

TSUBASA

GLOBAL WINGS

ANA | A STAR ALLIANCE MEMBER ✨

5



**TOKUSHIMA
IN SIPS AND SLURPS
A “KITOKITO”
TOYAMA BAY ODYSSEY**

Japanese Hospitality Wherever You Fly



Inspiration of JAPAN

A STAR ALLIANCE MEMBER



www.anaskyweb.com

THIS MONTH'S DESTINATIONS

011 _ Tokushima

Tokushima in Sips and Slurps

text: Shinobu Okumura photographs: Shinsaku Kato

026 _ Toyama

A “Kitokito” Toyama Bay Odyssey

text and pictures: Hisae Maeda photographs: Yusuke Abe

THIS MONTH'S FEATURES

004 _ OPENING WORDS

007 _ Heartwarming Animals You'll Want to Meet:
European Rabbit photographs and text: Miki Hirabayashi

009 _ Good Bath ☺ Hunting: Beauty
Kanagawa text: Kaya Okada

040 _ Ready For Takeoff: Naomi Osaka

042 _ Flying Colors

picture: fancomi

043 _ TIME FOR OBENTO: Jun'ichi Kato

text: Naomi Abe photographs: Satoru Abe

049 _ Majestic Sights: Namib Desert Wind and Waves

photographs and text: Gentaro Ishizuka

053 _ Tastes of JAPAN by ANA
Explore the regions: Okinawa

057 _ ANA GROUP INFORMATION

077 _ A Mind for Sudoku

078 _ A Mind for Sudoku: Solution



President & CEO,
ANA

Yuji Hirako



Sleep—A Big Deal

Thank you for flying ANA today. May 5th in the traditional Japanese calendar is the beginning of summer and the end of spring. “In spring, one sleeps a sleep that knows no dawn”—the Chinese poem *Chun Xiao*, which depicts sleeping so pleasantly in spring that you sleep in, was written by the poet Meng Haoran and elucidates his feelings of regret at the passing of spring. Your body has an “internal calendar” by which we sense the seasons. It’s said that drowsiness in spring is a function of that. I was in junior high school when I learned this poem. The teacher told us, “Deep sleep is a privilege of the young. You won’t sleep as deeply when you get older.” At that time, I always slept soundly and felt great the next morning, even if I stayed up late. “Sleep? It’s no big deal!” I thought, and laughed

off what the teacher had said. In sleep-related episodes, one famous historical figure was the French emperor Napoleon Bonaparte, who is said to only have slept three hours a day. However, he took naps and was always sure to get his sleep, whether he was in a meeting or working in his office. I'm jealous. But, even just a little sleep will clear the head. He devoted himself to this



practice, and the succession of ideas that he would come up with made Napoleon an extraordinary, illustrious commander. May 5th of this year marks exactly 200 years since Napoleon's death.

The body is also equipped with an "internal clock" that keeps track of circadian rhythms. This internal clock, which normally resets with the morning light, gets confused when exposed to strong light in the middle of the night. Being exposed to light before sleeping slows your internal clock down, telling you "Don't sleep yet," and light during sleep advances the clock, which then tells you "Get up!" We humans seem to find it easier to slow down than speed up the clock. Generally speaking, this is why there are more night people than morning people. In my experience, my jet lag is worse when I'm traveling to countries to the east (where the clock is ahead) than when traveling to countries to the west (where the clock is behind) for the same reason. Your internal clock also controls body tempera-

ture, blood pressure, and hormone secretion, so if it's disturbed, you increase the risk of lifestyle-related diseases. Sleep management, which affects your internal clock, is extremely important for ANA Group employees whose work is crucial to the safe operation of aircraft. Many of the crew members, mechanics, and airport employees work in shifts, for early morning or late night flights, so sleep times tend to be irregular and their bodies' internal rhythm tends to be out of whack. ANA employees take measures to regulate their internal clock. When working at night, they take a short nap before work, and are sure to get at least two hours of light after they wake up. After their night shift ends, they wear sunglasses to avoid exposure to sunlight when they return home. For a good night's sleep, breathing exercises, a personal regimen that facilitates good sleep, and a 12-hour interval between breakfast and dinner are also effective. I take care of myself now, recognizing that "sleep's a big deal," and am working on becoming a morning person rather than a night person.

ANA Travel Wellness is a program currently underway in the ANA Group. We are working on the visualization of fatigue in air travel and on developing an app that will help travelers minimize jet lag. We will continue our research and tie it in to other useful services. We look forward to flying with you again.

Give island life a try!



Heartwarming Animals

You'll Want to Meet

02

European Rabbit

Scientific name: *Oryctolagus cuniculus*

Ecology: Lives in burrow colonies in fields or woods

Best feature: Large ears that pick up even the faintest sounds

Okunoshima Island,
Takehara, Hiroshima



photographs and text: Miki Hirabayashi



Grooming for its close-up

[European rabbit]

Okunoshima is a tiny island on the Seto Inland Sea, only 4 kilometers in circumference, but is home to a huge number of European rabbits. Explanations abound for why so many rabbits live here. Some say they are the feral offspring of pets that were released on the island. In any case, the rabbits thrive in the island's environment, protecting themselves from crows and—in the case of the males—fighting to establish territory. They have so little fear of humans that if you pull out a camera and start snapping photos they might begin grooming themselves right in front of you, or just stretch out their paws and nap. Visitors to the island love to watch these adorable creatures relax.



illustrations: Natsuki Suyama

Good Bath Hunting

~ Beauty ~

text: Kaya Okada,
healthy living enthusiast



#2 Kanagawa

□ NAME

Thermal Spa S.Wave



This spa facility is a special space that slots smoothly into everyday life. It stands on the coast of Oiso in the Shonan area. Visitors can go from hot springs to the beauty salon, visit multiple saunas and heated pools, and float in the waters to relax and escape from workaday cares.

□ ADDRESS

Oiso Prince Hotel, 546 Kokufuhongo, Oiso-machi, Naka District, Kanagawa
tel. 0463-61-1111 Sea Voyage Shonan Salon: tel. 0463-57-1113

* Operations subject to change to prevent the spread of COVID-19.

Massages can be a tricky balancing act. You lie down eager for comfort and relaxation, but too much of either can send you right to sleep. After I'd warmed myself to the core in Oiso onsen's warm waters, I headed to the Sea Voyage Shonan Salon inside the spa facilities for a full-body treatment. The therapist's hands were coated with certified organic argan oil, and at the first touch I felt a warmth begin to spread until it slowly enveloped me in bliss.

Let your mind drift out to sea as you gaze from a pool that blends into the horizon

With my whole body glowing from the spa treatment, I headed to the stone bath for some serious lazing around. Then I dropped by the warm bath room, where natural aromas waft through the 35°C air, for a spot of meditation. After sweating it out in the sauna, I went to the ice room and let the ice flakes that fluttered down close up my pores. Finally, I headed to the infinity pool, where the surface of the water blends into the horizon. Floating in the pool is like floating on the ocean waves. You can feel your mind and body unwind in the grand, luxurious sunset.



↑ Writer/saxophonist. Daily student of health and well-being, inside and out.

**Does
Tokushima ramen
really come in
three colors?**



Tokushima in Sips and Slurps

Notes from a Voyage
in Search of
Rare Noodles



text: Shinobu Okumura
photographs: Shinsaku Kato

Inotani made Tokushima ramen famous nationwide when the restaurant was featured in the Shinyokohama Raumen Museum. Customers stream in the moment it opens.

Brown, white, and yellow: I'd heard that Tokushima ramen was divided into three types based on the color of its soup. Driving through town, I see more signs for ramen than udon noodles. Kagawa, the "udon prefecture," is right next door—does that make Tokushima the "ramen prefecture"? My journey to slurp down some serious noodles has begun. Here's what I find at the bottom of the bowl . . .

Brown?

Chuka Soba

Inotani Honten

Raw egg with
sweet and salty meat
—sukiyaki-style?

Look how brown this soup is. The sliced pork belly is stewed to firm up the flavor, and raw egg is added to the meat-rich bowl of noodles. A bowl of rice with takuan pickles on the side perfects the meal.

Rice to soak up
the sweet-and-salty meat
and brown soup



T here's a reason why this is one of the most famous ramen places around. The first things I see when I enter are the simple menu on the wall and the distinctive U-shaped white counter. I like the looks of this place, I decide, and take a seat. Peeking into the back kitchen, I see the young third-generation proprietor boiling noodles in the traditional flanged cooker. Maybe those are for me? As the second-generation proprietor fills me in on the shop's history and philosophy of ramen, my eyes follow the bowl. And here it comes. My first sip of the brown soup reveals a surprise. The word "Inotani" is written in red characters around the rim, just below soup level. I was not expecting that. Fantastic work. New customers pour in without a break. As each one hands over their ticket from the machine, a female staff member briskly questions them: "Spring onions okay?", "With takuan?" From the moment I enter to the moment I leave, my eyes, ears, and mouth don't get a single chance to rest. Tokushima ramen—I could get used to this.

Chuka Soba Inotani Honten

4-25 Nishidaiku-machi,
Tokushima-shi, Tokushima
tel. 088-653-1482

Whew!
I was finished
before I knew it





Kissa Bizan

7 Ryogokubashi
Tokushima-shi,
Tokushima
tel. 088-623-2433



After the bold flavor of the ramen, I stroll through arcades and shopping streets in central Tokushima looking for a cup of coffee. The café that eventually draws me in turns out to be a well-known establishment, giving me new insight into the heartbeat of the city. The regulars at the counter look utterly at home. It looks like a scene from a movie, but even as a first-timer I feel welcome. In fact, it's so relaxing that I end up lingering longer than I intended, downing some home-made juice as well as my coffee.

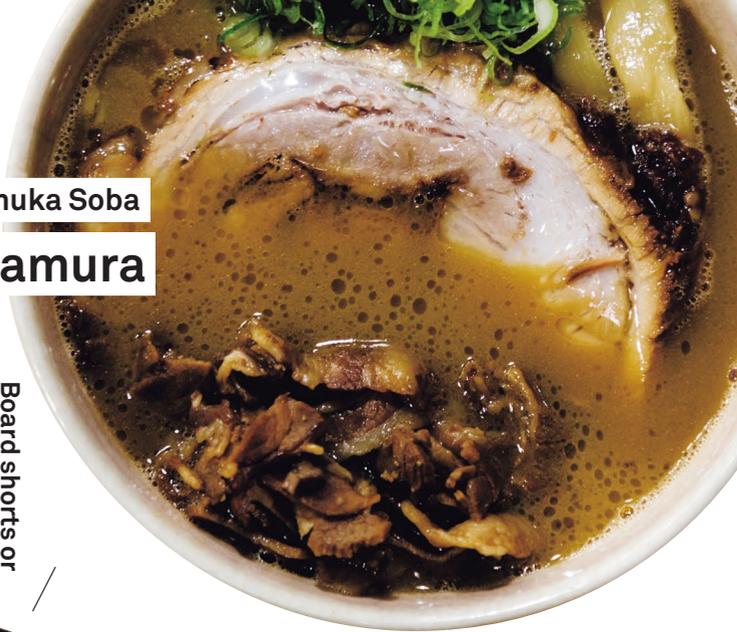
A Little Detour ① Sipping Coffee for a Break

This
cute bear
welcomes
customers



Get a lucky bowl
and win a prize?

Chuka Soba
Tamura



Board shorts or
Naruto sea bream
means you win!



“When I left the prefecture in my youth, I realized how tasty Tokushima ramen really was,” says proprietor Yoshihisa Tamura. It’s been nearly twenty years since he quit his salaryman job, trained as a ramen restaurateur, and went independent.

Brown?

The char siu pork here is as superb as the proprietor says. Tamura is another brown-soup ramen restaurant, with extra-large char siu and sweet-and-salty pork. It makes me crave rice. The thick soup strikes an exquisite balance between pork bone (tonkotsu) and chicken bone broth, masterfully avoiding the slightest hint of gluinness. Tamura has evolved with the times: its interior resembles a café, its bowls are up-to-date, and its menu includes the seasonal specials that are all the rage these days. Beneath all this, though, is a confident self-awareness as Tokushima ramen. I look forward to seeing what Tamura comes up with as it strives to recreate the tastes of a certain renowned restaurant that has now closed its doors.



