

DECEMBER 1992

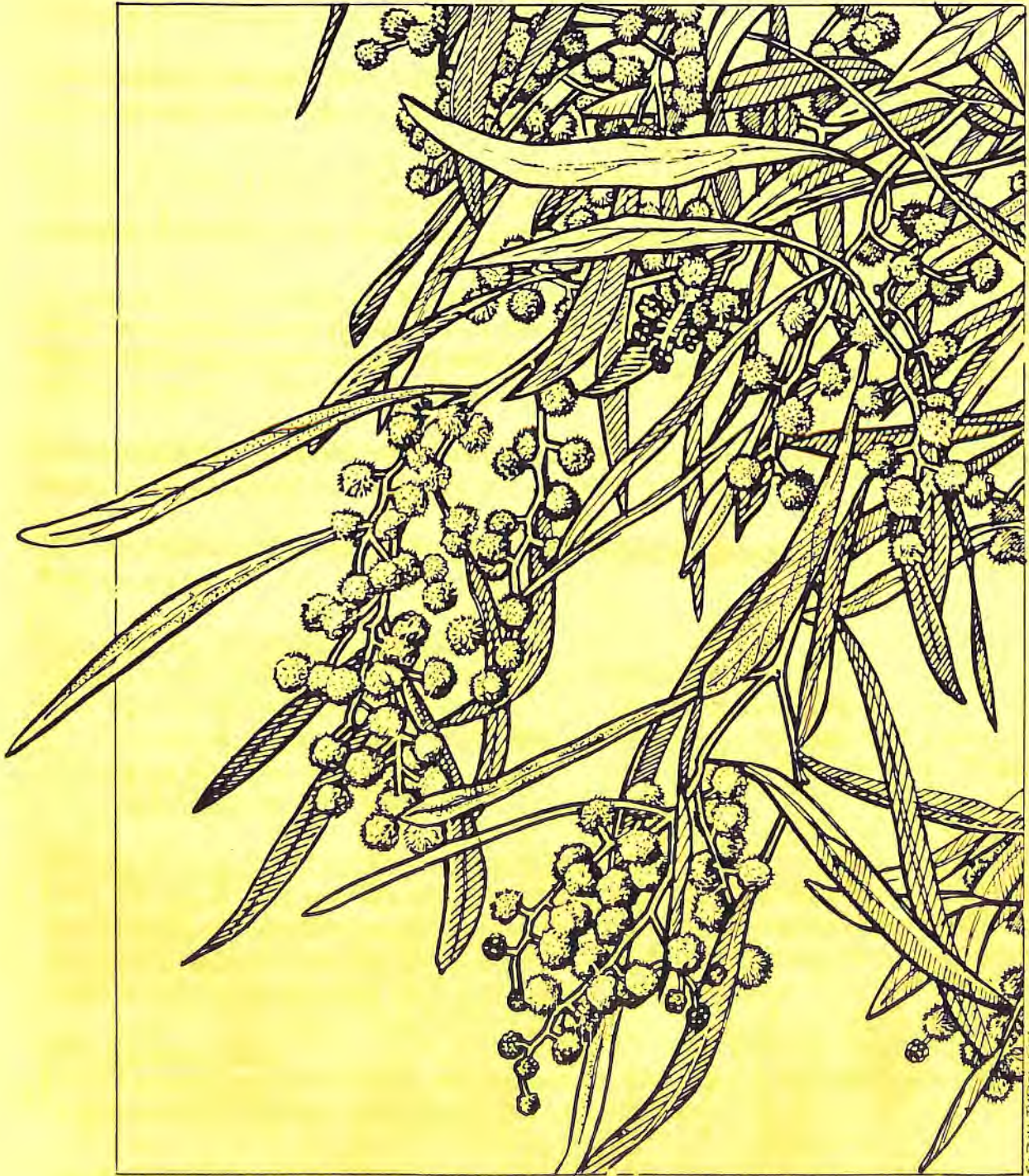


Asia · Pacific

Ifpra

8

CIRCULAR



Sketch of *Acacia Pycnantha*

Golden Wattle - pendulous form

INTERNATIONAL FEDERATION OF PARK AND RECREATION ADMINISTRATION  
FEDERATION INTERNATIONALE DES SERVICES DES ESPACES VERTS ET DE LA RECREATION  
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## GOLDEN WATTLE - ACACIA PYCNANTHA

### Introduction

Golden Wattle is not quite recognised as the National Flower for Australia although it has been a contender for many years and enjoys popular acceptance as Australia's national flower; but as yet it has not been proclaimed as the national floral emblem.

