



Specified Nonprofit Organization

## Toyonaka International Friendship Association

### Introduction (ごあいさつ)

Toyonaka International Friendship Association (TIFA) was founded in 1985 in Toyonaka City, Osaka Prefecture, with the aim of promoting international exchange in the neighborhood. In 2000, 15 years after our establishment, TIFA became a non-profit organization with the aim of furthering multicultural understanding and coexistence. We promote activities rooted in the community involving handmade crafts and overseas activities in order to realize a peaceful society where it is easy for all of us to live together. Anyone with an interest in the diverse cultures of the world is welcome to join us. We look forward to your participation in the local and global activities of TIFA.

### Progress of TIFA (TIFA のあゆみ)

1985 Founded by volunteers who had completed the course "International Exchange in the familiar environment", starts to promote exchange activities and provide livelihood support to foreign residents of Japan

1992 Formed "Toyonaka Citizens' Network for International Exchange"

1995 Activities to support independence of women in rural Nepal start

1999 An orphanage for girls in Nepal opened

2000 An office in Kitasakurazuka, Toyonaka City opened

2000 Recognized as a non-profit organization from Osaka Prefecture

2005 "Asia Youth Forum" to commemorate 20th anniversary held

2006 Certificate of Appreciation from the Mayor of Toyonaka City and the Governor of Osaka Prefecture

2007 International Children's Camp starts

2012 January–Office relocated to Honmachi, Toyonaka City

2012 March–"Cafe Sapana" opened, starts to support its operation

2014 Receives "Free City Sakai Peace Contribution Award"

2015 30th anniversary event held

2021 February–Office and Cafe Sapana relocated and newly opened

As of January 2022, 86 regular members, 7 directors, 1 supervisor

## Membership Information (入会のご案内)

Each member makes use of their own areas of strength in our activities.  
If you are interested in becoming a member, please contact the office.  
(You can also participate in our activities before becoming a member.)

### 【Regular members】

Active members who have the right to vote at general meetings.

Admission fee: 2,000 yen

Membership fee: 500 yen/month (six months in advance)

### 【Supporting members】

Members who financially support our activities.

Annual membership fee: 3,000 yen per individual, 10,000 yen per group.

### 【Support members for Women and Children of the World】

Members who support TIFA's overseas activities.

Annual membership fee: 5,000 yen per unit

## Donations (寄付金の振込先)

Donations (any amount) can be transferred to the following account

Japana Post Bank account No. 00940-3-309179

Name: 特定非営利活動法人 国際交流の会とよなか



Toyonaka Station, Hankyu Railway Takarazuka Line  
North exit (Exit 9) to the Toyonaka Station North Intersection  
3 minutes by walk from the intersection

## Specified Nonprofit Corporation

### Toyonaka International Friendship Association (TIFA)

[Contact Information]

3-3-2-101 Honmachi, Toyonaka City, Osaka, 560-0021 Japan

TEL/FAX: 06-6840-1014

Office hours: Monday-Friday 11:00~16:00

(Excluding national holidays, year-end and New Year holidays, etc.)

Outside of office hours, please contact us through the answerphone, fax or email.

E-mail: [tifa99@nifty.ne.jp](mailto:tifa99@nifty.ne.jp)

Website: <http://tifa-toyonaka.org/>



## Introduction of TIFA's activities

### Support for Foreign Residents (在住外国人支援)

We provide daily support for everyone to be able to live safely in the community.

If you have any problems or concerns about life in Japan, or if you need help...please feel free to talk to us

- Multicultural Children's Cafe (Concerns about education)
- HAND IN HAND (Gathering of foreign students and trainees)
- International "anything consultation" (employment, visa status, etc.)

### Consultation Service for Foreign Residents (外国人相談窓口)

There are counselors at the "Consultation Counter for Foreign Residents" at Toyonaka City Hall (1st building, 5th floor).

Inquiries: 06-6858-2730

### Bazaar (バザー)

We hold bazaars with products donated by people in the community to support international students and foreign residents.

### Multicultural Parenting Salon (多文化子育てサロン)

On the morning of the 1st and 3rd Thursday of every month, we hold fun activities with foreign mothers and their children.



### Japanese Language 日本語クラス

We offer Japanese language classes for non-native speakers of Japanese according to each person's level and needs.



### International exchange (国際交流)

We have international exchange rooted in the community, which is the core of TIFA's activities, and training programs accepting participants from overseas.

### Host Family (ホストファミリー)

A program for international students and other family members to enjoy international exchange on a daily basis.

## Foreign Language Classes (外国語講座)

Classes for international exchange such as English classes are offered by volunteers.

## World Cooking Class 世界の料理教室

Learn how to cook cultural home-cooking dishes from foreigners living in the community and hear about diverse food cultures.

## Cultural Exchange Programs 文化交流プログラム

We receive visitors from abroad and hold mutual visits to support exchanges across borders.



Japanese cultural experience for Sri Lankan students

## International Understanding (国際理解)

We hold activities to deepen understanding of various cultures around the world and foster a global perspective.

## TIFA International Children's Camp (TIFA 国際子どもキャンプ)

Camps are held once a year with foreign instructors from various countries in order to deepen international understanding.  
(for students in 4th year of elementary~3rd year of middle school)



## TIFA Seminars (TIFA セミナー)

TIFA holds lectures to help participants learn about world trends and gain a global perspective.



## Global Salon (グローバルサロン)

Hear about diverse cultures and activities from our guests. Please feel free to join us.

## Introducing International Talent (国際人材を紹介します)

We would like to expand opportunities for foreign residents to be active in the community (foreign language classes, cultural exchange events, etc). Please feel free to contact us.

## International Cooperation (国際協力)

We offer international cooperation and support activities based on the idea of "exchanges across borders".

## Support Activities in Nepal (ネパールでの支援活動)

In cooperation with local NGOs, we support children's education and teach sewing techniques to women in Bungamati and Dudhauri villages in Nepal.



## Initiatives to Support Women's Independence

(女性の自立支援の取り組み)

We support the livelihood and independence of women in developing countries by selling handmade products by them in Japan.



## Support for Women in Afghanistan (アフガニスタン女性支援)

We support the Afghan women's group EJAAD for women's education and employment through traditional embroidery in Kabul, the capital city of Afghanistan.



## Cafe Sapana -A Space to Meet the World-

"Sapana" means "dream" in Nepali. It is a café & exchange space that TIFA supports/operates where you can experience a variety of food cultures from around the world. (1st floor of the TIFA office)



### Sapana Lunch

Foreign residents with great cooking skills will be the chef. You can experience different home-cooking style dishes from various countries every day.

### Sapana Bento

At home, at work...enjoy our bento boxes packed with flavors from around the world.  
(Delivery service is available upon request.)



### Sapana Market

Please feel free to shop. Handmade markets are held every 3rd Saturday of the month.

<Open hours>

Monday-Friday: 10:00-15:00

Lunch time is from 11:30.

Please use the space for rent at night/weekends/holidays.