Chuka Soba Tamura
108-1 Tainohama Onishi,
Kitajima-cho,
Itano-gun, Tokushima
tel. 088-698-5343



Sipping Wine with Local Cuisine

A friend had tipped me off about an interesting wine shop in Tokushima: TAI, which sells natural-style wines. I may be here on a ramen journey, but I want to try other tastes of Tokushima, too. If that makes me greedy, so be it. The staff at TAI help me choose a bottle, and then point me in the direction of a restaurant specializing in local cuisine where I can bring it along to drink. That evening, I enjoy some wonderful wine with Naruto sweet potatoes and Awao chicken. TAI also sells Tokushima's famous Handa somen noodles, which apparently make for a particularly tasty bowl of ramen. So, I end up buying a souvenir where I least expected to.

Huh? My favorite ramen place?



wineshop TAI

101 Amenity Nakanocho
1-21-5 Nakano-cho,
Tokushima-shi, Tokushima



We've sold sushi since the days of our first-generation owner. But today we're already sold out—sorry!



White Tokushima ramen. Here, people say, lie the real roots of Tokushima ramen: white soup, not brown. White soup is a mixture of tonkotsu and chicken broth, and was originally served from roadside stalls. Meanwhile, this restaurant, open for seventy years, has both ramen and sushi on the menu?

Masato Fukui is the third-generation proprietor of Okamoto Chuka. “What we call Tokushima ramen today was originally all just local ‘*chuka soba*,’” he says. *Chuka soba*, or “Chinese-style soba,” is an older, alternative name for ramen.

Chuka Soba

Okamoto Chuka



White ramen means...

As he explains all this, Fukui shows me a smallish, older bowl. The brown ramen soup both looks and tastes more dynamic, but the white soup's milder flavor means it has many fans among older people. You could eat this ramen every day. I'm disappointed to have missed out on the sushi, carefully prepared by the wife of the previous proprietor using the famous local Kito yuzu citrus, but it's all sold out.

...mild tonkotsu
with sushi?



Okamoto Chuka's tonkotsu ramen is different again to Kyushu tonkotsu ramen. Its mild yet emphatic flavor has a depth that lingers on the palate.

Chuka Soba Okamoto Chuka

60-1 Okubayashi, Chuden-cho
Komatsushima-shi,
Tokushima
tel. 0885-32-0653



We used to
use a
wood-fired
griddle

A Little Detour ③

Sipping Tea with Fresh-Grilled Mochi

Ramen isn't the only artisanal creation I see on my journey. I'm also privileged to witness artisanal skills at a confectionery store I drop into for a break. The store sells grilled mochi (rice cakes) made by a pair of siblings. The sister wraps home-made *anko* (sweet bean paste) in super-thin mochi wrappers and lays them out on a well-used iron griddle. Then the brother stamps them with a chrysanthemum pattern, and flips them over at just the right time. How many thousands have they made in this way? I never grow tired of watching them work as I sip my tea and chew on a freshly grilled mochi of my own. The light texture gives me a happy rush.

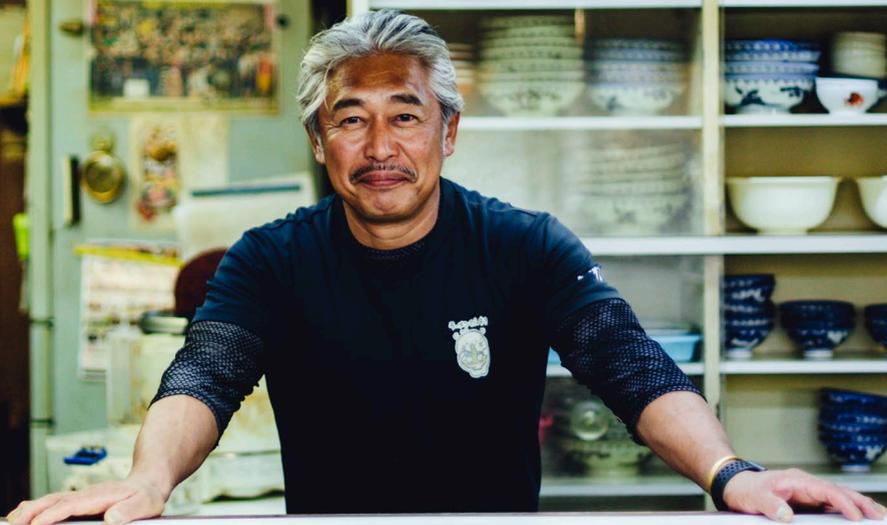


Taki-no-Yakimochi Yoneya

5 Otakiyama, Bizan-cho
Tokushima-shi,
Tokushima
tel. 088-623-2775

中華そば
小六〇〇
大六五〇
玉子小六五〇
玉子大七〇〇
肉小八〇〇
肉大八五〇
肉玉小八五〇
肉玉大九〇〇
めし一五〇
ビール五〇〇
酒四〇〇

This is the entire menu.
I start preparing
at four in the morning



Chuka Soba

Kawai



My charming host is a fan of Harleys and weightlifting. “Some call my soup yellow, some call it brown, but I’ve never given it a second’s thought. For me, it’s the flavor my parents used to make, and I used to eat it instead of an afternoon snack.” His restaurant, Kawai, has been operating for 41 years now. The soup is flavored with tonkotsu, chicken bones, and vegetables, and the noodles are topped with optional extras like char siu and eggs. The way he warms each egg slightly to avoid chilling the soup shows how much care he takes. There used to be only two ramen places in the neighborhood, but now there are more than ten. Tokushima ramen is becoming a prefectural staple.

The soup is indeed “brownish” rather than definitely yellow or brown. But rather than worrying about the color it appears in my spoon, I’m just happy I can enjoy the ramen I was looking forward to.

Chuka Soba Kawai

436-4 Kagasuno,
Kawauchi-cho,
Tokushima-shi, Tokushima
tel. 088-665-2162



Eggs?
Meat?
Want some rice, too?



A Little Detour 4



Sniffing Back Tears with Tokushima Brides

My cameraman has a personal connection to Tokushima Prefecture, and he tells me during our trip about the local sweets called *hanayome-gashi*, “bridal confectionery.” In Tokushima, when someone becomes a bride, she hands out rice-based sweets called *fuyaki*. I tried some *fuyaki* between bowls of ramen, and was pleasantly surprised by the light texture and lingering deliciousness. Wanting to see how they’re made, I visit Asai Confectionery, where I am greeted by the cheerful second-generation proprietors, a husband-and-wife team, and their child, the up-and-coming third generation. As I watch them prepare the sweets, moving in rhythm, I take careful notes of the ramen places they recommend.

Asai Confectionery

3-6-42 Minami-Tamiya,
Tokushima-shi, Tokushima
tel. 088-631-1947



Red, white, and yellow!
We're the only *fuyaki* makers
that include yellow ones!



Every color is
as tasty as
every other

Whatever the color, Tokushima ramen is a bowl of love that fills both stomach and heart of those near and dear. One restaurant we visited asked us not to include them in this article “because we don’t want to annoy our regulars,” and that’s the kind of everyday scene that really satisfies. Thanks for everything, Tokushima!

Flying to Tokushima

ANA offers flights from Tokyo (Haneda) to Tokushima Awaodori Airport.

Note: Flights may be changed without prior notice. For the most recent information, please visit the ANA website.



IS ● JAPAN COOL?

GAME CHRONICLE

UNRAVEL THE HISTORY BEHIND JAPANESE GAMES
AN ADVENTURE BEYOND TIME AND SPACE



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"Game Chronicle" focuses on the complex world of Japanese games —
which draws fans into a whirlwind of excitement and innovation.

In this feature, we cover four eras of Japanese games (1980s, 1990s, 2000s, 2010s) and 100 topics —
including hardware and software evolution, arcade games, latest e-sports,
and Japan's longtime favorite traditional games.

<https://www.ana-cooljapan.com>



PLAY IT NOW

ANA Inspiration of JAPAN | A STAR ALLIANCE MEMBER



TOYAMA

*

UOZU

NAMERIKAWA

HIMI

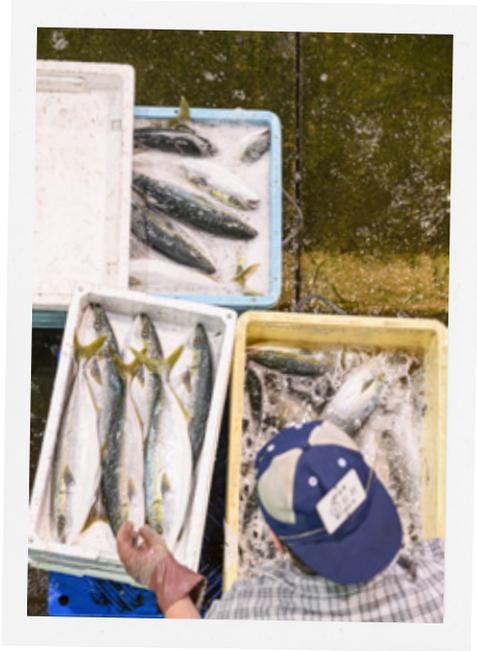
IMIZU



A Toyama Bay Odyssey



text and pictures: Hisae Maeda photographs: Yusuke Abe

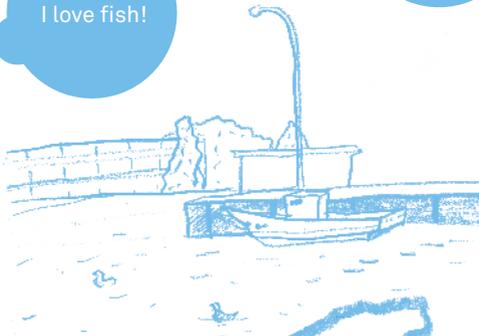
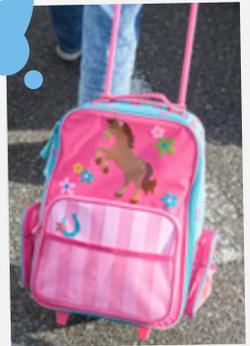


Where might
our finned friends
be swimming right now?
I set out with
my fish-loving child
on an odyssey
around Toyama Bay—
nature's fish tank!



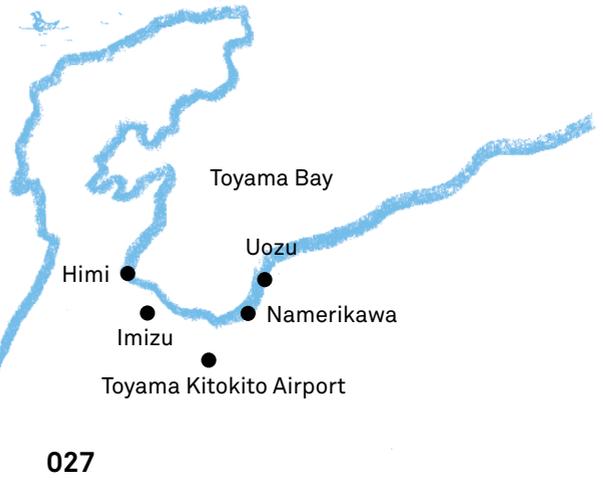
I love fish!

I packed all
my favorite
stuff!



Hisae Maeda / Ima-chan

A mother and illustrator, and
a five-year-old who prefers
fish to meat.



DAY

1

【 UOZU 】

Meeting the fish of Toyama Bay up close!



📍 Uozu Aquarium

1390 Sanga, Uozu, Toyama
tel. 0765-24-4100

The Uozu Aquarium showcases Toyama's aquatic life, "from the river sources of the Northern Alps to the depths of Toyama Bay." Apparently, it's the oldest aquarium in Japan. Massive fish from the bay swim in the Toyama Bay Giant Tank.