### Occurrence

Golden Wattle is found as a small tree or woody shrub in the understorey of open forest or woodland and in open scrubland and farmland, as well as growing along roadsides in temperate regions of south eastern Australia with mean annual rainfall ranging from 350-1000mm.

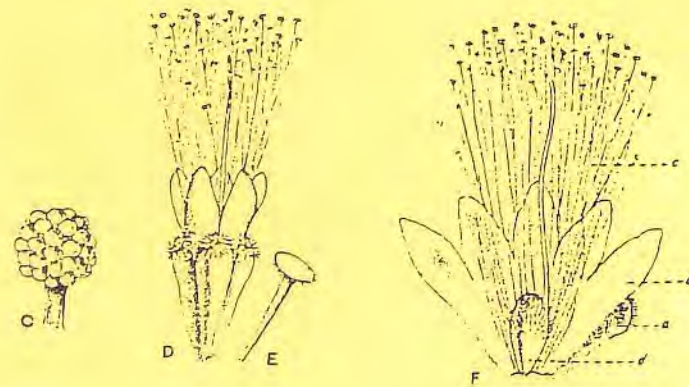
### A Useful Plant

The brilliant yellow fragrant flowers of Golden Wattle make it a popular garden plant for well-drained soils. It is often short lived both in the wild and under cultivation.

It is used as an ornamental garden plant, flowering profusely from April-July (mid autumn-mid winter) providing a welcome spectacular splash of bright yellow/golden colour during a time when few other trees are in flower.

In the past, Golden Wattle bark was used as an excellent tanning material and the 'leaves' phyllodes used for dyeing.

The early white settlers believed the bark had medicinal value and was used for treating dysentery and diarrhoea.



Golden Wattle flower details

## EDITOR'S NOTES

### Acknowledgements

My thanks to Phillip Jew MBE, and Dr Paul Wycherley OBE for supplying material on Auckland's Regional Parks and King's Park Perth respectively. Also to Rob Cross of the National Herbarium in Melbourne for providing the illustration of and notes on the Golden Wattle.

Thanks are also due to Dr David Aldous who provided notes on his visit to Kuala Lumpur, Malaysia, as well as the Hon. Brian Dixon who arranged for the article on Life Be In It!

### Meeting of World Commission of IFPRA - continuation of IFPRA Asia Pacific Region

The meeting of the IFPRA Commission in Hong Kong considered the progress made by the Region since its formation in Greensboro in 1989 and decided that the continuation of the Region was warranted.

### Meeting of IFPRA Asia Pacific Region Commission in Hong Kong

At the meeting of the Asia Pacific Region Commission in Hong Kong, Trevor Arthur, IFPRA Commissioner for Australia, was elected as Chairman and Dr Kanzo Hirano, IFPRA Commissioner for Japan, was elected as Chairman-elect. Mr John Brandenburg of Melbourne, Australia was appointed as Secretary.

The Commission expressed its appreciation of the role played by the Royal Australian Institute of Parks and Recreation in supporting the Region and funding it since its inception.

The Region would have to be self-funding from now on obtaining revenue from fee rebates and capitation fees from Congresses.

### Commissioners for IFPRA Asia Pacific Region

The Asia Pacific Region Commission comprises the following members:

Trevor Arthur, Chairman, Australia	Farley Ma, Hong Kong
Dr Kanzo Hirano, Chairman-elect, Japan	Dr M.A. Al-Hammad, Saudi Arabia
Peter Harrison, Australia	Roger Pollard, President, IFPRA World
Ralph Boggust, New Zealand	

### Hong Kong Congress IFPRA World - October 1992

Some 209 people from overseas, and 258 from Hong Kong, both delegates and accompanying persons, attended the Hong Kong Congress very successfully conducted by a team led by the then President-elect Roger Pollard, ably assisted by his wife Norma, who looked after the accompanying partners, a detailed report of the Congress and the Post Congress trip will be presented in the next circular.

