる顔を持っています。天気の良い日曜日は、とても明るく賑やか。素敵な週末を始めるのに向ってつけの場所は、国連大学前のファーマーズマーケットです。とある出展者とは顔見知りになっていて、私はそこで卵や大好物の甘いトマトを買います。この雰囲気は、いつでも知り合いに会えるポーランドの青果市場を少し彷彿とさせるのです。

願わくは、ポーランドのように野外での文化的イベントがもっと多く行われ、例えば知人たちと大画面で映画を見たり、公園でワイングラス片手にジャズを聞いたりしながら楽しい時間を過ごせるように、また、子供たちと時間を過ごせる場所や遊び場ももっと増えてほしいものです。

東京を知るには、まだ時間が足りません。ここはいつまでも変わることなく、隠れた秘密に溢れているのです。

## 東京——絶え間ない変化に満ちた都市！

## わたしの滞在記

My Tokyo Diary



文：マルタ・カルシ Marta Karsz

1979年ワルシャワ生まれ。ワルシャワ大学日本学科卒。1〜7歳の間、東京に住む。2009年より駐日ポーランド共和国大使館に勤務。2011年にポーランド広報文化センターの設立に伴い、副所長に就任。

Marta Karsz was born in 1979 in Warsaw and graduated with a degree in Japanese studies from the University of Warsaw. From the ages of one through seven, she lived in Tokyo. Since 2009 served at the Embassy of the Rep. of Poland in Tokyo and since 2011 when Polish Information and Culture Center in Tokyo was established as deputy director of the Center.

## せっかく東京に来たんだからさ♡

まんが 十カカツキ

Since you're visiting Tokyo

Manga by Katsuki Tanaka



Lots of foreign tourists visit Japan now

And Japan's trying to become a tourist destination

Where do foreign tourists go when they come here?

I hear Tokyo's the top destination (50%+) 1st: Tokyo 2nd: Osaka 3rd: Kyoto

Which bit of Tokyo? 1st: Shibuya 2nd: Shinjuku 3rd: Ginza They all head for the most crowded places



Since you're here, I want to show you somewhere more typically Japanese

How about visiting a bath-house? You'll get a taste of the real Japan and you'll feel refreshed

There are lots of great bath-houses in Tokyo I'll show you You don't need to bring anything

Just so you know, these aren't hot springs They're furo – public baths

Furo originally meant "sauna," you know \*Out of the sauna Back to the sauna



Oh no, you've got a tattoo! You won't be allowed in!

It's OK We'll hide it with a band-aid \*Splat!

This is a Japanese furo! It's a sauna!

Look, there's a TV in the sauna cabin! That's something originated in Japan!

Won't your camera lens steam up? I'm not sure that's a great idea... \*The End

十カカツキ  
マンガ家

著書には『オッス! トン子ちゃん』、天久聖一との共著『バカドリル』など多数。近年大人気のカプセル玩具「コップのフチ子」の生みの親でもある。現在、週刊モーニングに『マンガ サ道』連載中。



Katsuki Tanaka  
Manga artist

As well as co-authoring *Baka Doriru* with Masakazu Amahisa, his numerous works include *Ossu! Tonko-chan*. He's also the creator behind the "fuchico" capsule toys. His *Manga Sa-do* series is currently running in Weekly Morning magazine.

ブンブロからアツカンになった。ウェブサイトではコンテンツを順次クリエイティブ・コモンズにしていづつ。35億年には足りないが、積み重ねてきた歴史、東京の内臓に蓄えていきたい。(森隆) / 「腑に落ちる、落ちない」と言うけれど、事実、色彩に溢れた腑(内臓)が、日々休まず人の感情や情動を熟成させていた……という神秘。内臓感覚、大切にしていこう。(水島) / 「アートとはなにか」アーツカウンシル東京の活動を知って、その答えに少し近づけた気がします。(平林) / 様々な垣根のない、本来の音楽のかたち。表現は自由で楽しいものであることを大友良英さんの言葉から実感。(菅原) / 今号からデザインを担当します。読者の方にも参加してもらえよう、想像を促すような紙面づくりができればと思います。(TAKAIYAMA inc.)

### VOL.9 研究ノート RESEARCH NOTES

The Tokyo Culture Creation Project is now Arts Council Tokyo, and our website content is gradually being transitioned to a Creative Commons license. It may not go back 3.5 billion years, but we hope to pack our accumulated history into Tokyo's viscera. **-Mori Ryu** / People who are convinced about something talk about knowing it in their gut, and it turns out our colorful guts work tirelessly every day to regulate our feelings and emotions. How mysterious! Let's be sure we listen to our visceral sense. **-Mizushima** / What is art? How the activities of Arts Council Tokyo brought me closer to an answer. **-Hirabayashi** / Music in its true, barrier-free form: Otomo Yoshihide speaks about the freedom and joy of expression. **-Sugawara** / This is our first issue as the official designers of the TOKYO PAPER for Culture. We're looking forward to creating imaginative, thought-provoking layouts and designs that draw on reader input. **-TAKAIYAMA inc.**

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東京、未来を照らすものたち

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