What kinds
of fish are
in here?

DAY

1

【 UOZU 】

Hey,
sushi man!
What's
in season
now?



This sushi restaurant serves freshly caught fish from Uozu Fishing Port. Yellowtail, squid, longtooth grouper, filefish, gnomefish, snow crab, pickled mackerel, whelk, glass shrimp . . . most of the fresh sushi toppings lined up on the counter are from right here in Toyama Bay. The friendly owner-chef happily explains what's on offer, too. The variety of sushi toppings is a testament to the richness of the bay.



Toyama
salmon roe
. . . yummy!



📍 **Tasukezushi**

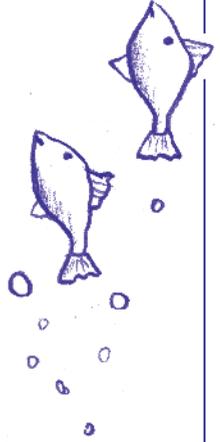
10-14 Ekimae Shinmachi,
Uozu, Toyama
tel. 0765-24-7357

DAY
1

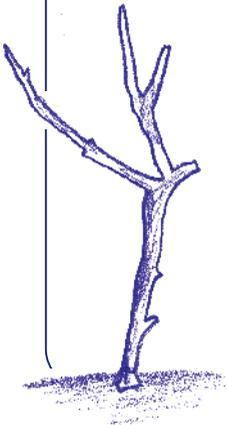
Treasures of the Sea



Uozu Aquarium is perfect for learning the secrets of Toyama Bay's rich web of life. The exhibits are focused on regional fish, and the passion of the staff at each one piques the curiosity. Large fish like yellowtail and gnomefish swim lazily around the Toyama Bay Large Tank, offering visitors a recreation of life in the bay. My daughter has learned to recognize yellowtail by their distinctive features, and soon finds a fish with a blue tail and fins here, too. "There's Elsa!" she screams in delight. ("Elsa" was actually a black scraper.)

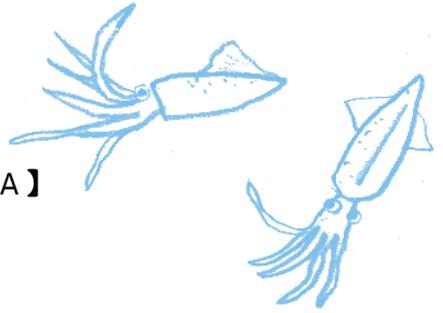


After watching the beautiful sunset from the shore, we head for dinner. I ask the sushi shop's owner-chef to tell us about Toyama's seafood, and my daughter is shocked to see the fish she just watched at the aquarium making an appearance as sushi. As we savor the delicious fare, I imagine the piscine population swimming in the seas around Toyama. My daughter is delighted with the salmon roe, her favorite. The owner-chef may claim that Toyama is a plain and simple place, but its seas are a truly miraculous treasure.

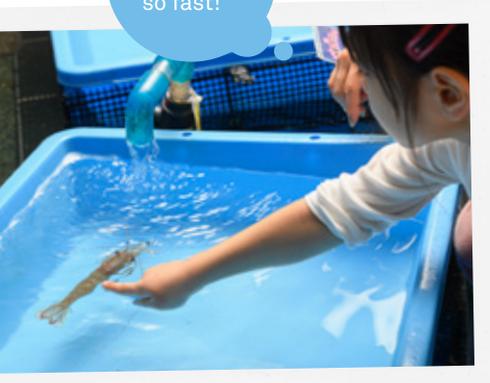


DAY 2

【NAMERIKAWA】



Shrimp
can swim
so fast!



Just what are firefly squid?

Firefly squid, known as *hotaruika* in Japanese, live in deep-sea waters. The seas around Namerikawa drop off precipitously, making it a handy place for firefly squid to come and lay their eggs near the coast in spring. Their fairy-like lights are visible in the fishing nets offshore during the season. The Hotaruika Museum explains everything you might want to know about these creatures' mysterious ecology, and the adjacent Panorama Restaurant Kosai offers a wide variety of firefly squid dishes.



DAY

2

【 NAMERIKAWA 】



A cruise on the
bountiful sea!



We board the Kirarin sightseeing boat for a tour of the coast of Toyama Bay. From out on the waves, we can see the Tateyama mountain range and the rest of the spectacular Northern Alps. A sea cruise with a mountain view—what a treat!



 **Hotaruika Museum**

 **Toyama Bay Cruising**

Wave Park Namerikawa
410 Nakagawara, Namerikawa, Toyama
tel. 076-476-9300 (Museum)
tel. 076-476-9307 (Cruise reservations)



Fun and delicious conveyor belt sushi

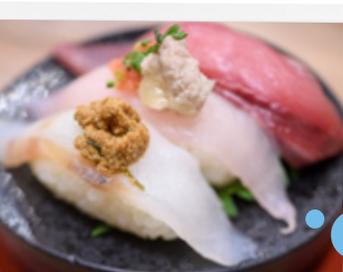


DAY

2

【 HIMI 】

Conveyor belt sushi is popular with adults and fun for kids! Enjoying fresh fish is easy at Himi Kitokito Sushi, whose headquarters are, of course, in Himi. (*Kitokito* is a local word for “fresh.”) Even the menu is fun, with selections like “Three *Buri* (yellowtail) Brothers.” They have a large non-sushi selections too, such as simmered yellowtail with *daikon* radish and glass shrimp tempura.



The fish
is *kitokito*!



📍 **Himi Kitokito Sushi Himi Main Shop**

65 Kamiizumi, Himi, Toyama tel. 0766-91-5114

DAY
2

Heading Out to Deeper Waters

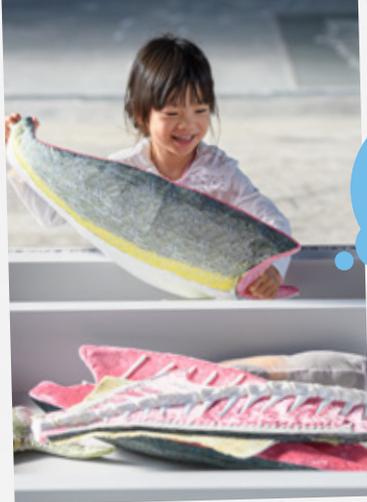


I knew that firefly squids glow, but when I see the photos on display at the Hotaruika Museum I am surprised at how blue their light is. I thought the photos were of some kind of artificial light show at first. The squid only glow for a short time in spring, though, so we go to see the bioluminescent plankton instead. “Look! That one’s shining!” says my daughter, spotting a tiny light. Next time, we’ll time our visit to see the firefly squid.



Our cruise on Toyama Bay is something my daughter was really looking forward to. The sightseeing boat is faster than I expected, and we’re out on the bay with the wind on our faces in no time. It’s amazing and exciting to think that there are fish swimming in the deep seas beneath us. The captain’s joking and freewheeling patter is also fun. My daughter spends the whole boat ride humming and cheering. That night, we go for sushi again—but this time, conveyor belt sushi! My tiny companion is beside herself with excitement at picking her own plates and placing her own orders.





I'm filleting a yellowtail!

DAY

3

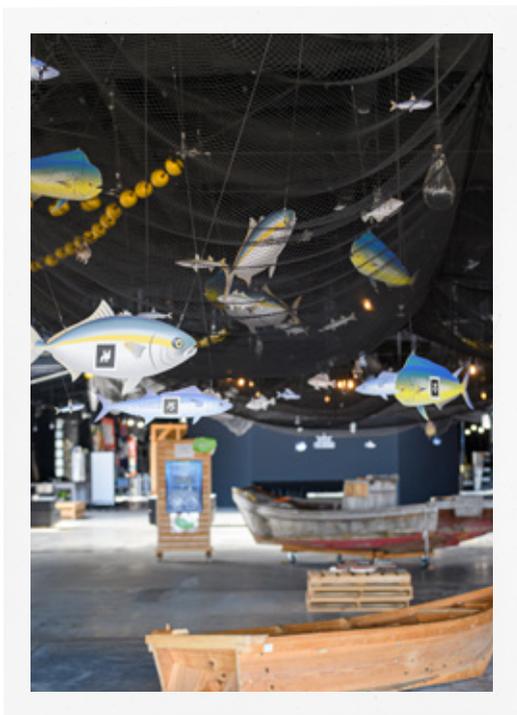
【 HIMI 】



Learn about fishing the hands-on way!



The Fishery Cultural Exchange Center was renovated just last year, and has lots of new exhibits to make learning about fishery culture fun. In the AR Stream, you can experience swimming with fish in a fixed net, like the ones used in the old days in Etchu Province, as Toyama was once known. The Hands-on Himi exhibit has a winter yellowtail anatomy puzzle. You can also glimpse Himi's fishing history and foodways through old fishing gear and wooden boats.



 **Himi Fishery Cultural Exchange Center** (Himi no Umi Exploration Center)

7-1 Chuo-machi, Himi, Toyama tel. 0766-74-8018



DAY
3

【IMIZU】

**Let's go see
the crab auction!**

Daytime auction at Shinminato Fishing Port. The auctioneer's patter echoes like a mystical incantation. The whole floor is red with crabs. It's spectacular. (Crabbing season for red snow crab runs from September to May.)

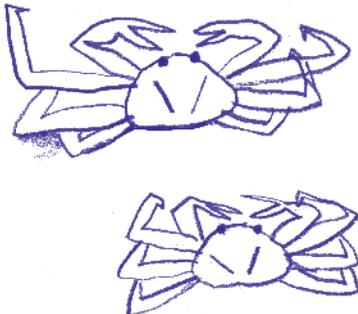
Shinminato Fisheries Co-op
1-1100 Hachiman-machi, Imizu, Toyama
tel. 0766-82-7707

DAY
3

How Fish Get from the Ocean to Us

Another day of nice weather. In the morning, we set out for the Himi Fishery Cultural Exchange Center to learn about fishing. My daughter is captivated by the quiz with stuffed fish and the fish anatomy puzzle! Actually, disassembling the full-scale yellowtail model has me fascinated, too.

After learning about different fishing methods, we drop in on the daytime auction at Shinminato fishing port in Imizu. Crabs are auctioned off in the blink of an eye, then taken away with prices on them. “How much did they buy that crab for?” asks my daughter, but I honestly have no idea . . . After the auction, we have lunch at Shinminato Kittokito Market. (*Kittokito* is an even more emphatic version of *kitokito*.) One by one, the crabs we saw earlier show up for sale.



Freshly
landed!

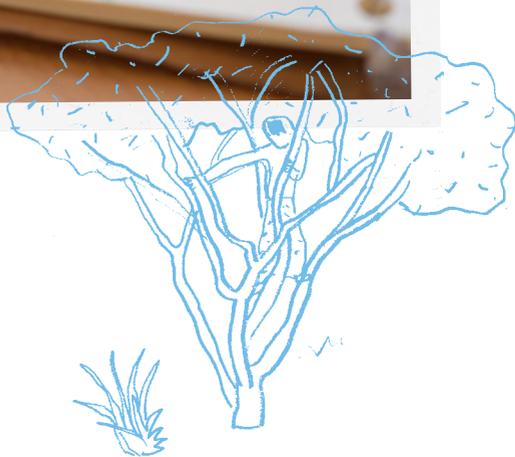


A woman with short brown hair, wearing a white long-sleeved shirt with blue horizontal stripes and bright pink pants, is walking on a rocky shore. She is holding the hand of a young girl with brown hair in a ponytail, wearing a white long-sleeved shirt with a pink graphic and pink pants. They are walking away from the camera towards the ocean. The sky is a clear, bright blue with a few wispy clouds. In the distance, a city skyline is visible on the horizon. A yellow buoy is floating in the water. A speech bubble is positioned above the woman and girl.

This fishy
journey was
lots of fun!



**I love fish
more than ever!**



Flying to Toyama

ANA offers flights from Tokyo (Haneda) and Sapporo (New Chitose) to Toyama Kitokito Airport.