### Need for more Articles

I should be most grateful if members would contribute articles, items of news, information on products, notes on members. They are urgently required for the next Newsletter.

### Seasons Greetings

On behalf of the Region and myself may I wish all members a most enjoyable festive season and a very happy and prosperous New Year.



## 'LIFE. BE IN IT' - HOW IT STARTED

### Park Facilities

The initial priority in the conservation and countryside parks was the provision of good standard day visitor facilities in the form of carparks, picnic grounds, toilets and walking trails which now exceed 250km in length. Associated with these operations has been the upgrading of the properties with a strengthening of the natural character through revegetation programmes now limited to using provenance material. An unusual activity has been the grazing of pastoral areas with Council's own livestock which not only provide economical maintenance of the land but also enhance the rural character and provides educational programme opportunities. Today the Council has a major farming operation which generates about 14% of the total operating revenue through its 6,600 sheep and 1,100 cattle.

Progressively the basic park facilities have been extended with the introduction of group picnic facilities, education camps and minimal facility public camping. Currently there are over 6,000 reservations annually with a 15% growth in demand per year.

### Staff

The cornerstone of the Regional Parks Service is the more than 50 Rangers who are supported by 70 staff ranging from Park Attendants to Senior Administrative Officers and conservation specialists.

The establishment of information and interpretation facilities and the involvement of community volunteers have permitted monthly park programmes being arranged which incorporate special events, guided walks, tree planting and conservation activities. More than 1,000 volunteers and supporters assist in operating and maintaining the network under the coordination of the agency's Visitor Services Section.

### Community Input and Planning

A further link with the community is through the preparation of park management plans which provide opportunities for the public to comment on the shaping and operation of each individual park for the forthcoming five year period. A twelve member citizen advisory group is involved with staff in the preparation of the draft plan and are represented on the Hearing Committees with representatives of the Regional Parks Committee. Final decisions are made by the latter nine member committee which is part of the thirteen member Regional Council and elected by residents every three years.

### Funding and Park Visits

The funding of the network is met by a regional levy on properties in the metropolitan districts and is collected by the five territorial local authorities. Currently the budget is \$11 million and comes from a region with a population of 950,000 residents. The park visits now number 4.5 million annually which is in excess of that visiting the national parks network of New Zealand.

### Conclusion

The success of the network can be attributed to the range of services provided which closely match the expectations and needs of Aucklanders. One widely recognised benefit of living in Auckland is its year round accessibility to "bush and beach". The pleasant outdoor climate and the quality of life is enhanced by the diversity of the network. The future lies in the hands of the people of Auckland who no doubt will continue to support the continuing growth and evolution of such a magnificent regional park system.

*Editors Note: Phil Jew who was the founding Chief Officer of the Auckland Regional Council's Parks Division for 27 years retires on 31 March 1993. We wish him well on his retirement after 47 years service in parks and horticulture.*

'Life. Be in it' began in Victoria Australia in 1975 through the efforts of the then Minister for Youth, Sport and Recreation, Brian Dixon.

It originated from an Attitudinal Research Study in Victoria into community attitudes to fitness and recreation, showing that 60% of Victorians considered physical activity to be boring and hard work. These 60% were labelled Drifters, another 20% were Tuned Out and the remaining 20% Tuned In.

The Drifters and the Tuned Out, about 80% of the community, became the prime target of the 'Life. Be in it' campaign. 'Life. Be in it' set out to get a lot of people to do a little, rather than a few to do a lot. That is, the campaign concentrated on the majority of the community, motivating this group towards increasing physical activity by presenting fitness and recreation as enjoyable pursuits.

