

TSUBASA

GLOBAL WINGS



A STAR ALLIANCE MEMBER 

6

**THAILAND
TO CHIANG MAI BY RAIL
— THE ONLY WAY
TO TRAVEL**

**ISHIKAWA
THE HANDICRAFTS THAT CREATE
THE BEAUTY OF KANAZAWA**





TSUBASA

GLOBAL WINGS

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This month's cover:
Wat Chiang Man in Chiang Mai





President & CEO,
ANA

Shinichi Inoue

Hawaii Is the Best!

Thank you for flying ANA today.

June is here. Many of you must be getting excited about the glorious summer days just ahead of us. Those who cannot wait are already heading out to southern islands that have opened their beach areas, like Okinawa Island, Miyako Island, and Ishigaki Island. I myself grew up in an area near the beach, so I always feel uplifted when June comes by.

And of course, when you think of summer, you think of Hawaii. With international travel being restricted over the past two years, we have received many requests from ANA flyers to restart our Hawaii tours. Hawaii seems to have become even more popular in Japan.

The attraction of Hawaii is most definitely its mild and dry climate, with average temperatures of around 25°C, and its lush nature. Besides beaches, Hawaii also has mountains. The gentle, peaceful, and soul-calming ambiance emanating from this abundance of nature re-

minds us of the absolutely incomparable “value of travel” that frees us from the stress of the COVID-19 pandemic and soothes our hearts.

Hawaiian music played on the ukulele, Hawaiian foods like loco moco and acai bowls, and unique cultural expressions like hula are among the many features that attract people to Hawaii. Particularly for the hula, the “Merrie Monarch Festival,” which takes place over one week starting on Easter Sunday, is known as the largest event there. It has grown into a festival that captures the hearts of not only hula fans, but everyone who loves Hawaiian culture worldwide as well.

The peak surfing season in Hawaii is wintertime (November to April), and humpback whale viewing tours are also conducted in the winter. Having an array of tourism options available to enjoy throughout the entire year may also be one of Hawaii’s attractive points.

The people of Hawaii have lived in harmony with nature, believing that nature is infused with *mana* (spiritual or divine energy). A similarity in values with the Japanese people might be another reason why

Hawaii is so attractive to Japan. Our Airbus A380 “FLYING HONU” has become a familiar sight with its sea turtle wrap. The word *honu* means sea turtle in the Hawaiian language. It symbolizes “delivering happiness.”

On the other hand, to the Hawaiian people, these past two years have been a time of



Hawaii Tourism Authority (HTA) / Tor Johnson



changing awareness towards tourism. Following a reduction in the number of tourists, pronounced changes in the natural environment have manifested in areas all over Hawaii, including birds returning, the translucency of the water coming back, and the amount of flowers increasing. This has increased awareness in the environment among Hawaiians, and interest has grown intensely regarding the “post-COVID vacation style.”



Island of Hawaii Visitors Bureau (IHVB) / Kirk Lee Aeder

This past April, ANA was the first to start selling Hawaii tour packages. This was our effort to provide a speedy response to the intense demand from our Japanese customers once travel restrictions to foreign countries started to be relaxing. At the same time, we are also striving to make our tours environmentally friendly in response to the wishes of the Hawaiian people.

The COVID-19 pandemic has changed how people around the world think about tourism. ANA is focusing on providing tours that assess these changes not only in Hawaii, but at our other destinations as well, to bring happiness to everyone involved. I am excited that the recent enthusiasm for Hawaiian tours can serve as a reminder of the amazingness of traveling to foreign locations.

We hope you will continue to choose the ANA Group as your ongoing travel partner.



illustrations: Hiroyuki Suzuki



Good Bath Hunting

~ Energy ~

text: Hideki Inoue, onsen aficionado



#15
Oita

Kannawa Steam Bath



**In Beppu, Oita,
steam is everywhere you look.
And this steam is used to heat
world-class saunas.**

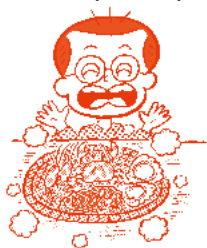
Beppu has traditional Japanese hot steam baths that would impress even sauna superpower Finland. Immersed in the billowing, herbal steam, you'll fall under the spell of these hot baths. Off to the streets of Beppu we go!

1-kumi Kannawakami, Beppu City, Oita tel. 0977-67-3880

S

team, steam, steam. When I walk through Beppu City's Kannawa Onsen Town, I find steam everywhere I go. There is even a popular cuisine here prepared using this steam, known as *jigoku mushi* (literally “hell-steaming”—what a name!). I can almost hear the onsen baths beckoning me. Kannawa Steam Bath has a long history, and originally opened in the Kamakura period. A steam bath in an area famed for onsen—the confidence is palpable. I simply have to check it out.

First, I wash my body in the shower room before changing into a yukata (lightweight kimono) to wait for my turn. When I'm called, I open a rectangular, wooden door and step into the darkness, where I am surrounded by hot air and a refreshing aroma. As my eyes grow accustomed to the dark, I notice that the floor is strewn with Japanese sweet flag grass—the source of the aroma. Japanese sweet flag grass promotes perspiration and is said to be good for the bronchial tubes. There is a rock pillow, so I lie down. When I do, I feel my enjoyment of this space reach a whole new level. The stone floor warmed by steam and the fragrance of the steamed Japanese sweet flag grass encompass my body. Ahh . . . I'm really becoming one with the sauna. How do I even describe this sensation? Like being in the womb, or floating in space . . . My body and mind delight in the feeling, and I start to doze off. And then, the wooden door opens, and a staff member announces, “It's been eight minutes!” So, should I get up and leave now, or perhaps after another two minutes?



When I answer, “I'll continue,” the wooden door closes again. Immediately, my body melts away into the darkness, and I'm left floating in the dark.

A stunning building!



The storage area for the precious, wonderfully fragrant Japanese sweet flag grass.



↑ Writer and hot spring aficionado. Special skill: Measuring the temperature of hot spring water with one finger. Fond of: 15°C cold water baths.