Note: Flights may be changed without prior notice. For the most recent information, please visit the ANA website.

Ready For Takeoff

Uplifting Words from exceptional athletes who travel the world, overcome challenges, and inspire us all.



Professional tennis player

Naomi Osaka

Part2



"Don't compare yourself to anyone else, because you're you, and no one can possibly fill your shoes."

Just a Normal Human Being

It's easy to forget that Naomi Osaka – a superstar athlete who has battled to the pinnacle of her sport, won four tennis Grand Slams including the last two, and serves as an inspiration for millions around the world – is really just a normal human being. Although her tennis matches take place on the world stage, in private she handles the vicissitudes of life much the way the rest of us do. "I spent my time in the pandemic just thinking a lot," she reveals. "Spending time with my family and trying to relax."

Like so many others, she enjoys the occasional diversion: "I play a lot of video games," she says with a smile. "And watch TV." When struggling, Naomi reminds herself, "Even though it's hard right now, things will get better." Sometimes, it's empathy that helps her face difficulty. "Knowing you're not the only one going through a hard time and trying to do the best with what you have right now," has helped her overcome challenges on and off the court.

Though even a champion must deal with defeat. "For me it's very difficult, but I would say I overcome losing by knowing there's another tournament and there's always another chance to prove myself." Looking to the future also keeps her motivated. "Every day can be different if you make it," she declares. "I feel like life is a test, and it's really interesting to see what the next day will bring."

As for advice she might offer to young people facing their own challenges, she says without hesitation, "Don't compare yourself to anyone else, because you're you, and no one can possibly fill your shoes." Clearly, these words have guided her own life, reinforcing the fact that, despite her fame, Naomi Osaka is just a normal human being. That is, until she steps onto the tennis court.



Naomi Osaka

Born 1997 in Osaka. Turned professional in 2013. Won the US Open in 2018, becoming the first Japanese to win a tennis Grand Slam. In 2019, won the Australian Open, becoming the first Asian ranked number one in the world. Won the US Open in 2020. Ranked third in the world as of January 2021. Affiliated with Nissin Food Products.

Kindly visit the ANA website for previous articles.
(<http://www.ana.co.jp/en/rft>)



Flying Colors

Take a screenshot with your device and color it in with your favorite image editor!

What's outside
the window?



A boy
riding
a carp streamer!

picture: fancomi

TIME FOR OBENTO

NO.
170



Tateyama, Chiba
Bonichi Shimbun

Journalist

**Jun'ichi
Kato**

text: Naomi Abe
photographs: Satoru Abe

I like to save the excitement of opening my obento box, so I never look at the contents in the morning. Take this *tamagoyaki* omelet, for example. I've seen this shape before, but I didn't see it coming today!

I'm usually the one asking people questions, so I'm having trouble finding answers now that I'm on the other end of the interview. My wife has made my obento for nearly 20 years. I'm grateful for that, but I honestly can't remember what she packed for me even two days ago. When it comes to my mother's obento, my memory is even worse. The only thing I recall about lunch at high school is the time a caterpillar came crawling out of my friend's obento. It must have been clinging to a leaf of cabbage or lettuce. He was cheerful by nature, and I remember being impressed that he could squeeze a laugh out of something as humdrum as lunch. As for my own obento, though, I remember nothing at all. I owe an apology to my mother and my wife for having no stories to share in this interview.

I've been a journalist at the Bonichi Shimbun for 24 years. The Bonichi is a four-page local daily newspaper covering the Awa area of Chiba Prefecture, which is basically the tip of the Boso Peninsula, south of Mount Nokogiri. I grew up in Tateyama myself, and the Bonichi was always part of our lives. My family subscribed to it along with a national paper. If an event



was going on at school, a reporter from the Bonichi would be there to cover it. Pupils who were named winners in an essay contest would get their names and photos published, and maybe even their essays. It wasn't until I moved to Tokyo for university that I discovered not every area had a local paper like the Bonichi.

Our deadline for stories is two in the afternoon. The paper goes to press at four, and then copies are transported to distributors for home delivery the next morning. That means I need to gather information before noon and then go straight back to the desk and write up my article. Things work out just right if I return in time for lunch. I'm in charge of covering Tateyama's city government right now, so I visit the public relations department every day and keep track of new developments. Normally, around this time of year we'd have updates on the Tateyama Bay Winter Swimming Festival and the Tateyama-Wakashio Marathon, but both events were cancelled this year due to the COVID-19 outbreak. That was a real shame.

The great thing about working at a local paper is our close relationship with the readers. They call us saying "You can't miss this drama! Someone's rescuing a dolphin!" or "Come quick, I caught a blue frog!" The other day an elderly lady brought a yuzu citrus she picked in her garden and said, "Doesn't this look like a child's face?" Sure enough, if you looked closely,

the scratches and bumps on the peel did resemble facial features. She went on: “So many of your stories are gloomy because of COVID-19. I thought this would give you a nice change of topic.” We really thrive on support from our local readers.

One story etched in my memory is the Japanese High School Baseball Invitational Tournament, also known as the Spring Koshien. In 2008, Awa High School was the first school in the region selected to participate as a “21st century team.” When the principal received the phone call announcing the selection, I was on standby with my camera ready. You bet I shot the players jumping up and down with joy. That’s my alma mater! In the tournament, our first game was the day of the opening ceremony—and we won! Talk about energy and excitement. I witnessed the Awa area unite and cheer on the team, filling the “Alps” seating area with violet, the school color. I asked for a special extension of my deadline just so I could relay that feverish atmosphere. At the time, I did my writing on a laptop computer, but we didn’t have portable Wi-Fi yet. I remember connecting the laptop to my mobile phone to send the articles and photos, and being frustrated that the massive amount of data took so long to transmit. The next morning, the front page was filled with my reports on the opening ceremony and our winning game. Covering that event was one of my happiest moments as a journalist for the Bonichi.

We really thrive on support from our local readers



Majestic

Sights

NO. 02

01 / Dune 45

049

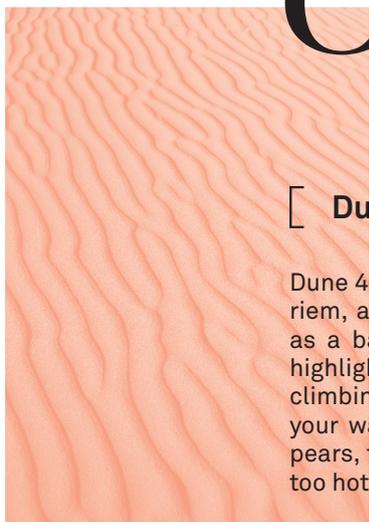
Namib Desert

Wind and Waves

The Republic of Namibia in southwestern Africa is home to what is believed to be the oldest desert in the world.

Formed around 80 million years ago, the landscape leaves visitors in speechless wonder. Instead of landforms, its features are waves of sand created by the wind that blows unceasingly between land and sky.

01



[Dune 45]

Dune 45 is the closest dune to Sesriem, a small settlement that acts as a base for desert tourism. The highlight is going out barefoot and climbing Dune 45 at sunrise. Make your way down before the sun appears, though, as the sand becomes too hot to walk on.



A place “where there is nothing”

The country name Namibia is derived from the Namib Desert. The San people, who have long inhabited the area currently known as Namibia, gave the desert its name. In their language, *Namib* means a place “where there is nothing.”

Guidebooks love to describe the Namib Desert as “apricot-colored.” I didn’t believe it until I saw the sands with my own eyes. The desert really is the color of that small, tart fruit. The individual sand grains are too fine to perceive—until they enter the moist area under your eyelids. But they compose the dunes that stretch as far as the eye can see, like an inland ocean.

02

[Sossusvlei]

Sossusvlei is a 400-kilometer drive southwest of Windhoek, the capital of Namibia. To get there, you start by following National Highway B1, Namibia’s only paved road, which runs the length of the country like its spine. The rest of the trip is a journey through sprawling dirt roads.





- Explore the regions -



An appetizing and colorful set of Ryukyu dishes includes *tofuyo* (second from left, front row, orange sauce), an Okinawan delicacy made by fermenting *shimadofu* with rice *koji* mold and *awamori*. © Okinawa Convention & Visitors Bureau.

Entertaining and Enduring Food Culture

Throughout the nearly 500 years of the Ryukyu dynasty (1429–1879), Okinawa flourished as it came under varying influences from the cultures of China and Southeast Asian countries involved in trade. Among its attractions, including craft and architecture, is what you can eat here.

One of the most distinctive characteristics of Okinawa food culture is the prevalent use of pork, boiled to remove excess fat. Also unique to Okinawa is a cuisine of *shima-yasai*, vegetables native to the subtropical climate, immersed in a rich stock of pork or bonito with ingredients like seafood, seaweed,



Okinawa food culture, notable for its singular ingredient, is said to begin and end with pork, rich in vitamin B1 and more. Traditional cuisine uses every part of the pig—feet, ears, stomach—so that nothing is thrown away and everything is made delicious. Indispensable for Okinawan food is boiled pork belly: used not only for *rafte*, braised pork belly (left), but also for a topping on Okinawa wheat noodles (right).

or tofu for a feast delighting both eye and palate.

A traditional food culture featuring whole, natural edibles and bringing out rich flavors, Ryukyu cuisine has long attracted attention as a fine diet for health and longevity.



Carrot *shirishiri* gets its name from the sound of grinding (for julienne).

Distinct Drink: Awamori

Another ingredient essential to Okinawan cooking is *awamori*. Unlike sake, which is brewed, *awamori* is distilled (like *shochu*) with long-grain indica rice and black *koji* mold essential for distillation of Japanese comestibles. However, *awamori* production differs from *shochu*: the latter undergoes a two-step distillation, while *awamori* is made with a simple “whole koji preparation” that brings out the ingredient’s unique character. Varietals aged for three or more years are called *kusu* and have a sweet aroma particular to indica rice, with delicious differences in flavor and scent for each brand.

Also noteworthy is *awamori* history: possibly the first distilled rice liquor in Japan, going back perhaps more than 600



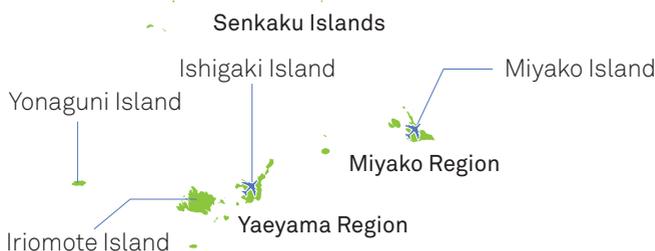
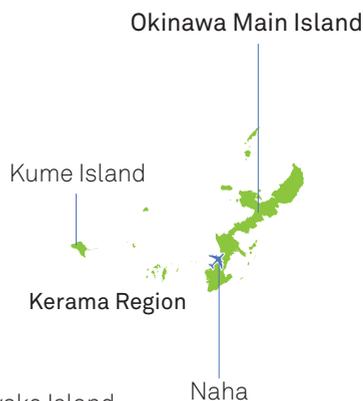
Colorful shellfish unique to Okinawa, Makishi Public Market, Naha.

years. With the sad loss of distilleries during the war, some koji was also destroyed, which threatened production. One day, however, discovered under the rubble was a straw mat that had covered steamed rice during

fermentation. The mat contained black koji and therefore brought awamori-making back to life.

With a long history and varied culture, a visit to the subtropical paradise of Okinawa offers not only unique dining on tasty

Getting There: ANA serves Okinawa (Naha) from many cities across Japan, including Tokyo (Haneda and Narita), Osaka (Itami and Kansai), Nagoya (Chubu), Sapporo (New Chitose), and Fukuoka.



food and drink but a savory sense of local delicacies that are as authentic as they are entertaining and memorable.



Karakara is a vessel for *awamori*, named for the rattle of the ceramic ball inside.



Umibudo (“sea grapes”) is tasty algae named for resembling the fruit. © Okinawa Convention & Visitors Bureau.