The Department realised that recreation needed to be promoted in positive, non-threatening ways. A working team from the Department of Youth, Sport and Recreation and an advertising agency was set up. As a result, a plan was developed to encourage everyone to become involved in some activity. This led to the creation of 'Life. Be in it', 'Norm' and the 'Life. Be in it' Family characters.

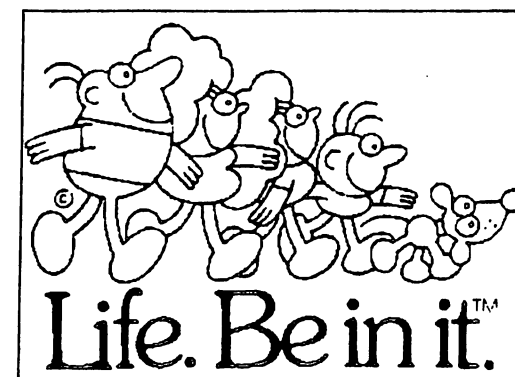
### What is 'Life. Be in it'?

'Life. Be in it' Australia is a non-profit organisation, established in 1982, and later by an Act of the Victorian Parliament to continue work begun in 1975. Originally it was a Government program to promote awareness of, and greater participation in leisure activities to improve the health and fitness of Australians.

The charter given to 'Life. Be in it' requires it to see the promotion of healthy active life-styles as its major focus. It is also required by the Act to raise its funds without sponsorships from tobacco or alcohol companies. It has developed a range of programs, activities and services across the fields of health, nutrition, fitness, sports, the arts and leisure generally.

'Life. Be in it' is very active in the health and fitness industry and has the expertise to operate programs in many fields, and to support other groups in developing campaigns. This expertise includes:

- \* Proven ability and experience in running services, programs and activities;
- \* Established networks for operating programs, activities and services;
- \* Infrastructure which can easily support added programs;
- \* Demonstrated ability to involve people in motivational programs, projects and services;
- \* Demonstrated capacity to obtain sponsorship without involving cigarettes, alcohol or unhealthy products;
- \* Demonstrated ability to attract marketing and media support.



### What does 'Life. Be in it' do?

'Life. Be in it' Australia operates in many ways. The whole campaign is media-driven, with television community service announcements as a key element.

There are health promotion campaigns, active participation programs, arts activities, job training, publications, a television program, camps and hobby participation projects for all groups; children, the elderly, the overweight, ethnic groups, the unemployed, the active, the disabled. 'Life. Be in it' organises some of these campaigns on its own or works with or through state and national associations.

'Life. Be in it' also operates through program management agreements in specific areas, through affiliates, through product licensing and endorsement.

### The Impact of 'Life. Be in it'

Research shows that 'Life. Be in it' is known to 95.5% of the population in a fairly uniform spread across age groups, ethnic background, sex and locality. Its high impact on the community is shown in the significant percentage who see it as the appropriate body to run a nation-wide leisure/family club (36%), and in those who see 'Life. Be in it' endorsement as an indication of value and quality in products and services (44.8%).

## **'LIFE. BE IN IT' AT WORK**

### 1. Health Promotion

'Life. Be in it' has developed many well co-ordinated and self-contained programs of health promotion. In fact, all that we do at 'Life. Be in it' can be seen as health promotion. At all times our aim is to make health promotion more effective and more cost efficient through association with the 'Life. Be in it' campaign messages.

A community service announcement can be tagged to indicate that a publication related to the theme is available from a particular distribution point, such as 'Life. Be in it'. Publications can be specially prepared or modified, posters can be developed and programs expanded to any desired level.

We always take positive approaches to health promotion, using where possible a catchy phrase to provide a feeling of security and confidence. This program will look across the whole field of health promotion, and will build on work already undertaken in other 'Life. Be in it' programs.

We can provide television community service announcements, radio tapes, press coverage, telephone information, posters, stickers, bookmarks, colouring sheets, brochures, booklets, events, curriculum materials, a promotional caravan, and a master video to convey health promotional and educational messages developed with the appropriate agencies.