ชานชาลาที่ PLATFORM NO.
4

สถานีปลายทาง : Destination Station
เชียงใหม่
Chiang Mai

รถออก : Depart
ชานชาลา : Platform
4

ขบวนรถ : Train No.	ประเภทขบวนรถ : Type รถด่วนพิเศษ Special Express	รถออกล่าช้า : Delay 00 min.	รถออก : Depart 18:10
9			

ขอให้เดินทางโดยสวัสดิภาพ
HAVE A NICE TRIP

Focus Thailand To Chiang Mai by Rail —the Only Way to Travel



As night fell, my sleeper train slowly rattled into motion
and eased its way out of the capital. Soon, under a moonlit sky,
we were hurtling full tilt northward from Bangkok.

The next morning, I arrived in the soothing
embrace of the old capital, Chiang Mai.

This is my story of the joy of traveling by slow train through Thailand.

text: Chinami Hirahara photographs: Naoya Akashi coordination: Minori Aida

Two sleeper trains a day travel from Bangkok to Chiang Mai: the No. 9, which pulls out of Bangkok at 6:10 PM and reaches Chiang Mai at 7:15 AM, and the No. 13, which departs at 7:35 PM and arrives at 8:40 AM. The journey of 751 kilometers takes about 13 hours. You can choose from first class, with a cabin to yourself; second class, with upper and lower bunk beds; and third class, which has seats only. Fares vary depending on departure time and whether you want air conditioning. I chose second class with A/C on the No. 9, a train with new rolling stock introduced in 2016. The fare was 941 baht* for the upper bunk and 1,041 baht for the lower.

* 1 Thai baht is equal to about ¥3.5 (as of March 2022).



Bangkok

17:00

**Excited to see
Thailand's oldest
station building.**

Hua Lamphong Station opened in 1916. This arched station building, modeled after Frankfurt's Hauptbahnhof, filled me with anticipation for the journey ahead.



ขบวนรถออก
DEPARTURE

Train	Destination	Platform	Schedule	Depart
Commuter 381	Chachoengsao	6	16:55	
Commuter 341	Kasang Khoh Junction	8	17:00	
Commuter 317	Lopburi	11	17:25	
Ordinary 371	Prachin Buri	7	17:40	
Special Express 8	Chiang Mai	4	18:10	
Commuter 313	Ban Phachi Junction	6	18:20	
Ordinary 363	Chachoengsao	7	18:25	
Rapid 139	Ubon Ratchathani	8	18:55	
Special Express 13	Chiang Mai	6	19:35	
Special Express 25	Nong Khai	5	20:00	

แพ็คเกจของรถไฟ 10 ชั่วโมง 15 นาที



17:30 Where can I buy a ticket to Chiang Mai?

The ticket counter is on your left as you enter the station. The sleeper train is popular, so making an advance reservation on the State Railway of Thailand website is recommended.
State Railway of Thailand
<https://www.railway.co.th>



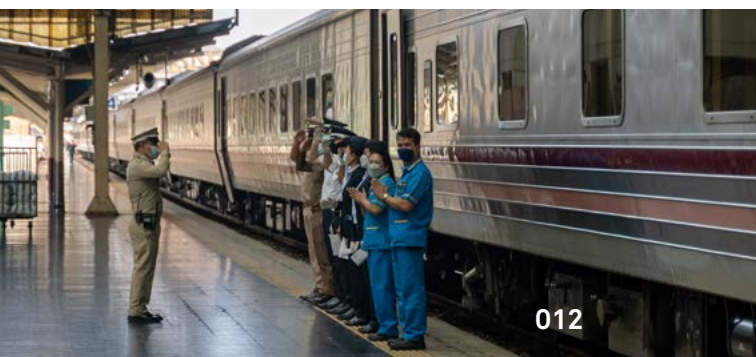
17:45 Tonight's dinner: phat kaphrao

(rice with stir-fried basil)

These days the diner car is closed due to COVID-19, so don't forget to buy a meal at one of the kiosks in or near the station before you board.

18:00 We should be departing soon.

As the departure time grew nearer, I felt my heart beat faster as I contemplated the trip ahead.



012





18:15 Night fell as soon as we got underway.

The view from my window gradually melted into the darkness of night. Time to curl up with a good book.

19:00 My thoughts turned to dinnertime.

I couldn't wait any longer, so I tucked into my dinner of phat kaphrao from the station kiosk. Something about eating on the train made it tastier and more enjoyable than ever. The sunflower seeds I'd laid in as a snack accentuated my travel mood.



013



21:00 The train conductor made my bed for me.

During the day, the second-class carriage has box seats. At night, the conductors pull down the top bunk and slide out the seats to make the bottom bunk, then fit these with mattresses and sheets. With practiced skill, they had the beds ready in the blink of an eye. The swaying of the train lulled me gently to sleep, and I slipped into dreams.



06:45 As dawn broke, the train drew closer to Chiang Mai.

I awoke to an announcement: "In 30 minutes we'll be arriving in Chiang Mai." The view from my window was now a lush expanse of green, as different from the Bangkok metropolis as could be.



07:15 Chiang Mai Station! It's so peaceful.

The air was cooler and crisper than in Bangkok, reminding me of how far north I'd ventured.



Nothing is more redolent of the charm of travel than the sleeper car. Today every part of Thailand is no more than an hour away by air, but when it comes to the thrill of the voyage, planes can't hold a candle to the train.

The jumping-off point for my trip to Chiang Mai, Thailand's former capital, was Hua Lomphong Station, the oldest train station in Bangkok, with its iconic arched roof. In over a century of service, this retro station has seen countless travelers pass through. Nostalgia wafted through the air, as if time had stood still.

The No. 9 train, which departs daily for Chiang Mai at 6:10 PM, uses new rolling stock introduced in 2016. Each berth has room under the seats to store large luggage, lights and power points at each seat, and a clean sink and wash-room. It was more comfortable than I'd

expected.