Okinawa distilleries offer unique *awamori* brands. Maturation takes half a year to a year, and varietals aged for three or more years are called *kusu* (“old liquor”). © Okinawa Convention & Visitors Bureau.

Looking Ahead

The next theme of Get to Know Okinawa is Culture and Souvenirs, set for June, featuring the colorful charm of Okinawan textiles, ideal as take-home gifts.

Handy URL

Visit the special website of Tastes of JAPAN by ANA Okinawa.



Save on domestic flights within Japan by booking early and accessing lower fares!



01

[News]

ANA Makes “USA TODAY 10 BEST” in 5 Categories!

ANA placed high in all five categories that we were nominated for in the “10 Best Airline & Airport Reader’s Choice Awards 2021” published by USA TODAY, a national newspaper sold in all 50 states in the USA. ANA will continue striving to deliver and improve the services our customers need.

- Best Business & First Class - No. 1
- Best Inflight Food - No. 1
- Best Airport Lounge - No. 2
- Best Cabin Crew - No. 3
- Best Airline - No. 4 (ANA top non-U.S. airline)



“THE Room” for business class passengers



Example inflight meal



USA TODAY “10Best Readers’ Choice Awards”
<https://www.10best.com/awards/travel/>

02

[Services]

ANA App Offers Magazines and Newspapers!

ANA has launched a service that allows you to read digital content on your own device using the ANA app. Enjoy various magazines in addition to the inflight magazine *TSUBASA - GLOBAL WINGS* -. Furthermore, newspapers will be available after July.*

Magazines and newspapers can be downloaded from 24 hours before the scheduled departure of your flight to 24 hours after your scheduled arrival. The service is available regardless of time or place, whether you're at the gate before departure or at your destination.

You can choose your favorite content from our rich lineup, so be sure to check it out!

*Conditions apply. Scan the QR code for details.



For details, visit the ANA website.
www.ana.co.jp

Details



03

[Services]

“Tastes of JAPAN by ANA — Explore the regions— ”

“Tastes of JAPAN by ANA” highlights the diverse appeal of various parts of Japan for domestic and international customers. From December 2020 to May 2021, we will be introducing the Kansai region to our customer.

↓ In-flight Meals for Premium Economy Passengers on Domestic Flights

We have prepared original menus put together by ANA chefs. From March to May 2021, dinner on flights from Tokyo (Haneda) will feature ingredients from Wakayama Prefecture.

→ For details, visit the ANA website.
www.ana.co.jp

↓ In-flight Meals for Premium Economy and Economy Class Passengers on International Flights

Until May 2021, a local-style curry created by ANA chefs using ingredients from Japan's Kansai region is offered on flights originating in Japan.

*Menus differ by route, and may change without warning.



Left: Sample meal for premium-class passengers on domestic flights

Right: Curry made with ingredients from Osaka

04

[News]

ANA/Peach & JR KYUSHU DISCOVER RAIL PASS on Sale Now!



The JR Kyushu discount rail pass called “ANA/Peach & JR KYUSHU DISCOVER RAIL PASS” is now available to customers with non-Japanese passports who visit Kyushu via ANA or Peach.

- **Availability:** Through to June 28, 2021
- **Types:** 3-day pass for all of Kyushu or 3-day pass for Northern Kyushu
- **Where to purchase:** Major JR Kyushu stations

*Show your printed-out document at the gate when boarding and your foreign passport to prove your eligibility.

→ For details, visit the ANA website.
<https://www.ana.co.jp/en/jp/japan-travel-planner/jr-kyushu-ana/discover-rail-pass/>

Details



05

[News]

Extend the Expiration Date of Miles and ANA SKY COINS

ANA will extend the expiration date of miles and ANA SKY COINS due to expire between March 31 and August 31, 2021 up to September 30, 2021. Registration must be completed during the applicable period.

- **Registration period:** Tuesday, November 17, 2020 - Tuesday, August 31, 2021
- **Eligible expiration dates:** Wednesday, March 31, 2021 - Tuesday, August 31, 2021

*Miles and ANA Sky Coins already extended through Wednesday, March 31, 2021 are also eligible for this extension.



For details, visit the ANA website.
www.ana.co.jp/en/jp/amc/cpn/exdates-mile-skycoin20-11/

06

[News]

ANA Card Information for Customers Who Are Residents of Other Countries



The ANA Card is issued in Japan and overseas. Not only does it allow you to earn ANA miles efficiently in everyday shopping and flight purchases but it also offers various benefits such as

discounts on in-flight purchases, ANA DUTY FREE SHOP, and ANA FESTA.

Enroll today to enjoy earning more miles faster with the ANA Card!



For details, visit the ANA website.
www.ana.co.jp/en/jp/amc/reference/anacard/ichiran/

ANA Seminar Against Illegal Wildlife Trafficking

On February 24, 2021, ANA held an online seminar together with Narita International Airport in collaboration with the international NGO TRAFFIC on eradicating the illegal transportation of wildlife. The seminar was for those involved in the airline industry. It outlined the current situation regarding such transactions and provided past examples of them. Participants also learned what to do if they discover such activity. We will continue to strengthen our efforts in coordination with the relevant agencies so that our

airline services are not used in illegal transactions involving wildlife.



For details, visit the ANA website.
<https://www.ana.co.jp/group/csr/>

Customers' Voice

I have some difficulty walking.
 Can I still fly safely during the COVID-19 pandemic?

ANA has taken steps to prevent viral spread specifically for passengers requiring assistance

ANA has measures in place to prevent viral spread. At the same time, we provide support for passengers who requires assistance. Passengers who are uneasy about travel and flights can therefore fly with us in comfort and with peace of mind. Visit the ANA website for details, including the types of support offered, and information on

the facilities at the airport and equipment on airplanes. Please don't hesitate to reach out to the ANA Disability Desk if you have any questions or concerns.

Details



ANA
 Disability
 Desk



For details, visit the ANA website.
<https://www.ana.co.jp/en/jp/site-help/share/feedback/>

Details



ANA 国内線からのお乗り継ぎについて

Transit from Domestic Flights to International Flights



東京国際(羽田)空港

Haneda Airport (Tokyo International Airport)



第2ターミナル国際線乗り継ぎ

- ▶ 「国際線乗り継ぎ(第2ターミナル)」表示にしたがって、1階エレベーターより3階出発ロビーへお進みいただき、保安検査場をお通りください。

Transit to Terminal 2 for International Flights

- ▶ Go to the departure lobby on the 3rd floor by following the "International Connecting Flights (Terminal 2)" signs and using the elevator on the 1st floor, and then proceed to the Security Check.



第3ターミナル国際線乗り継ぎ

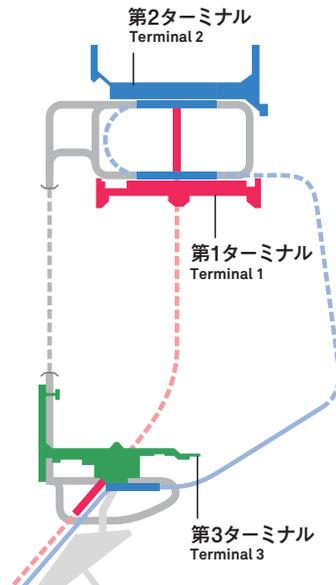
- ▶ 「国際線乗り継ぎ(第3ターミナル)」表示にしたがって、乗り継ぎ専用バス乗り場へお進みください。バスは、第3ターミナル1階に到着します。3階出発ロビーへお進みいただき、保安検査場をお通りください。
- ▶ バスは、10~20分間隔で運行しています。所要時間は約15~20分です。

Transit to Terminal 3 for International Flights

- ▶ Proceed to the bus stop for flight transits by following the "International Connecting Flights (Terminal 3)" signs. Buses arrive on the 1st floor of Terminal 3. Go to the departure lobby on the 3rd floor, and proceed to the Security Check.
- ▶ Buses run every 10 to 20 minutes. Travel time is approximately 15 to 20 minutes.



空港全体像

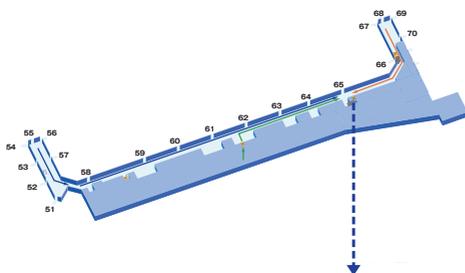


第2ターミナル国際線乗り継ぎ

Transit to Terminal 2 for International Flights

第2ターミナル / Terminal 2

1.5階 / M2nd floor



国際線乗り継ぎ(第2ターミナル)へ
To international flights (Terminal 3)

第2ターミナル / Terminal 2

3階 / 3rd floor



国際線ANAチェックインカウンター
International ANA check-in counter

ANA 国内線からのお乗り継ぎについて

Transit from Domestic Flights to International Flights



東京国際(羽田)空港

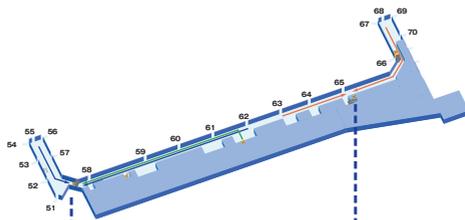
Haneda Airport (Tokyo International Airport)



第3ターミナル国際線乗り継ぎ

Transit to Terminal 3 for International Flights

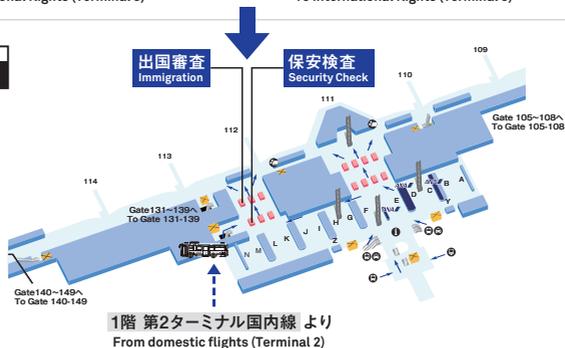
第2ターミナル / Terminal 2
1.5階 / M2nd floor



国際線乗り継ぎ(第3ターミナル)へ
To international flights (Terminal 3)

国際線乗り継ぎ(第3ターミナル)へ
To international flights (Terminal 3)

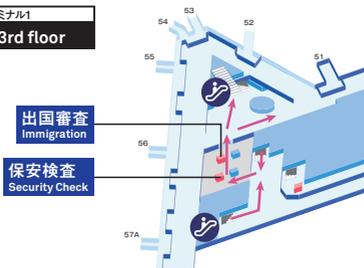
第3ターミナル / Terminal 3
3階 / 3rd floor



成田国際空港

Narita International Airport

ターミナル1
3階 / 3rd floor



3階乗り継ぎ専用フロアで「保安検査」、
「出国審査」を受けた後、
国際線搭乗口へお進みください。

Proceed to the departure gate after going
through the security check and immigration.



中部国際空港

Central Japan International Airport Centrair

関西国際空港

Kansai International Airport

国際線出発ロビーへお進みください。
「保安検査」、「出国審査」を受けた後、
国際線搭乗口へお進みください。

Proceed to the international departure lobby.
Proceed to the departure gate after going
through the security check and immigration.