### 2. Sports

At 'Life. Be in it' Australia we work in the field of **sport for all** with an emphasis on mass participation. The "Com 'n Try" days which have been run in each state and territory have introduced many people to sports they had not tried, and have led to continuing involvement. The days have been held featuring fishing, Nordic skiing, bushwalking, surfing, horse riding, board sailing, dance, visits to parks and wildlife reserves and many others.

'Life. Be in it' works with existing sporting bodies in arranging these occasions. We can provide contacts and networks and develop mass participation programs to encourage healthy lifestyles.



### 3. The Arts

Because of our early days as part of the Department of Sport and Recreation, people often think of 'Life. Be in it' in terms of games and sports, but our role is broader than this. We are involved in the Arts in many ways. For example, the Australian Ballet School has developed a 'Life. Be in it' Ballet entitled "Norm goes to the Ballet" on the themes of Nutrition and Exercise, centred on an attempt to get Norm to move from his chair. This was very popular not only with school children but also with adults. It was used as the basis for a float in the 1989 Moomba Parade in Melbourne. It is capable of further productions and of video-taping if sponsorship funds are available.

### 4. Research

In the field of research, 'Life. Be in it' has been developing a program related to employee fitness. This will involve testing of workers' fitness on a number of criteria, assessing their health rating (conversely their risk rating), suggesting and/or providing intervention programs to improve health, re-assessing health levels and comparing the results with any variation of illness/injury/absenteeism rates.

The equipment for testing is located in a caravan, making it capable of movement from one factory, industrial complex, commercial centre, shopping area to another. We believe that the program is more readily accepted by management and workers if it is brought to the site. We feel we have a program that can provide significant research on employees' fitness levels and the effect of intervention on productivity in terms of time not lost due to illness and injury.

## **'LIFE. BE IN IT' - ITS FUTURE**

'Life. Be in it' has a presence in the U.S.A. through the National Park and Recreation Association and has been discussing a role for 'Life. Be in it' programs and philosophies with New Zealand, Korea, Indonesia, Singapore and other countries.

The 'Life. Be in it' programs now cover a wide range of activities including sport, recreation, leisure, and even job-creation. 'Life. Be in it' can offer a service of sociographic analysis to identify the needs of a community and provide or develop programs to meet their needs.

Should you have any questions on 'Life. Be in it' please write to The Hon. Brian Dixon, Chairman, 'Life. Be in it' Australia, 106 Batman Avenue, Melbourne Victoria 3004 Australia.

## **ASIA PACIFIC INTERNATIONAL GOLF COURSE CONFERENCE AND TRADE EXHIBITION : SEPTEMBER 7-11, 1992**

Kuala Lumpur, Malaysia was the venue for this year's successful Asia Pacific Golf Course Conference, organized by Asian Exhibitions Management P/L. IFPRA member and Victorian President of the Royal Australian Institute of Parks and Recreation (Inc.) Dr David Aldous, from the Victorian College of Agriculture and Horticulture-Burnley, Australia, and Mr Terry Woodcock from Australian Sportsturf Consultants, were among a number of guest speakers who spoke on amenity grassland issues in warm season environments. Other speakers included Mr Keith McAuliffe, Director of the New Zealand Turf Culture Institute, Mr Andrew Christie, Hardie Irrigation, Australia, and Mr John Hamilton, Agronomist with Jack Nicklaus Golf Services, U.S.A., as well as a number of U.S.A. speakers from the golf course industries in Hong Kong and Singapore, as well as a speaker from the University of Malaysia.

The Conference provided an excellent insight into the Golf Course industry in Kuala Lumpur. The most appropriate turf grasses for warm season growth are Couch (Cynodon dactylon) or Couch hybrids such as the (Tifdwarf) for the tees and greens with the native cow grass (broad-leaf carpet grass - Axanopsis spp) as the dominant grass for fairways. The cow grass is prolific in and around the public parkland and open space. Both David and Terry were impressed with the quality of all courses visited which were being developed especially with the tourist in mind. However, they provide a very attractive open space landscape not only for golfers but for people passing by.

Many local people are employed in the development, operation and maintenance of the courses and thus they make a significant contribution to the local economy.