Gazing out as scenes of the great Thai capital gave way to tranquil rice fields while enjoying the carry-on dinner I'd bought was pure bliss. Soon the train conductors, with practiced skill, began making the beds. By about 9 PM all was ready for slumber. Plenty of room, a snug mattress, fresh blankets. Pull the curtain shut, and *voila!*—a comfy private space all my own. I'd planned to spend the night reading but, rocked by the gentle swaying of the train, I was soon fast asleep. It was a superbly restful night. At 7:15 AM, about 13 hours after departing Hua Lamphong, our train pulled into Chiang Mai Station, right on time.

Despite the feeling of accomplishment at the adventure just ended, I was bursting with energy from my restful slumber. It was time to start my journey in Chiang Mai.



Chiang Mai

07:30

**Chiang Mai,
the ancient capital,
has a spacious feel.**

I headed for the starting point of my walking tour: the old city, with its castle walls and moats. Just 1.5 kilometers square, this area is dotted with numerous temples.



07:45

First, breakfast. I started the day with rice congee at a popular shop.

The rice congee at this busy shop, crowded with local customers, was sticky and gently flavorful. On some days, they sell out quite early.

Joke Nai Toh

tel. (+66)061-684-0605



08:30

A leisurely stroll around the old capital.

I set out to visit a number of famous temples, including Chiang Mai's most venerated temple, Wat Phra Singh. A walk around is a moment of calm—repose for the spirit.



10:00

Soothe the fatigue of travel with a massage in the temple precinct.

There are massage shops adjacent to the temple as well. The masseuses here can knead away your pent-up tension with traditional techniques, leaving you nimble and carefree.

Wat Pan Whaen Thai Massage

tel. (+66)093-327-6259





11:30 A trip to the market is always a blast!

Warorot Market is a wonderland. It's both the bustling kitchen of Chiang Mai and the perfect place to hunt for souvenirs.



13:00

For lunch I tried khao soi, a Chiang Mai specialty.

Khao soi, a dish of curry noodles laced with coconut milk and fiery spices, is a fusion of Northern Thai cuisine with culinary styles from neighboring countries.

Khao Soi Khun Yai tel. (+66)094-736-4838

13:30 Chiang Mai is souvenir heaven.

Cute yet practical baskets. Colorfully embroidered cloth accessories fashioned by mountain tribes. All kinds of sundries to make a shopper's heart skip a beat!

Wyenumpueng Changmoi Furniture tel. (+66)053-251-408





15:00

For three o'clock tea, I stopped at a café in a traditional Chiang Mai-style house.

Coffee brewed from arabica beans grown in northern Thailand, richly aromatic and with just the right level of acidity, makes a pleasant short break.

Borijinda Cafe tel. (+66)099-369-7914

16:00

The people of Chiang Mai love to relax on the banks of the Ping River.

I went for a walk along the Ping River, which flows through Chiang Mai from north to south. The refined cafés and general stores that line the riverbank make this a fun area for a stroll.



18:00

Northern Thai cuisine uses plenty of vegetables and herbs.

Nam phrik, a dip used with vegetables and glutinous rice; sai ua, a spicy sausage redolent with herbs . . . The relatively mild flavors of northern Thai cuisine make it a good fit for the Japanese palate.

Chiangmai Larb An Prasert tel. (+66)088-555-5963

20:00 Wrapping up the evening in Chiang Mai with a visit to the night market.

The cooler the evening, the busier the market gets. Do you like nibbles at street stalls? How about souvenir hunting? The night is young!



Encircled by castle walls, the old city is the heart of tourism in Chiang Mai. Over forty temples dot this area, including Wat Phra Singh, a Royal temple of the first grade; Wat Chedi Luang, which boasts a 54-meter stupa; and Wat Chiang Man, the oldest temple in the city. These temples fairly burst with individuality, some featuring gaudy ornamentation and others the amiable faces of Buddha statues.

Traditional medicine is deeply woven into the lives of Chiang Mai's residents, which is why many massage shops here are located adjacent to temples. Traditional treatments unique to Chiang Mai simply must be experienced, including Tok Sen ("vibration therapy"), in which the patient is struck rhythmically all over the body with wooden mallets to relax tight muscles, and Chi Nei Tsang, a form of abdominal chi massage that is derived from Chinese Daoism but blossomed in Chiang Mai. You'll find that

your daily fatigue and stress vanish, leaving your mind and body feeling light as a cloud and filling you with energy.

Having refreshed my body, it was time to set out for another walk. After hunting for souvenirs at a bustling local market, for lunch I stuffed my mouth with khao soi, Chiang Mai's famous curry noodles. In the afternoon I went shopping again, this time seeking charming odds and ends such as colorful embroidered accessories made by hill tribes like the Hmong and Lisu. For dinner, naturally I sated my appetite with northern Thai cuisine, which is influenced by the culinary traditions of neighboring countries.

Chiang Mai ticked all the boxes for me. City scenes redolent with history in a laid-back atmosphere. Soothing treatments, irresistible cuisine and shopping, and plenty of refined and photogenic spots for pictures and selfies. I could visit this fascinating city again and again.



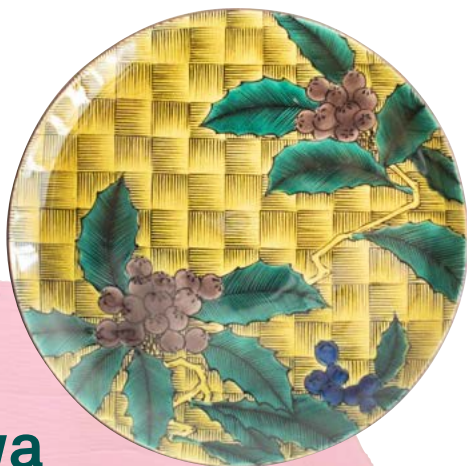
Magical Wat Chiang Man was built in the late thirteenth century by the first king of the Lanna dynasty. Within the stately hall, a golden Buddha smiles serenely.



Flying to Thailand

ANA offers flights from Tokyo (Haneda and Narita) to Bangkok Suvarnabhumi International Airport.

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



Focus: Ishikawa

The Handicrafts That Create the Beauty of Kanazawa

text: Ema Maeda photographs: Yumi Saito



Trying your hand at traditional handicrafts
is a fine way to experience that tradition's history
and share in the feelings of the artisans who uphold it.