ANA国際線からのお乗り継ぎについて

Transit from International Flights



東京国際(羽田)空港

Haneda Airport (Tokyo International Airport)



国内線乗り継ぎ

- ANA国内線にお乗り継ぎのお客様
(国内線第1ターミナル出発便を除く)
- ▶ 到着ロビー内の国内線乗り継ぎカウンターにて
お手荷物をお預けいただき、
国内線保安検査場をお通りください。
- ▶ 第3ターミナルにご到着のお客様は、
乗り継ぎバスにて第2ターミナルへお進みください。
- 国内線第1ターミナルから出発するANA国内線へ
お乗り継ぎのお客様
- ▶ 到着手続き後、無料連絡バスにて
第1ターミナルへお進みください。



国際線乗り継ぎ

- 到着ターミナルと出発ターミナルが異なる場合
- ▶ 「国際線乗り継ぎ」表示にしたがって、
乗り継ぎ専用バス乗り場へお進みください。
ターミナル到着後は、
国際線乗り継ぎ保安検査場へお進みください。
- ▶ バスは15分間隔で運行しています。
所要時間は約15～20分です。
- 到着ターミナルと出発ターミナルが同じ場合
- ▶ 「国際線乗り継ぎ」表示にしたがって、
国際線乗り継ぎ保安検査場へお進みください。



Transit to Domestic Flights

- Domestic ANA Flights (except for those
departing from Domestic Terminal 1)
- ▶ Check in your baggage at the Domestic
Connecting Flight Counter in the arrival lobby,
and proceed to the Security Check for Japan
Domestic Flight Connections.
- ▶ For those arriving at Terminal 3, use the transit
bus to proceed to Terminal 2.
- Domestic ANA Flights Departing from
Domestic Terminal 1
- ▶ Proceed to Terminal 1 by the Free Shuttle Bus
after completing the arrival procedure.



Transit to International Flights

- Transit between Different Terminals
- ▶ Proceed to the bus stop for flight transits by
following the “International Connecting Flights”
signs. After arriving at the terminal, proceed to
the Security Check for International Flight
Connections.
- ▶ Buses run every 15 minutes. Travel time is
approximately 15 to 20 minutes.
- Transit within the Same Terminal
- ▶ Proceed to the Security Check for International
Flight Connections by following the
“International Connecting Flights” signs.

第2ターミナル / Terminal 2
1.5階 / M2nd floor



第3ターミナル / Terminal 3
2階 / 2nd Floor



ANA国際線からのお乗り継ぎについて

Transit from International Flights



成田国際空港

Narita International Airport



国内線乗り継ぎ

- ANA国内線にお乗り継ぎのお客様
 - ▶ 到着手続き後、[国内線乗り継ぎ旅客専用出口]へ進み、手荷物カウンターにて手荷物をお預けください。
 - ▶ 搭乗口へお進みください。
- 他航空会社にお乗り継ぎのお客様
 - ▶ 到着手続き後、各航空会社のカウンターにお進みください。
 - ▶ 第2ターミナルをご利用の場合は、1階バス乗り場より連絡バスをご利用ください。

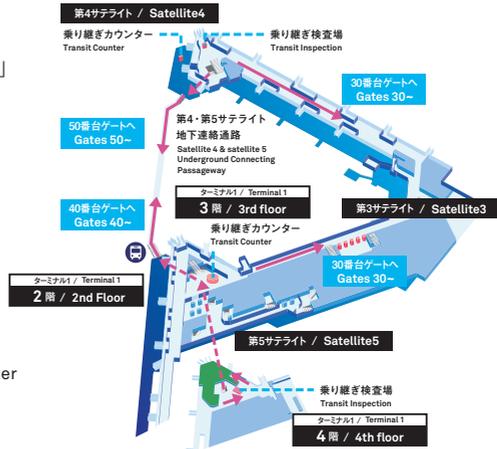
Transit to Domestic Flights

- To ANA Domestic Flights
 - ▶ Check-in your baggage at the Baggage Counter after completing the arrival procedures.
 - ▶ Proceed to the departure gate.
- To Domestic Flights of other airlines
 - ▶ Proceed to the relevant airline counter after completing the arrival procedures.
 - ▶ If you need to go to Terminal 2, take the shuttle bus at the bus stop on 1st Floor.



国際線乗り継ぎ

- ANA国際線・第1ターミナルから出発する航空会社へ乗り継ぎのお客様
 - ▶ 乗り継ぎ検査場をご通過ください。
 - ▶ 乗り継ぎ便の搭乗手続きがお済みのお客様
乗り継ぎ便の搭乗口へお進みください。
 - ▶ 乗り継ぎ便の搭乗手続きがお済みでないお客様
乗り継ぎカウンターへお進みください。
- 第2ターミナルから出発する航空会社へ乗り継ぎのお客様
 - ▶ 乗り継ぎ検査場をご通過ください。
 - ▶ 連絡バスにて第2ターミナルへお進みください。



※第4サテライト、第5サテライト間の移動には
地下連絡通路をご利用ください。
Go through the Underground Connecting
Passageway between Satellite 4 and Satellite 5.

Transit to International Flights

- To ANA and airlines departing from Terminal 1
 - ▶ Proceed to the Transit Inspection.
 - ▶ Passengers who already have a boarding pass for the connecting flight
Proceed to the departure gate directly.
 - ▶ Passengers who do not have a boarding pass for the connecting flight
Proceed to the Transit Counter to check-in.
- To airlines departing from Terminal 2
 - ▶ Proceed to the Transit Inspection.
 - ▶ Take the shuttle bus to Terminal 2.



関西国際空港

Kansai International Airport



国内線乗り継ぎ

到着手続き後、国内線出発ロビー（2階）へお進みください。

Transit to Domestic Flights

Proceed to the Domestic departure floor (2nd Floor) after completing the arrival procedures.



中部国際空港

Central Japan International Airport Centrair



国内線乗り継ぎ

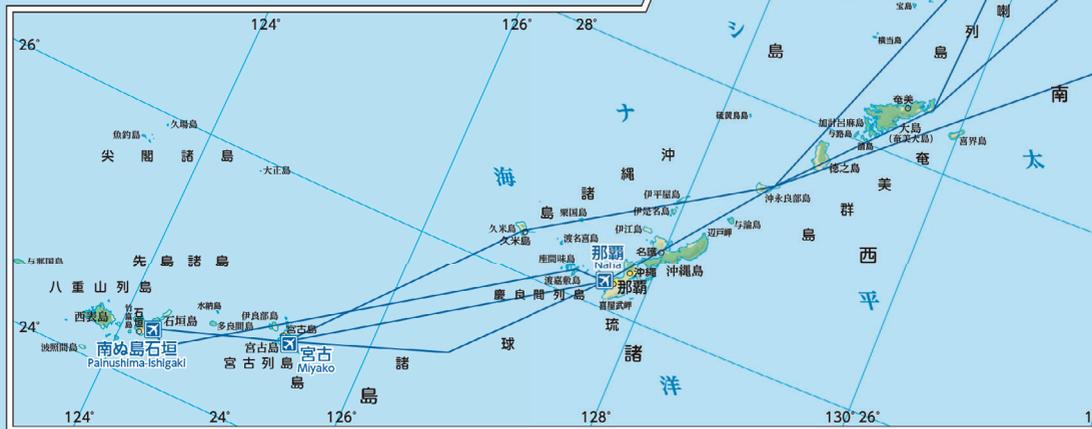
到着手続き後、国内線出発ロビー（3階）へお進みください。

Transit to Domestic Flights

Proceed to the Domestic departure floor (3rd Floor) after completing the arrival procedures.

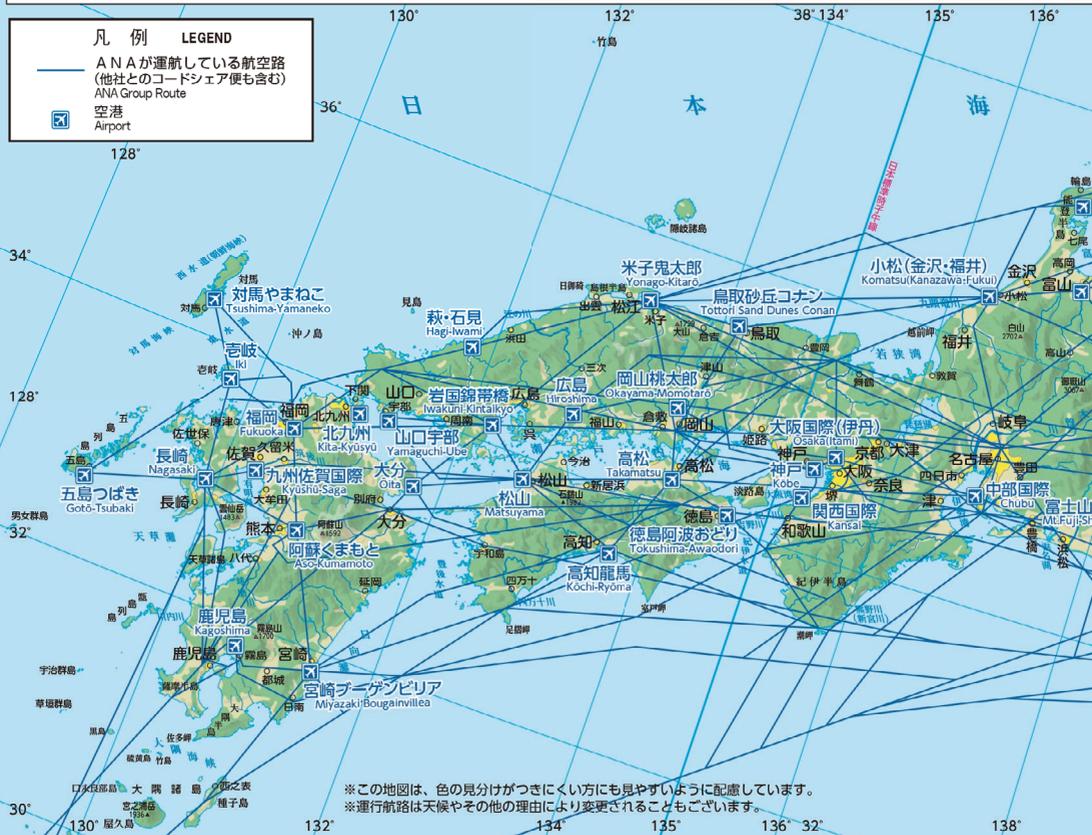
ANAグループ国内線航路図

ANA GROUP DOMESTIC ROUTE MAP



凡例 LEGEND

-  ANAが運航している航空路
(他社とのコードシェア便も含む)
ANA Group Route
-  空港
Airport



※この地図は、色の見分けがつきにくい方にも見やすいように配慮しています。
※運行航路は天候やその他の理由により変更される場合がございます。



ANAグループ国際線航路図

ANA GROUP INTERNATIONAL ROUTE MAP



※ 運航航路は天候やその他の理由により変更されることもございます。2021年3月11日時点での情報です。
Flight routes are subject to change due to weather conditions or other reasons. Information as of March 11, 2021.
※ コードシェア便就航都市は2020年1月31日時点での情報です。
Information regarding the cities served by Codeshare flight is as of January 31, 2020.