Both David and Terry had the opportunity of visiting some of Kuala Lumpur's City Hall park and recreation facilities, such as the Taman Burang Bird Park, as well as a number of golf courses and urban forestry projects. The Director of Parks and Recreation, Mr HJ Khuzaimah Bin HJ Yunos and staff, must be congratulated on developing and maintaining such excellent facilities for the citizens of Kuala Lumpur and tourists alike.

# KINGS PARK, PERTH, WESTERN AUSTRALIA

## A Review of Progress over the Past Twenty Years

### Introduction

A magnificent parkland of some 400 hectares close to Perth's Central Business District, provides many enjoyable activities for residents and tourists alike.

The Hon. Bob Pearce, Western Australian Minister for the Environment, and Mr Albert Tognolini A.M., President of Kings Park Board, congratulated Dr Paul Wycherley O.B.E. on his retirement last May after more than 20 years as Director of Kings Park and Botanic Garden, Perth, for his achievements and in particular the development of research into the native plants.

### W.A. Native Plants in Kings Park

During Paul's tenure, the number of native Western Australian plants cultivated in Kings Park has more than doubled to nearly 3,000 species as well as about 1,500 of other origins. The 17 hectare Botanic Gardens contains over 2,000 Western Australian native species as well as plants from other areas with similar climates.

The flora of the Southwest Botanical province, in which Perth lies, comprises 6,500 species of which 4,500 are endemic, at least 1,400 are threatened with extinction and 263 are Declared Endangered Flora. From small beginnings in the 1970s, the Kings Park research unit has grown to achieve an international reputation for advances and discoveries in the propagation of rare flora. A Rare and Endangered Plants Garden has been established to display those successfully brought into cultivation. This program was recognised by the presentation of the Australian Heritage Award 1988 Certificate of Merit for Nature Conservation to Kings Park.

### Display of W.A. Plants at Annual Wildflower Festival

In keeping with the principle of conservation through cultivation to reinforce preservation of wildlife in nature reserves, the emphasis of the annual spring Wildflower Festival has been moved from being essentially an exhibition of materials cut in quantity from the wild, to a display of predominantly native flora grown and shown in containers. Hence it has become a practical demonstration that native plants can be cultivated and used either in amenity landscaping or to relieve commercial pressures on wild resources.

### Volunteer Guides at Kings Park

The construction of an Administration Building including a lecture room also provided a home for several community organisations sharing kindred interests with Kings Park. It also provided a venue for training the volunteer Kings Park Guides, who now have an active membership of over one hundred. Dr Wycherley's knowledge of the park's anecdotal history and lively presentations, ably supported by other staff and visiting speakers, some of whom were authors of publications illustrating wildlife in the park, inspired the Guides to undertake interpretative and promotional functions. Currently each year more than 2,500 visitors are led on nearly 200 walks conducted by the Guides and about 45,000 have had their questions answered at the Information Centre operated six hours every day. The Guides also prepare self-guiding leaflets (revised frequently) and other literature, and help with Children's Fun Days and Seniors in Park activities.



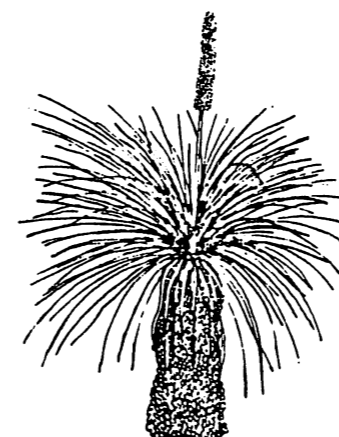
Parrot Bush



Kangaroo Paw



Marri



Blackboy



Zamia cone



Twenty-eight Parrot

### Kings Park Horticultural Adviser

Another free service to the public is provided by the Kings Park Horticultural Adviser on the cultivation of native plants, especially for low energy and limited water consuming home gardens, as well as the management of remnant bushland. Two-thirds of Kings Park is still bush, but due to its past history has been invaded by several pernicious alien weeds, of which the most notorious is veldgrass which is choking out native plants and increasing fire hazards. The control of veldgrass by highly selective herbicides was pioneered in Kings Park.