It doesn't matter if you're any good or not!

Being able to make them yourself
after returning home from a trip is also nice.

So, off I go to make some handicrafts!

Traveler: Ema Maeda

Born in 1992. Active in a range of areas, including modeling, photography, and as a radio personality. Her first book, a short story collection called *The Day We Turn Animal*, will be published in mid-June by Chiisai Mishi-masha.



Kaga Mizuhiki



Shape it carefully,
using the fingertips
of both hands.

Tsuda Mizuhiki Onkata

tel. 076-214-6363

Mizuhiki Accessory Workshop

Time required: about 1 hour

Fee: from ¥1,100

(depending on what you make)



M

izuhiki (ornately knotted colored paper threads) and orikata (decoratively folded paper) are used to wrap presents on special occasions, such as expressing feelings with a gift accompanied by a letter. The giver expresses their feelings for the recipient by wrapping the gift in washi paper and tying it with mizuhiki cords before writing their name on it. In addition to symbols of good luck and fortune like cranes and turtles, the variety of artistic mizuhiki types developed through trial and error over more than a century of history will take your breath away. Today, I tried making a chopstick rest in a style called Awaji-musubi (*musubi* means “knot”). This style is often used for wedding gifts. With a little ingenuity, it can also be coaxed into floral shapes. It was quite difficult to keep the bundled paper threads from twisting. You have to slowly and carefully pull from both ends, little by little, to create the shape. It’s a complex way of tying a knot, but if you learn how to do it, you’ll want to enjoy making more and more!



There are many projects to choose from, from classical to pop designs, and for occasions both joyful and sad. You can also get the shop to write your name or a short message. Today, I chose to make a chopstick rest, but other options include brooches, hairpins, and other accessories.



Time slipped away
and I found myself absorbed
in creating delicate patterns!



In addition to everyday items, the shop is filled with precious works that have historical significance. There is also a small café where you can enjoy Japanese confectionery served on lacquerware.

Kaga Maki-e

Nosaku

tel. 076-263-8121

Maki-e Workshop

Time required: about 90 minutes

Fee: ¥3,300

K

anazawa is famous for gold leaf and gold dust. Maki-e are pictures and patterns made using gold applied over lacquer. At this workshop, you can select a tray with a pattern you like, fill in the pre-drawn lines of the motif with lacquer, then add gold dust before it dries. Dust in other colors is also available, including blue, purple, and red, and you can combine these to create different looks. This is delicate work, and I found myself concentrating so hard that I lost track of time. The “lacquer” is actually a lacquer alternative made from the sap of cashew nut trees (Cashew Lacquer), so it won't irritate your skin.

I'll show my uniqueness
in color combinations!



Kaga Hachiman Okiagari



The store was filled with masks and dolls with expressions that were somehow calming. I was there to try my hand at painting a Kaga Hachiman Okiagari tumbler doll. These dolls were inspired by stories of the legendary Emperor Ojin (now deified as Hachiman, the god of war) being swaddled as a baby in brilliant scarlet cloth with only his face showing. Traditional Japanese paper is wrapped around a form, and then white *gofun* powder and vermillion are painted over it in a painstaking process. "Paint it however you like!" the owner told me, so I added some floral designs. The deciding factor was the doll's expression. That was a challenge.

I hope it comes out
looking kind . . .



Nakashima Men'ya

tel. 076-232-1818

Painting Workshop

Time required:

about 30-60 minutes

Fee: Small: ¥880 /

Large: ¥1,100



Nakashima Men'ya started out by making masks and props for village plays in the closing decades of the Edo period (1603–1868).

Kutani Ware Pottery

Kutani Kosen Kiln

tel. 076-241-0902

Painting Workshop

Time required: about 1 hour / Fee: ¥1,320

Pottery Workshop Time required: about 1 hour / Fee: ¥5,500

Enjoy everything from
throwing pots
to painting porcelain!

Retro-pop porcelain with brilliant colors
that give a warm and fuzzy feeling.



What shall I paint?
What colors shall I use?

Paint whatever you like, or copy a pattern from one of the many sample pieces.



The clay is pleasant
to the touch.

The Kutani Ware Workshop starts with painting. First, you choose a cup, dish, or other vessel from among the pre-glazed ones available. You draw a base sketch in pencil, and then paint over this with pigments and a fine-tipped brush. The workshop facilitators handle the coloring-in. I was told that choosing the traditional five colors (red, green, yellow, purple, and navy blue) will make my creation look more like Kutani-like, and made my selection accordingly. Next, I sat cross-legged in front of the pottery wheel and tried to make a tea bowl. Even with an instructor showing how it's done, this is quite difficult. My instructor guided me through the process with detailed advice, so I managed to end up with something reasonable. Despite the difficulty, I was still told I did a great job, so it was a fun time. The painted dish and the tea bowl will be delivered to my home a few months later, after they are fired. I'm looking forward to seeing them.



This is fun!





The mold patterns are so cute.

A beautiful cherry blossom.



Rakugan

M

aking rakugan confectionery starts with kneading the dry wasanbon sugar. Instead of adding water, you just work it with a wooden spatula, pressing it again and again, until it mysteriously sticks together. The next step is to press the wasanbon tightly into the wooden molds. You need to be careful, because a single gap will cause it to crumble! To make sure the finished product can be easily removed when

Use your bodyweight to press the sugar firmly into the mold.



Rakugan can also be eaten with matcha (powdered green tea).





Soft, traditional colors
from natural ingredients.

ready, the mold is lightly dusted with flour. After brushing off the excess wasanbon, you tap the mold with a wooden hammer to remove the confectionery. This was the moment of truth. My rakugan confectionery popped out onto the tray—were any broken? As I checked, I could not help but gasp at how delicate the cherry blossoms and butterflies were. Freshly made rakugan is not like the dried sort you normally see. Instead, it dissolves softly in the mouth, and I marveled at the elegant sweetness.