© 日本特殊地図編纂所

2021.3



凡 例 LEGEND	
	ANAグループ便 ANA Group operated flight
	ANAグループ便就航都市 Cities served by ANA Group operated flight
	コードシェア便就航都市 Cities served by Codeshare flight

ご搭乗に際してのお願い

↓
保安検査の強化・機内安全のため、
持ち込み手荷物削減にご協力をお願いいたします。

↓
保安検査の強化について

国土交通省航空局からの指示により、令和元年9月13日から、航空機へのテロ対策の一環として、航空機搭乗前の上着検査、靴検査を強化しました。

↓
機内持ち込み手荷物について

(お1人様1個まで)

機内で安全かつ快適にお過ごしいただくために、機内へ持ち込めるお手荷物は、身の回り品(ハンドバッグ、カメラ、傘など)のほか、下記の条件のお手荷物1個となります。なお、下記のサイズ以内のお手荷物の場合でも、客室内に収納できない場合にはお預かりの手荷物として貨物室に搭載させていただく場合がございますので、ご了承ください。下記サイズを超えるお手荷物(キャリーバッグ、ベビーカー、麻袋など)はお預けください。



お持ち込みお手荷物のサイズ

	3辺の合計	H(高さ)	W(幅)	D(奥行)	重量
ANA(下記を除く) エア・ドゥ、ソラシド エア(SNA)、 スターフライヤー	115cm以内	55cm	40cm	25cm	10kgまで
ANA(機種Q4A) IBEXエアラインズ、 オリエンタルエアブリッジ	100cm以内	45cm	35cm	20cm	10kgまで

↓
機内でのお願い

安全かつ快適にお過ごしいただくため、お手荷物は座席上の共用収納棚、または前の座席の下に収納してください。通路・非常口付近など、非常時に脱出の妨げになる場所へお手荷物を放置することは、法令で禁止されています。前に座席のない席(スクリーン前・隔壁前)は、足元にお手荷物は置けません。お客様の安全のため、収納状況が適切でない場合には客室乗務員が声をかけさせていただきますので、指示に従ってください。

● ギターなど楽器類

機内持ち込みサイズを超える楽器(ギターなど)は、あらかじめお客様にて梱包のうえ、カウンターにてお預けください。機内に持ち込む場合には、別途料金が必要となる場合がございますので、ご予約の際にお問い合わせください。国内線では、ギター、小型楽器(90cm以内)、コン

トバス専用の輸送ケースもご用意しております。詳しくは、予約センターまでお問い合わせください(ただし、使用状況によりご用意できない場合もあります)。

● キャリーバッグにご注意ください

機内の収納スペースには限りがあるため規定サイズ内でも持ち込みできない場合があります。

● ライターは1人1個まで

喫煙用のライターはお1人様1個に限り、持ち込みができます。オイルタンク式、葉巻用ライター、プリミキシングライター(ターボライター、ジェットライター、ブルーフレームライター等)、不測の作動防止機能のないリチウム電池で駆動するライターは持ち込みできません。

ライターの置き忘れにご注意ください。

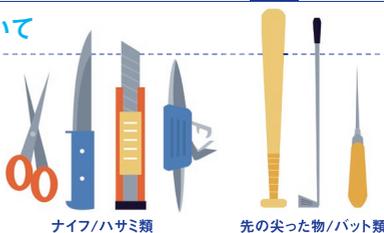
ご搭乗に際してのお願い



機内持ち込み制限品の取り扱いについて

ハサミ・ナイフ類、その他凶器となり得る物品をお持ちの場合は、手荷物カウンターでお預けいただくか、「放棄品箱」へ廃棄願います。保安検査強化にご理解とご協力を願います。また、引火性物質等の危険物は航空機内への持ち込み、およびお預かり手荷物としての取り扱いできません。危険物を所持している場合は、出発保安検査場に設置されている「放棄品箱」に廃棄願います。

刃物類の機内への持ち込みは法令違反であり、50万円以下の罰金の対象となります。



ナイフ/ハサミ類

先の尖った物/バット類

※モデルガン等の凶器類似品等も機内持ち込み禁止です。

国土交通省のハイジャック防止等航空保安対策へのご協力のお願い
http://www.mlit.go.jp/koku/15_bf_000007.html



【国際線】TOPICS



機内持ち込み手荷物の制限

① 1容器あたり100mlを超える液体物・ジェル・エアゾール類を機内にお持ち込みいただくことはできません。

② 1容器あたり100ml以下の液体物・ジェル・エアゾール類は個数にかかわらず機内持ち込み可能です。ただし、保安検査および搭乗の際に1ℓ以下の再封可能な密閉式ビニール袋(ジップロック状)1枚に入れ、機内持ち込み手荷物とは別に検査を受ける必要があります。容器の大きさが100mlを超えるものは、中身の液体の量が100ml以下でも持ち込みは不可となります。

③ 保安検査後の免税店等で購入した液体類は機内持ち込みが可能です。ただし、海外で乗り継ぎをする場合には、没収などの可能性がありますので、当該国のルールに従う必要があります。

※日本で乗り継ぎがある場合、機内で購入された免税品であっても上記①②のルールが適用となり100ml以上のものは没収となります。詳細はANA SKY WEBをご覧ください。



ライター の制限 (海外空港発便)

中国(香港を除く)、インド、フィリピン、ミャンマーを出発する全便において、航空機へのマッチ・ライターの持ち込みは禁止されています。お預けになる手荷物の中に入れることも禁止されていますのでご注意ください。

お客様のご理解とご協力を
 お願いいたします。



ANAおからだの不自由な方の相談デスク

ANAおからだの不自由な方の相談デスクでは、病気がけが・障がいによりおからだの不自由なお客様に、安心して快適な空の旅をお楽しみいただけますよう、航空機のご利用に関するご相談やご希望を伺っております。

以下のお客様は必ず事前にお知らせください。

- ▶ 機内で医療用酸素ボンベや酸素濃縮器(POC)を使用されるお客様(医師の搭乗許可・診断書が必要です)
- ▶ その他の医療機器を使用されるお客様
- ▶ ストレッチャー(簡易ベッド)を使用されるお客様
- ▶ 保胎器を使用されるお客様
- ▶ その他機内で特別な医療行為を必要とされるお客様
- ▶ お手伝いが必要な方が10名以上いらっしゃる団体のお客様

TEL ☎ 0120-029-377

☎ 0570-029-377

(全国一律料金)

03-6741-8900

FAX ☎ 0120-029-366

(年中無休 9:00~17:00)

※携帯電話からはフリーダイヤルをご利用いただけません。

ANAでは、耳や言葉が不自由で電話ができないお客様へ、TV電話での手話やチャットなどを使い、リアルタイムでANAオペレーターとやりとりができる「ANA専用代理電話サービス」をご提供しております。

www.ana.co.jp/skyassist



機内で安全かつ快適にお過ごしいただくために

ご搭乗の皆様にご協力いただく事項がございます。

Tips for a Safe and Comfortable Flight

We ask for your cooperation on the following matters.

Consejos para un Vuelo Seguro y Cómodo

Le pedimos su cooperación en lo siguiente.

深部静脈血栓症 / 肺塞栓症 (いわゆるエコノミークラス症候群) の予防

To Reduce the Risk of Deep Vein Thrombosis / Pulmonary Embolism (So-called Economy-class Syndrome)

Para Reducir el Riesgo de Trombosis Venosa Profunda o Embolia Pulmonar (el denominado Síndrome de la Clase Económica)

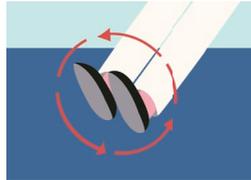
長時間同じ姿勢で座っていると、足の静脈にうっ滞が起こり、血のかたまり(深部静脈血栓)が生じることがあります。この血のかたまりの一部が血流に乗り、肺に流れて肺の血管を閉塞してしまうと(肺塞栓)、胸痛や息切れが起こり、最悪の場合には死に至ることもあります。深部静脈血栓症を予防するために適度の水分を摂り、アルコールは飲みすぎず、足の運動をこまめに行いましょう。

Sitting cramped for long periods may interfere with blood flow, and consequently, a blood clot develops in the deep leg veins (Deep Vein Thrombosis; DVT). A blood clot may travel to the blood vessel of the lungs causing a blockage. This is called a pulmonary embolism, which cause a chest pain, difficulty of breathing and may be fatal. In order to prevent DVT, drink sufficient water, moderate your intake of alcohol, and stretch your legs frequently.

Sentarse en un espacio estrecho por largos períodos podría interferir con el flujo sanguíneo, ocasionando la formación de un coágulo sanguíneo en las venas profundas de las piernas (Trombosis Venosa Profunda; TVP). Un coágulo sanguíneo podría viajar hasta los vasos sanguíneos de los pulmones y causar una obstrucción. Esto se denomina embolia pulmonar, lo que causa dolor en el pecho y dificultad para respirar, pudiendo en algunos casos ser fatal. Con el fin de prevenir la TVP, tome suficiente agua, modere su consumo de alcohol, y estire las piernas con frecuencia.



- 1 足先を十分に伸ばしたり、曲げたりする。
Bend and flex your feet.
Doble y flexione sus pies.



- 2 足全体をゆっくりと大きな円を描くように回す。
Move your feet in a slow circular motion.
Mueva sus pies lentamente describiendo un movimiento circular.



- 3 ふくらはぎ全体をこぶしでトントンと軽く叩く。
Use your fist to gently tap your calves.
Use su puño para golpear suavemente sus pantorrillas.



- 4 足を上下につま先立ちする。
Lift your ankles up and down, bending your feet at your toes.
Levante y baje sus tobillos, doblando sus pies a nivel de los dedos.



- 5 足の指でじゃんけんのグーをつくる。
Curl your toes.
Arquee sus dedos.



- 6 足の指でじゃんけんのパーをつくる。
Point your toes.
Extienda sus dedos.

機内で安全かつ快適にお過ごしいただくために

ご搭乗の皆様にご協力いただく事項がございます。

Tips for a Safe and Comfortable Flight

We ask for your cooperation on the following matters.

幼児連れのお客様へ

For Passengers with Small Children



座席列の酸素マスクには個数制限があるため、複数の幼児は同じ座席列にご着席いただけません（座席を確保する場合を除く）。機内では座席の移動はお控えください。また、機内には飛行機特有の設備がございます。「ひじ掛け」や「収納式テーブル」などにお子様の指をはさまないようにお気をつけください。

Due to the number of oxygen masks per seat row, more than one small child may not be seated in the same row (excluding seat reservation). Please refrain from changing your seats. Also, there is aircraft-specific equipment on board the plane. Please be careful not to let your children catch their fingers in places such as the armrest or retractable table.



ひじ掛け Armrest



収納式テーブル Table



座席ベルトの金具 Seatbelt Buckle



化粧室の扉・ゴミ箱のふた Lavatory Door Trash Box Lid

その他のお願い

Other requests

他のお客様や業務中の社員に対する無断撮影行為は、周囲のお客様へのご迷惑となる場合がありますので、ご遠慮いただけますようご理解とご協力をお願いします。

ANA Group requests all passengers to refrain from photographing other passengers and staff on duty without their consent, as it may cause inconvenience to other passengers. Your understanding and cooperation are highly appreciated.

機内で安全かつ快適にお過ごしいただくために

ご搭乗の皆様にご協力いただく事項がございます。

Tips for a Safe and Comfortable Flight

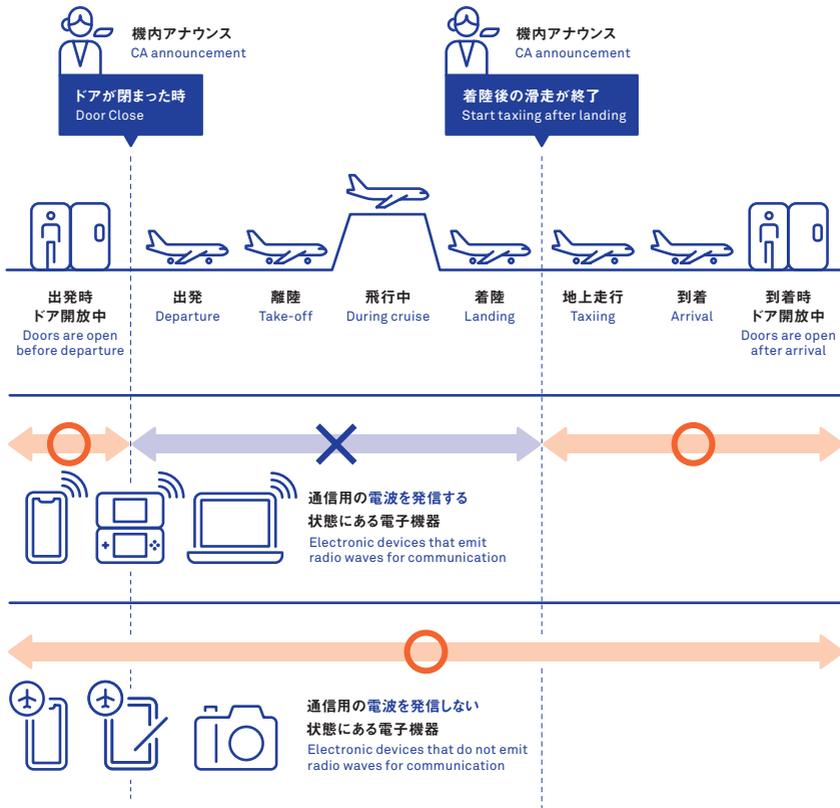
We ask for your cooperation on the following matters.