### Facilities for Visitors

Funds provided for various employment creation schemes during the last two decades were utilised partly for research and interpretative projects, but mostly to improve access throughout Kings Park. Paths for pedestrians, cyclists and wheelchairs in the bushland areas, relieving conflict with motor traffic on the roads. Nearly 25km of new surfaced paths were laid to give a system of 10km roads, 20km paved dual use paths, 11km paved footpaths, 4km grassed walks and 12km sand tracks. There was minimum clearing of the bush and maximum use of routes which had been cleared to accommodate public utilities. Also all facilities built during the last 20 years provide for access for wheelchairs.

The Kings Park Restaurant is currently being redeveloped as a world class facility due for completion in 1993.

The popular Arthur Fairall nature playground now has a shelter provided by translocating a 90 year old heritage jarrah and tile pavilion from the Karrakatta Cemetery as a memorial to the Western Australians who gave their lives in Vietnam.

The new Ivey Watson Playground for small children was enclosed and equipped to cater for the needs of mentally and physically handicapped children. The design incorporates a paved path alongside a raised bed planted with aromatic plants which can easily be handled by those with impaired sight or in wheelchairs. The nearby redeveloped Hale Recreation Area has a sensory trail of trees with contrasting textures, aromas, shapes, colours, etc., and a 2km children's bicycle safety training track complete with road signs.

A complex of glasshouses was erected to provide conditions suitable for plants from the humid and dry tropics as well as the dry inland deserts, which do not thrive in the open ground of Kings Park. They are open to the public every day of the week except Tuesdays.

### Kings Park Visit is a Must

If visiting Perth, do not miss out on placing Kings Park on your itinerary, the spectacular views over the city and the Swan River, magnificent flowers unique to Western Australia, and the obvious pride the staff and guides have in the Park under their care ensures a most enjoyable and rewarding experience for all visitors. Book ahead and take in a guided tour to obtain a wonderful introduction to this magnificent park.

## THE IV WORLD PARKS CONGRESS POINTS TO A NEW CENTURY

The fourth and last of the World National Parks Congresses to be held in the 20th Century proved a great success and produced a wide range of outputs which will prove of lasting value as the protected areas movement gears up for the 21st Century.

Some 1800 participants met earlier this year in Caracas, Venezuela and full participation was achieved through 49 workshops on a range of park topics, none better attended than those dealing with protected areas and people.

For the first time at Parks Congresses, the English language did not dominate in debates with very strong contributions coming from Spanish speakers. Significantly, too, the presence and voice of women was much more evident than before.

The closing plenary was inspirational and challenging as the Caracas Declaration was handed by the President of Venezuela to the Secretary-General of the Earth Summit held shortly afterwards in Rio de Janeiro. Work is now proceeding on a wide range of publications to disseminate the Congress outputs.

These outputs will undoubtedly reflect the three key points made by IUCN Director-General (Martin Holdgate) in his closing address. These were that:

1. **Parks are vital to human survival;**
2. **that parks need to relate better to people; and**
3. **that parks need to be seen in the context of a well-planned sustainably managed environment.**

"PROTECTED LANDSCAPES - A GUIDE FOR POLICY-MAKERS AND PLANNERS" is the title of a new book written by IFPRA member PHC (Bing) Lucas of New Zealand. Written with the support of IUCN, the Countryside Commission and the East-West Center, it sets out to give practical advice on the selection of significant landscapes and on mechanisms to protect their values. It includes 11 diverse case studies from around the world. Copies are available from the publishers Chapman and Hall, 2-6 Boundary Row, London SE1 8 HN, UK; 29 West 35th Street, New York NY10001, USA; Hirakawacho Nemoto Building, 6F, 1-7-11 Hirakawa-cho, Tokyo 102, Japan; 102 Dodds Street, South Melbourne, Victoria 3205, Australia; and 32 Second Main Road, CIT East, Madras 600 035, India.