Morihachi Honten also sells yokan and monaka confectionery in addition to rakugan. The Kanazawa Confectionery Wooden Molds Museum, which exhibits confectionery molds used since the Edo period, is very impressive.

Too beautiful
to eat!



Morihachi Honten

tel. 076-262-6251

Rakugan Workshop

Time required: about 40 minutes /

Fee: from ¥1,320

A Handicraft Trip That Changed My Views

I like to make things with my hands. It seems to me that it doesn't matter if you're good at it or not; creating something through concentration and enjoyment

Don't miss
the Kanazawa Confectionery
Wooden Molds Museum!



is one of the pleasures humans are allowed. The handicrafts I tried making on this trip have all been refined in many ways over long histories, carefully passed down through the generations.

However, what moved me most of all was how they encapsulated the spirit of wanting to bring people joy. They may have started out as offerings to lords, ladies and other high-ranking figures, but today, while different in appearance, they have become part of our daily lives, in the form of gifts to people you are close to. I learned that each different motif and coloring has a meaning. I wonder how I'll use what I made on this trip. Just imagining it is thrilling.

I've often visited Kanazawa, which is full of places to see, like Kenrokuen Garden and the 21st Century Museum of Contemporary Art, but I always freeze up in the souvenir shops due to the overwhelming variety on offer.

Eat your fill
at Omicho Market,
the "kitchen of Kanazawa."



On this trip, however, I learned about the background to each of these handicrafts, and sensed, with my own body, the high skills of the craftsmen. Next time I come, I think that when I'm in front of a place selling souvenirs, I'll see the landscape completely differently.

A blissful moment
enjoying sweets
in a lacquer bowl.



The colorful
mizuhiki threads
make my heart sing.





Flying to Ishikawa

ANA offers flights from Tokyo (Haneda) to Komatsu Airport.

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

Skills handed down
along with the spirit of
consideration for others.

TIME FOR OBENTO

NO.
183

Koto-ku, Tokyo
Maggie's Tokyo

Nurse

Machiko Owada

text: Naomi Abe
photographs: Satoru Abe

I had never given much thought to what I wanted to be in the future. But one time in high school, we were studying the *Analects*, and I read the passage, “What you do not want done to yourself, do not do to others.” I hated classical literature and usually slept during class, but this maxim made me perk up my ears. It meant the most precious thing in life was empathy, a kind heart. I lost my mother when I was seventeen. I felt desolate and envious of others, and it biased how I viewed things. The maxim helped me recognize that I was rather unkind to others, and that was my motivation to become a nurse. I hoped to cultivate a kind heart through my work.

I looked through the job ads in a weekly magazine and found a private hospital in Saitama Prefecture. It offered a dorm room and three square meals. I had no qualms about leaving Fukushima. I worked during the day and attended nursing school at night. When my hospital shift was over, I dashed to the staff cafeteria and rushed to eat my supper. My ideal goal was to finish in five minutes and catch the bus, but there was no way to have a meal in five minutes. I’ve been a fast eater ever since. It comes with the job. If someone calls for a nurse, you need to go quickly.

After I got my nursing license, I worked at a municipal



hospital in Tokyo. My last project before reaching retirement age was helping to set up a palliative care ward for cancer patients. That experience led me here to Maggie's Tokyo. Our doors are open to anyone affected by cancer—those who have cancer themselves and their families—and our support is free. I will never forget the family of three who walked in from the pouring rain. The woman said her cancer had come back. She was devastated and seemed to be overwhelmed with negative feelings. I said, “But it’s comforting to know that treatment is available,” and this gave her pause. She thought back to everything the doctor said, and as she did so, I could see her feelings grow more and more positive. She said she would ask the doctor to explain her options in detail at the next appointment, and then walked out looking like a new person. The rain had let up, and the sun was peeking through the clouds—“just like my heart,” she said. Talking to someone gives you the opportunity to clear your mind, organize your thoughts, and look at things from a fresh angle. We are here to listen and help people figure out what they want to do.

Everyone I have met has given me the strength to keep on being a nurse for so long. That and the occasional reward I allow myself. This is crucial, you know. I don’t ask

for much. A daifuku mochi cake is enough for me. I live with my older and younger sisters, and it was always “supper on the table two minutes after coming in the front door.” (That was a TV advertisement, wasn’t it!) I’d finish work, come home, and supper would be waiting for me. That’s something to appreciate. Even today, I filled my bento with the dishes my younger sister cooked last night. She put nanohana blossoms in there, saying, “You have to eat bitter flavors in spring.” We always make sure we enjoy the flavors of the season. In mid-spring to early summer, the first catch of skipjack tuna. In mid-summer, freshwater eel. In autumn, matsutake mushroom—a luxury that we splurge on and indulge in once while in season. And for the winter solstice, simmered pumpkin plus a good soak in a yuzu bath. Festive foods are important too. For Nanakusa-no-sekku in January, rice porridge with seven herbs. For Hinamatsuri in March, sakuramochi cake wrapped in cherry leaf and colorful chirashizushi. And for Higan in March, our handmade botamochi cake named after the peony, and rice with bamboo shoots. When the three of us get together and cook and chat and eat, it seems to blow any stress away. I hope we can carry on enjoying the pleasure of eating. To eat is to live—this proverb is so true.



**To eat is to live
—this proverb is so true**



どうぶつかくれんぼ

Animal Hide-and-Seek 动物躲猫猫

こたえは Answer on page 062
062ページ 答案见062页

え・fancomi

040

10匹いるよ

Find all 10!

有10只哦

SUDOKU

ご自身のデバイスで
スクリーンショットを撮って
お楽しみください。

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

请用自己的终端设备拍摄
画面后填写。

2つの
二重枠に入った
数字の合計は？

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

双层框中的数字加起来是？



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

① 空欄のマスに、0を除く1から9までの数字を1つつ入れましょう。

② タテ列 (9列)、ヨコ列 (9列)、太線で囲まれた3×3のブロック (9つ) のどれにも、1から9までの数字が1つつ入るようにします。

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 3×3 square.
(The number 0 is not used.)