機内での電子機器の使用制限について

Restrictions on Use of Electronic Devices on Board

国土交通省が告示で「航空機の運航の安全に支障を及ぼすおそれのあるもの」について、以下のとおり定めています。出発時「飛行機のドアが閉まった時」から「着陸後の滑走が終了する時」まで、下記の電子機器の使用が制限されています。

The devices listed below have been stipulated by Japan's Ministry of Land, Infrastructure, Transport and Tourism (MLIT) as having the potential to affect the safety of flight operations as follows. From when the doors are closed for departure until the aircraft starts taxiing after landing, use of electronic devices listed in below is restricted.



機内で安全かつ快適にお過ごしいただくために

ご搭乗の皆様にご協力いただく事項がございます。

Tips for a Safe and Comfortable Flight

We ask for your cooperation on the following matters.

機内での電子機器の使用制限について

Restrictions on Use of Electronic Devices on Board



作動時に通信用の電波を発信する状態にある以下の電子機器はご使用になれません。機内モード等の電波を発信しない状態（設定）にするか、電源をお切りください。

(注)客室乗務員がアナウンスにてお知らせいたします。

航空機外の設備と無線通信を行う状態にある携帯電話（スマートフォン含む）、PHS、パーソナルコンピューター、携帯情報端末、電子ゲーム機、携帯型データ通信端末、トランシーバー、無線操縦玩具、ワイヤレスマイク

(注)機器同士のBluetooth接続（ワイヤレスヘッドホン等）やWi-Fi接続（電子ゲーム機等）は常時ご使用になれます。



作動時に通信用の電波を発信しない状態*にある電子機器については、すべての飛行機において基本的に常時ご使用になれます。

携帯電話（スマートフォン含む）、パーソナルコンピューター、DVDプレーヤー、デジタルカメラ、電子書籍 等

*通信用の電波を発信しない状態（設定）とは、電源をON（入）にしている通話やメールの送受信、インターネット機能がOFF（切）になっている状態を指します。

- 携帯電話での通話は周囲のお客様のご迷惑になりますのでお控えください。
- 機長が安全運航に支障があると判断した場合、使用可能な時期であってもご使用をお控えいただく場合がございます。ご了承ください。
- 記載のある電子機器以外でも別途当社の定めにより使用を制限している機器がありますので、電子機器の使用状況について客室乗務員が声をおかけする場合がございます。またベースメーカー等、医療機器をご使用のお客様が近くにいらっしゃる場合、電子機器のご使用をお控えいただくこともありますのでご協力をお願いいたします。
- 出発時の非常用設備に関するご案内（VTR上映／客室乗務員のデモンストレーション）にご注目ください。また安全に関する客室乗務員からのご案内にご注意ください。
- 緊急時脱出の妨げとなるような電子機器類は、前の座席の下または座席の上の物入れにご収納ください。また、電子機器が座席の間に挟まって破損する場合がありますので、保管にはご注意ください。
- 携帯電話（スマートフォン含む）、電子ゲーム、DVDプレーヤーなどをご使用の際は、周りのお客様へのご配慮をお願いいたします。



Electronic devices that emit radio waves, as follows, cannot be used. Please set such devices to not emit radio waves or turn them off.

(Note) Cabin attendants will be making an announcement.

Cell phones (including Smartphones), PHS, Personal computers, Personal digital assistants, Electronic games and Mobile routers that communicate by radio waves to facilities outside the aircraft, Transceivers, Radio-controlled toys, Wireless microphones

(Note) Bluetooth connection between devices (such as wireless headphones) and Wi-Fi connection (for electronic games) can be used at any time.



Electronic devices that do not emit radio waves for communication* can generally be used at any time.

Examples: Cell phones (including Smartphones), Personal computers, DVD players, Digital cameras, e-book readers, etc.

*Means the sending/receiving of phones/emails and the internet function is set to OFF even when the power is turned ON. Cell phones functions should be set to "flight", "self", "radio wave off", "offline" or "personal" modes (names differ according to company).

- Please be considerate of other passengers and refrain from making phone calls.
- The use of electronic devices may still be prohibited at any time for safety reasons if the pilot determines that their usage will interfere with flight operations. Your kind understanding will be appreciated.
- ANA may restrict the use of electronic devices other than those listed and cabin attendants may ask for your cooperation. If passengers using medical equipment such as pacemakers are seated nearby, you may be asked to refrain from using electronic devices.
- Please be sure to check the safety information provided by the cabin attendants or the safety video. Also, please pay attention to other safety-related instructions by the cabin attendants.
- Please store your electronic devices under the seat in front of you or in the overhead compartment so that they will not obstruct evacuation in the event of an emergency. Please also take care not to damage your electronic devices by storing them (and getting them stuck) between the seats.
- Please use your cell phones, electronic games and DVD players, etc., with consideration for other passengers on board.

機内で安全かつ快適にお過ごしいただくために

ご搭乗の皆様にご協力いただく事項がございます。

Tips for a Safe and Comfortable Flight

We ask for your cooperation on the following matters.

Consejos para un Vuelo Seguro y Cómodo

Le pedimos su cooperación en lo siguiente.

機内の安全を阻害する行為について



Unruly Behaviors on Board

Comportamientos Indisciplinados a Bordo

航空機の安全を害する行為のほか、機内の人や財産に危害を及ぼす行為、機内の秩序を乱す行為、機内の規律に違反する行為は「航空法第73条の3」で禁じられています。特に国土交通省が定めた以下の行為については、機長の命令に背き行為を中止しなかった場合、50万円以下の罰金が科せられます。安全運航のためにご協力をお願いいたします。

Acts jeopardizing the safety of the aircraft, harming the passengers or their properties on board, disrupting the order in the cabin, or disturbing the discipline in the cabin are prohibited by the "Civil Aeronautics Law of Japan, Article 73-3". For the following specific behaviors stipulated by the MLIT, if you do not stop such acts despite the Captain's order, you will be subject to a fine up to 500,000 JPY. We ask for your cooperation for a safe flight.

Las acciones que pongan en peligro la seguridad de la aeronave, inflijan daño a los pasajeros o a sus propiedades a bordo, alteren o perturben el orden en la cabina, o perturben la disciplina en la cabina, están prohibidas según el "Artículo 73-3 de la Ley de Aeronáutica Civil de Japón". En el caso específico de los siguientes comportamientos estipulados por el MLIT, si usted no se detiene a pesar de recibir la orden del capitán, estará sujeto a una multa de hasta 500,000 yenes. Le pedimos su cooperación para un vuelo seguro.

- 乗降口または非常口の扉の開閉装置を操作すること
- 化粧室で喫煙すること(喫煙には、電子タバコや加熱式タバコ等、蒸気を発生させるものも含む)
- 乗務員の職務を妨害し、安全の保持等に支障を及ぼすおそれがある行為をすること
- 告示により禁止された電子機器を使用すること
- 指示に従わず座席ベルトを着用しないこと
- 離着陸時において、座席の背、テーブル、フットレスト(レッグレスト)を所定の位置に戻さないこと
- 非常脱出の妨げになる場所へ手荷物を放置すること
- 告示により定められた消火器、非常用警報装置、救命胴衣を操作または移動すること

- Operating the handle or other mechanisms of a cabin door or an emergency exit
- Smoking in the lavatory. This includes the use of smoking devices that generate vapor.
- Interfering with crew duties, which may hinder the safety of the aircraft
- Using electronic devices prohibited by the MLIT ministerial notice
- Not following the instruction to fasten the seat belt
- Not returning the seat back, table, or footrest (legrest) to its original position during takeoff or landing
- Leaving baggage in a place hindering the emergency evacuation
- Using, operating, or moving of fire extinguishers, evacuation signal system, life vests, etc. stipulated in the MLIT ministerial notice

- Manipular la manija u otros mecanismos de una puerta de la cabina o de una salida de emergencia
- Fumar en los baños (incluyendo también los dispositivos para fumar y los productos que generan vapor)
- Interferir con las tareas de la tripulación, lo cual podría comprometer la seguridad de la aeronave
- Utilizar dispositivos electrónicos prohibidos por la notificación ministerial del MLIT
- No seguir la instrucción de abrochar el cinturón de seguridad
- No regresar el respaldo del asiento, la mesa o el reposapiés a su posición original durante el despegue o aterrizaje
- Dejar su equipaje en un lugar que dificultaría la evacuación de emergencia
- Utilizar, manipular o mover de lugar los extintores, el sistema de señales de evacuación, los chalecos salvavidas, etc., estipulados en la notificación ministerial del MLIT

ANAグループ航空機のご案内

ANA 航空集团航班客机指南

→ A380-800



- 全長 Length 全长 / 72.7 m
- 標準座席数 Standard number of seats
標準座位数 / 520

→ B787-10



- 全長 Length 全长 / 68.3 m
- 標準座席数 Standard number of seats
標準座位数 / 294

→ B787-9



- 全長 Length 全长 / 62.8 m
- 標準座席数 Standard number of seats
標準座位数 / 395 (INT: 215; 246)

→ B767-300



- 全長 Length 全长 / 54.9 m
- 標準座席数 Standard number of seats
標準座位数 / 270 (-300 ER: 202; 270)

→ AIRBUS A321



- 全長 Length 全长 / 44.5 m
- 標準座席数 Standard number of seats
標準座位数 / 194

→ B737-800・700



- 全長 Length 全长 / 39.5 m (B737-800);
33.6 m (B737-700)
- 標準座席数 Standard number of seats
標準座位数 / 166 (B737-800); 120 (B737-700)

→ BOMBARDIER
DHC-8-400



- 全長 Length 全长 / 32.8 m
- 標準座席数 Standard number of seats
標準座位数 / 74

→ B777-300



- 全長 Length 全长 / 73.9 m
- 標準座席数 Standard number of seats
標準座位数 / 514 (-300 ER: 212; 250)

→ B777-200



- 全長 Length 全长 / 63.7 m
- 標準座席数 Standard number of seats
標準座位数 / 392; 405

→ B787-8



- 全長 Length 全长 / 56.7 m
- 標準座席数 Standard number of seats
標準座位数 / 335 (INT: 169; 184; 240)

→ B767-300F・
300BCF / B777F



- 貨物専用機 freighter 货运专机
- 全長 Length 全长 / 54.9 m (B777F-63.7 m)

→ AIRBUS A320



- 全長 Length 全长 / 37.6 m
- 標準座席数 Standard number of seats
標準座位数 / 180 (INT: 146)

→ Millennium Falcon

ミレニアム・ファルコン



- 全長 Length 全长 / 34.37 m
- 最高速度 Maximum speed 最大速率 /
銀河系で最速 Fastest in the galaxy 银河系最快
- 標準座席数 Standard number of seats
標準座位数 / 6

※機体サイズの比較として掲載しています。
Comparison scale for aircraft 对比飞机规模

Take a screenshot with your device and enter the numbers with your favorite image editor!

	3		1	<input type="text"/>				2
7	9				3			
				8		9	4	
		3	2					4
	8			9			1	
9					1	5		
	1	4		3				<input type="text"/>
			7				8	9
2					6		5	

What is the sum of the numbers in the two outlined boxes?

(Solution on page 78)

A Mind for Sudoku

How to play:

Enter a number between 1 and 9 in each empty box, without using the same number twice in any row, column, or outlined 3x3 square.

(The number 0 is not used.)



A Mind for Sudoku: Solution

The sum of the two numbers is

$$\boxed{6} + \boxed{7} = 13$$

Did you get it?



4	3	5	1	6	9	8	7	2
7	9	8	4	2	3	1	6	5
6	2	1	5	8	7	9	4	3
1	6	3	2	5	8	7	9	4
5	8	7	3	9	4	2	1	6
9	4	2	6	7	1	5	3	8
8	1	4	9	3	5	6	2	7
3	5	6	7	1	2	4	8	9
2	7	9	8	4	6	3	5	1

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