

Pakistan Karuta

Suginami became the support town of Pakistan and Uzbekistan at Tokyo 2020 Olympics and Paralympics games. We made "Karuta" that you got to know both countries and deepen friendship. Karuta is Japanese unique card game with words and pictures. It's learning and playing. We hope that through Karuta, new encounters and better relationships with two countries.

2020



じ ジャスミンの 豊かな香り
国めぐる
国花：国民に親しまれている花

R Rich scent of jasmine
spread throughout the
country. National flower



せ 世界一 天に近い
ハイウェイ
カラコラム・ハイウェイ：海拔 4693m を通る

E Enjoy driving on the motor-
way very close to the sky.
Karakoram Highway



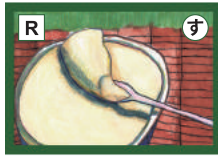
て 伝統の ズボンとシャツは
シャルワール・カミーズ
伝統衣装：シャツとズボンのこと

P Put on a traditional set of
trousers and a shirt.
Shalwar kameez



の ノーベル平和賞
銃に負けずに マララさん
ユースフザイ・マララ

S She stood up for girl's
education and won a peace
prize.
Malala, who won the Nobel Peace Prize



す 水牛ミルクの 濃厚アイス
水牛のミルクでつくったアイスクリーム

R Rich ice cream made from
water buffalo milk.
Ice cream: Made with rich buffalo milk



す 数百の 宝貝を身にまとい
カラージュ族：山あいに住む少数民族

T Tribal women wear
seashell decorations.
Women wear clothes sewn with treasure shells



て デコトラは 派手な装飾
競い合う
デコトラ：派手な装飾をしたバスやトラック

M Make a truck more attractive
with colourful decorations.
Jingle Truck



む ムガールの 栄光伝える
ラホール城
ラホール城など世界遺産

V Visit the castle and learn
about the country's history.
Lahore Fort conveys the glory of Mughal



こ 基盤の目 道路が走る
イスラマバード
首都、1961 年に開発が始まった人工都市

E Easy to go around because
it's a new well-planned city.
Islamabad: Pakistan's capital, artificial city



こ 国民スポーツ クリケット
クリケット：英国発祥だがバクスタンでも盛ん

P Popular sport to play with
a bat and ball.
Cricket: A national sport in Pakistan



ま 祭りや儀式に 欠かせない
ビリヤニ
ビリヤニ：炊き込みご飯

I Important rice dish for
festivals and ceremonies.
Biryani (mixed rice dish)



ろ ロティがたくさん
パン焼き窯で 焼きあがる
ロティ：小麦を粉にしてつくったパン

B Bake many round flat
breads in the oven.
Roti: Unfermented bread made from wheat



こ 子どもにとどけ
移動図書館 町巡る
移動図書館日本人女性会普及に尽力

V Village children eagerly
wait for the mobile libraries.
Japanese women including mobile libraries



え エベレストに次ぐ
世界第二の 高い山
K2 (ケイツー) K はカラコラムの K、8611m

S Snowing on the top.
The second-highest
mountain in the world.



け 幻想的 おとぎ話の
舞台かな
サイフル・ムルク湖：北部のナランガン

L Lake in the mountain is
like a fairy tale stage.
Saif-ul-Muluk Lake



い インダスの ほとりに
栄えた 都市国家
インダス文明：ハラッパーやモヘンジョダロ

A Along the river, an ancient
city was successfully built.
Indus Valley Civilization



あ 「アッサラーム・アレイクム」
は「こんにちは」
こんにちはの挨拶

T Try to say 'Assalamo
Alaikum'. It means 'hello' in
English. Greetings Hello



や 山あいに あんず花咲く
理想郷
フンザバレー：あんずの郷

I In April, the valley is filled
with pink flowers.
Hunza Valley: Apricot Town



ふ 2つの国をつなぐ 石の門
カイバル峠とアーチ（記念碑）
アフガニスタンとの国境の峠に立つ門

D Drive through the stone
gate to enter Afghanistan.
Khyber Pass Gate



せ 世界一の 生産ほこる
サッカーボール
サッカーボールの生産が盛ん

W World famous for its largest
production of footballs.
Produces many soccer balls



な 長いひげ 仙人やぎは
国のシンボル
マールコール：野生のヤギ

W Wild goats are the national
animal and have a long
beard.
Markhor: Long-bearded goat, national symbol



か カッワーリー
イスラムの教え 歌にこめ
イスラム神秘主義による宗教歌謡

S Sit on the floor, sing and
play music together.
Qawwali (Islamic music)



た 断食で アバラも見える
苦行像
釈迦苦行像、ラホール博物館所蔵

H He stopped eating and
became very thin.
Statue showing the penance of Buddha



あ 甘い！ パキスタンの
マンゴーは 世界一
マンゴー：生産量世界 6 位

S Sweet yellow fruit,
popular in the world.
Mango: Very sweet yellow fruit

Our "Suginami Karuta Project" promote the international exchange and the exchange with disabilities through making original karuta. We were able to complete the karuta about Pakistan and Uzbekistan. We would like to thank you for the cooperation of many people, the Embassy of Pakistan, the Embassy of Uzbekistan, the Japan Pakistan Association, the Japan Uzbekistan Association, Nobuhiko Shima Office, the painting class and everyone who has always supported our activities. We have selected 48 subjects such as the beautiful nature and interesting cultures of both countries, that will have still many other wonderful scenes. We wish you to check both countries and to make more cards, and to play them with your friends and family. The attractive situations of both countries would spread in front of you. We made another works, picture-story show "Kamishibai", for both countries. One is entitled "Kiseki of Miracle Bags" of Pakistan and that shows about international activities of Ms. Eri Takagaki, who is active in the field. The other is the "Miracle of the Navoy Theater" in Uzbekistan. This is the story of the completion of the opera theater built by Japanese POWs after World War II. I would appreciate it if you could take a look.

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