① 请在空格内填入1至9中的任意一个数字，0除外。

② 竖列 (9列)、横行 (9行) 以及粗线框起的3×3区块 (9个) 中的每一格也都要是1至9中的任意一个数字。

答えはP062へ

Answer on [page 062](#) 答案见[062页](#)

01

[ANA Travelers / Domestic Travel]

Golf Travel Package Plans (Lodging and Golf Courses) in Demand!

ANA Travelers currently has a popular golf course and hotel package plan in Hokkaido, Kyushu, and Okinawa. The “Set Plan” allows you to use a renowned golf course, and the “Select Plan” combines your favorite golf course with lodging.

We will also be launching a special reservation site at the end of June that will allow you to make reservations 24/7 for golf courses nationwide. Use it for your next trip!



Sapporo Golf Club Wattsu Course



For details, visit the ANA website.

[Golf
Travel](#)



02

[News]

Supporting the Young Artists of Japan! ANA “OFF TO ART” Project Launches

ANA launched a new project called “OFF TO ART” at the end of May to communicate the appeal of Japanese art and culture. ANA gets up close with up-and-coming modern artists who will be active on the national and international stages and delivers exclusive behind-the-scenes content, including the thoughts that go into their activities and works and scenes from production.

In addition, the works of the artists that are introduced can be purchased

on A-style, the official ANA shopping site.



For details, visit the ANA website.

[Details](#)



03

[Services]

An eLibrary for Your Air Travel

In addition to TSUBASA GLOBAL WINGS, the eLibrary available in the ANA app has more than 130 magazines and newspapers* in digital format for you to enjoy.

In addition to on your flight, the app can be used while traveling to the airport and at your destination.

Download the app over Wi-Fi at home or at the airport prior to your departure to enjoy the content.

* Terms of use apply.



For details, visit the ANA website.

[Details](#)



04

[News]

Miles and ANA SKY COINS Expiration Dates Extended!

ANA is granting an extension to miles and ANA SKY COINS that are slated to expire by Tuesday, February 28, 2023. If you have not registered yet, registration must be made by the deadline listed below. This is the perfect opportunity to register.



- **New extended expiration date:** Friday, March 31, 2023
- **Extension registration deadline:** Until Tuesday, February 28, 2023
- **Applicable expiration dates:** From Friday, April 1, 2022 to Tuesday, February 28, 2023

Note: If you have already registered for the extension, you do not need to re-register. Regarding miles and ANA SKY COINS within the applicable expiration dates, if you register by the registration deadline above, then even after the expiration date has passed, we will calculate and allocate those miles and/or ANA SKY COINS in the middle of the month subsequent to the month in which you registered.



For details, visit the ANA website.

[Details](#)



ANA Works to Prevent Global Warming and Maintain Biodiversity for the Future

The ANA Group recognizes efforts for the global environment, such as measures to prevent global warming and maintenance of biodiversity as important management issues. As such, we are working to reduce our environmental impact through such activities as the ANA Carbon Offset Program, which indirectly invests in activities that reduce greenhouse gases in an amount equivalent to the CO₂ emissions of our aircraft, and coral reef protection activities.

↓ ANA Carbon Offset Program

The ANA Carbon Offset Program allows customers to offset the equivalent of the CO₂ emissions of the aircraft they fly on through investment in forest regeneration and other activities. Projects* that meet the certification standards in Japan, Indonesia, and Peru can be supported via the website.

↓ Donation of Miles for Coral Reef Protection

The ANA Group participates in a project called “Team Tyura Sango.” This project promotes activities to protect endangered coral reefs in Onna, Okinawa, in cooperation with local concerned parties based on support provided by the Ministry of the Environment, Okinawa Prefecture, and Onna Village. By donating your miles, you can support the activities of this team via our website. Thank you in advance.



Yamanashi Prefectural Forest Global Warming Prevention Project ©Yamanashi Prefecture



Coral reef protection activities

* Projects are subject to change without notice. Thank you for your understanding.



For details,
visit the ANA Group website.

[ANA
Carbon Offset
Program](#)



[Donation of
Miles to Support
the Environment](#)





06

[News]

Two-Step Authentication to be Introduced for Some ANA Mileage Club Services



ANA will be introducing two-step authentication with one-time passwords for some ANA Mileage Club services starting in summer 2022.

A one-time password will be sent to the email address registered for “Important Notice from ANA.” We ask that

club members update their registered information as soon as possible.

Note: If using a mobile phone email, please configure your settings to allow emails from 121.ana.co.jp beforehand.

Note: If you don't update the registered information, some services on the website will be unavailable starting in the summer of 2022.



For details, visit the ANA website.

[Details](#)



Customers' Voice

**ANA provides earphones free of charge,
but it's hard to find them because they're in different places.**

Earphones are now placed only inside aircraft on domestic flights.

During domestic flights, passengers can enjoy various music and video programs. Since June 2021, we have provided earphones to passengers who do not have their own, but we discovered that passengers were having a hard time finding them due to restrictions at airports. For that reason, earphones are now placed only inside the aircraft (near the entrance). In addition, these

earphones are reusable, so we ask that you take them home with you to reduce the environmental impact.

Note: You can also use your own earphones.



Visit the ANA website to leave feedback or make a suggestion regarding ANA's services.

[Feedback and
Suggestions](#)



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

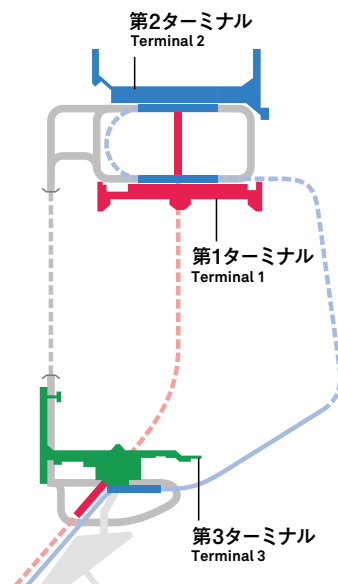
- ▶ 「国際線乗り継ぎ（第3ターミナル）」表示にしたがって、乗り継ぎ専用バス乗り場へお進みください。バスは、第3ターミナル1階に到着します。3階出発ロビーへお進みいただき、保安検査場をお通りください。
- ▶ バスは、10～20分間隔で運行しています。所要時間は約15～20分です。

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

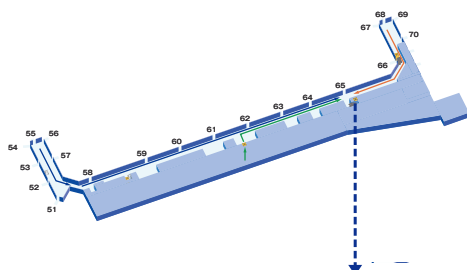


第2ターミナル国際線乗り継ぎ

Transit to Terminal 2 for International Flights

第2ターミナル / Terminal 2

1.5階 / M2nd floor



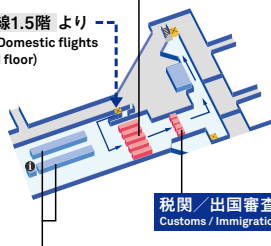
国際線乗り継ぎ（第2ターミナル）へ
To international flights (Terminal 3)

第2ターミナル / Terminal 2

3階 / 3rd floor

保安検査
Security Check

国内線1.5階より
From Domestic flights
(M2nd floor)

税関／出国審査
Customs / Immigration

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)

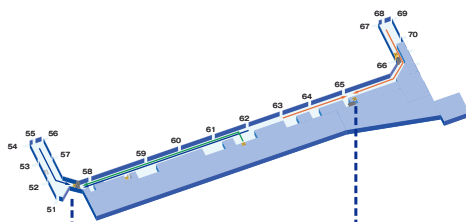


第3ターミナル国際線乗り継ぎ

Transit to Terminal 3 for International Flights

第2ターミナル / Terminal 2

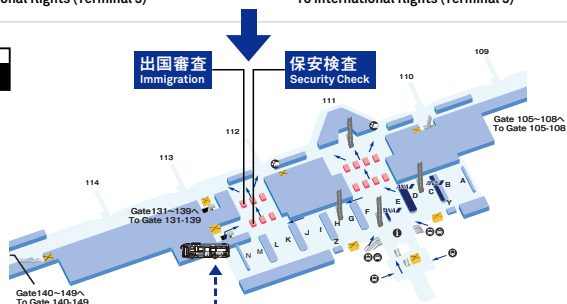
1.5階 / M2nd floor


 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

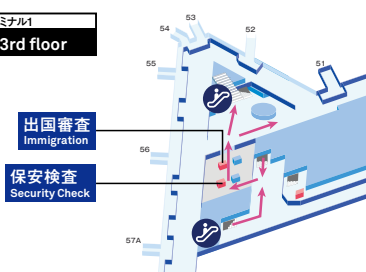
1階 第2ターミナル国内線 より
From domestic flights (Terminal 2)

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。

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



Transit to Domestic Flights

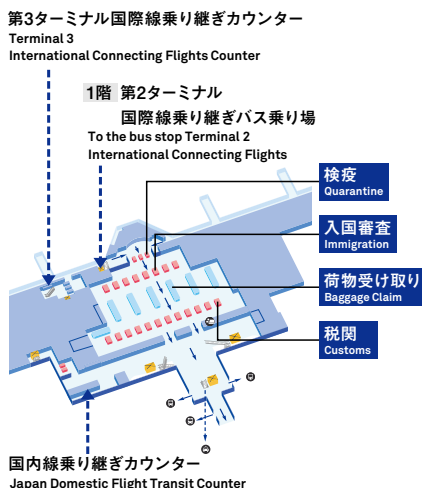
- Domestic ANA Flights (except for those
departing from Domestic Terminal 1)
 - ▶ Check in your baggage at the Domestic
Connecting Flight Counter in the arrival lobby,
and proceed to the Security Check for Japan
Domestic Flight Connections.
 - ▶ For those arriving at Terminal 3, use the transit
bus to 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

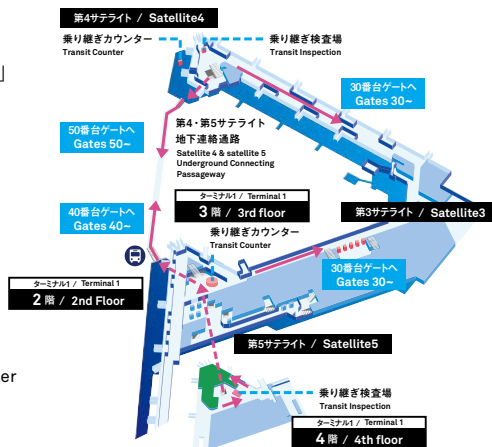


国内線乗り継ぎ

- 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.



※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.



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。

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.

ご搭乗に際してのお願い



航空法に基づく保安検査の義務化について

凶器や危険物の航空機内への持込みは航空法により禁止されています。また、航空法改正に伴い2022年3月10日から、航空機搭乗前の保安検査の受検が義務化されます。保安検査を受けずに保安検査場より先に

進んだ場合、航空法違反となり、1年以下の懲役または50万円以下の罰金が科せられる場合があります。ご搭乗の際は、保安検査員や関係職員の指示に従い、保安検査を受検いただきますよう、お願い申し上げます。



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



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。



※3辺の合計には付属品(ハンドル・車輪など)を含みます。

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、オリエンタルエアーブリッジ	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

トラ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。



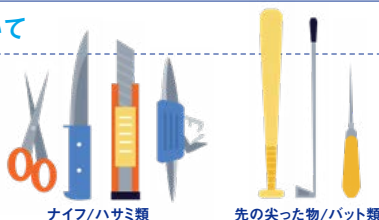
ご搭乗に際してのお願い



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お願いいたします。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はできません。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航空法違反となり、2年以下の懲役または100万円以下の罰金が科せられる場合があります。



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
航空機搭乗前の保安検査を受けるにあ
たっての注意事項について

詳細



【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、病気やけが・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。

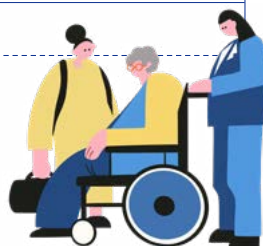
- ▶ 機内で医療用酸素ボンベや酸素濃縮器（POC）を使用されるお客様（医師の搭乗許可・診断書が必要です）
- ▶ その他の医療機器を使用されるお客様
- ▶ ストレッチャー（簡易ベッド）を使用されるお客様
- ▶ 保育器を使用されるお客様
- ▶ その他機内で特別な医療行為を必要とされるお客様
- ▶ お手伝いが必要な方が10名以上いらっしゃる団体のお客様

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。

詳細



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 periodos 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。

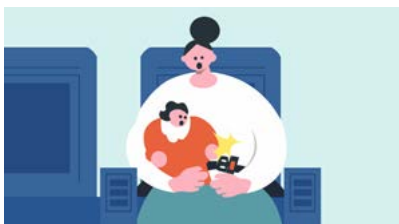
Due to the number of oxygen masks per seat row, more than one small child may not be seated in the same row (excluding seat reservation). Please refrain from changing your seats. Also, there is aircraft-specific equipment on board the plane. Please be careful not to let your children catch their fingers 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、ご遠慮いただき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

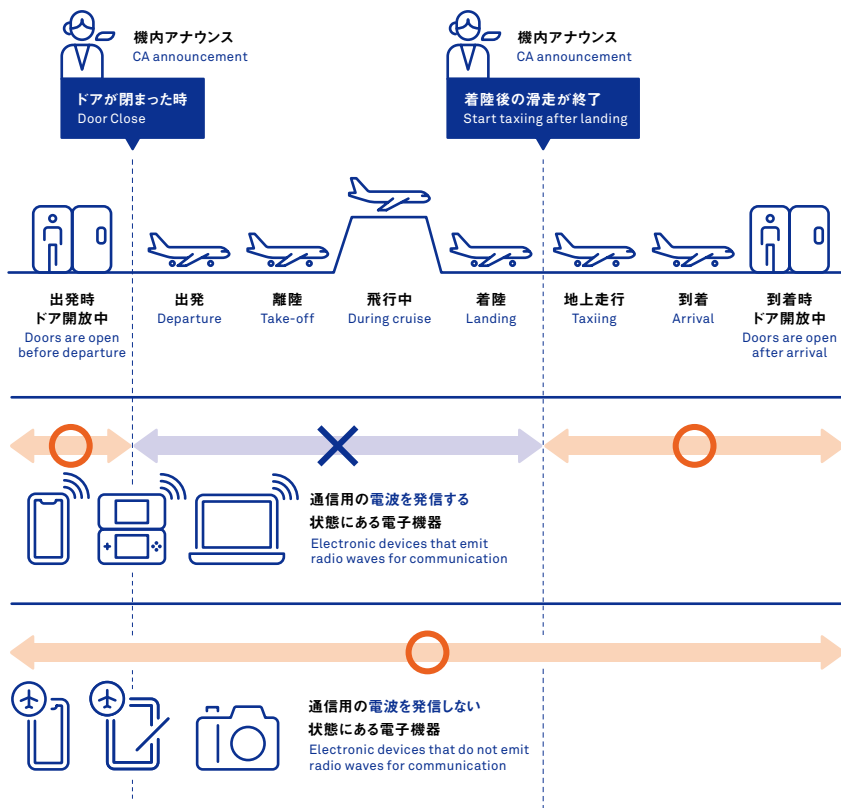
We ask for your cooperation on the following matters.

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。(出力100ミリワット以下のものを除く)
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)、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、医療機器等)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、医療機器、DVDプレーヤー、デジタルカメラ、電子機器等
*通信用の電波を発信しない状態(設定)とは、電源をON(入)にしているでも通話やメールの受信、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。
- 当ページ記載の出力100ミリワット以下の電子機器であっても、その電子機器の使用により他のお客様に不快感を与えたり、迷惑または危険を及ぼしたりするおそれがある場合はご使用をお控えいただきます。
- 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。またペースメーカー等、医療機器をご使用のお客様が近くにいる場合、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. (This excludes any of the devices listed below that have an output power of 100 mW or less.)

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), 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 medical equipments) 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, Medical equipments, 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.
- Even if your electronic devices listed on this page and has an output power of 100 mW or less, you may be asked to refrain from using it if there is a risk that it will cause discomfort or inconvenience to or endanger other passengers.
- 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

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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、救命胴衣等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

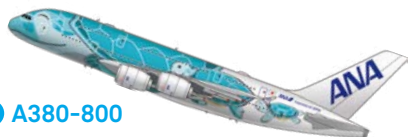


ANAグループ航空機のご案内

ANA 航空集团航班客机指南

→ A380-800

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



→ B787-10

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



→ B787-9

- 全長 Length 全長/ 62.8 m
- 標準座席数 Standard number of seats
標準座位数/ 375; 395 (INT: 215; 246)



→ B767-300

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



→ B737-800

- 全長 Length 全長/ 39.5 m
- 標準座席数 Standard number of seats
標準座位数/ 166



→ BOMBARDIER DHC-8-400

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



→ B777-300

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



→ B787-8

- 全長 Length 全長/ 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 全長/ 54.9 m (B777F-63.7 m)



→ AIRBUS A320

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



ミレニアム・ファルコン

→ Millennium Falcon

- 全長 Length 全長/ 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

ANA グループ国内線航路図

ANA GROUP DOMESTIC ROUTE MAP



時刻表はANAウェブサイト
をご確認ください。





ANA グループ国際線航路図

ANA GROUP INTERNATIONAL ROUTE MAP



時刻表は ANA ウェブサイト
をご確認ください。



※ 運航航路は天候その他の理由により変更されることもございます。2021年5月10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 May 10, 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.
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【 答え / Answers / 答案 】

どうぶつかくれんぼ

Animal Hide and Seek

动物躲猫猫



SUDOKU

2つの数字の合計は

The sum of the two numbers is / 2个数字加起来是

$$9 + 6 = 15$$

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

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