*PHC (Bing) Lucas, Chair, IUCN Commission on  
National Parks and Protected Areas and member of IFPRA*

## IFPRA ASIA PACIFIC REGION MITO CITY CONGRESS IBARAKI PREFECTURE, JAPAN MAY 11-15 1993

The last two issues of the Circular have featured the exciting Congress of the Asia Pacific Region to be held in Mito City May 11-15 1993. If you have not yet obtained information, write to 1993 IFPRA Asia Pacific Region Congress Registration Secretariat, C/- Japan Convention Services Inc., Nippon Press Center Building, 2-2-1 Uchisaiwai-cho Chiyoda-Ku, Tokyo 100, Japan.

It is the opportunity of a life time not only to learn something of the delightful cultural tradition of Japan; but also to learn about vital issues facing the fields of parks and recreation. Hear many specialists and senior administrators from countries in the Asia Pacific Region.

Note: The program and registration forms are due to be sent out by mid January.

Some aspects not dealt with in detail in previous Circulars include hotel accommodation and post Congress tours. These are as follows:

### Hotel Accommodation

The Mito Plaza Hotel has been reserved for Congress participants. Early reservations are recommended to take advantage of price reductions. When the hotel is full, reservations will be made at the nearest available hotel.

Hotel Name	MITO PLAZA HOTEL		
Address	986-1, Suifu-cho, Mito City, Ibaraki 310, Japan		
Telephone	+ 81-292-31-8111		
Rate	Single: Yen 10,000	Twin: Yen 16,500	
	DX SGL: Yen 11,500	Double: Yen 19,500	

Conditions The room charges shown are quoted per night and per room.  
Room charges include service charge and tax but do not include meals.

### Post Congress Tours

1. TOKYO, KAMAKURA, HAKONE, TOKYO: 3 days May 16 (Sunday) - May 18 (Tuesday)  
Approximate rate: Yen 76,000 (single supplement: Yen 10,000)  
Includes 2 breakfasts, 3 lunches, 1 dinner  
  
Day 1 Depart by bus for Asakusa area of Tokyo. Enjoy a boat cruise on the Sumida River, visit Hamarikyū Japanese Garden. Overnight stay in Tokyo.  
  
Day 2 Transfer to Kamakura to visit the Great Buddha and famous temple complex. Overnight stay in Hakone.  
  
Day 3 Travel to Hakone. Enjoy Lake Ashi, with its view of Mt Fuji. Take a ropeway (cable car) to the volcanic environment of Owakudani. Return to Tokyo.

2. TOKYO, KYOTO, KOBE, TOKYO: 4 days May 16 (Sunday) - May 19 (Wednesday)

Approximate rate: Yen 100,000 (single supplement: Yen 12,000)

Includes 3 breakfasts, 4 lunches

Day 1 Depart by bus for Asakusa area of Tokyo. Enjoy a boat cruise on the Sumida River, visit Hamarikyu Japanese Garden. Overnight stay in Tokyo.

Day 2 Travel to Kyoto by bullet train to visit Nijo-jo Castle and Kinkakuji Temple. Nishikyogoku Comprehensive Sport Park. Overnight stay in Kyoto.

Day 3 Visit Osaka to see Tsurumi Green Park (site of Expo 1990) and Osaka Castle. Overnight stay in Kobe.

Day 4 Visit Sumarikyo Japanese garden, Shiawasenomura Wide Area Park and Nunobiki Herb Park. Return to Tokyo by bullet train.

3. TOKYO, FUKUOKA, NAGASAKI, TOKYO: 4 days May 16 (Sunday) - May 19 (Wednesday)

Approximate rate: Yen 100,000 (single supplement: Yen 12,000)

Includes 3 breakfasts, 4 lunches

Day 1 Depart by bus for Asakusa area of Tokyo. Enjoy a boat cruise on the Sumida River, visit Hamarikyu Japanese Garden. Overnight stay in Tokyo.

Day 2 Travel to Fukuoka by air. Visit Uminonakamichi Seaside National Government Park. Overnight in Fukuoka.

Day 3 Visit Dazaifu Shrine. Travel to Nagasaki to visit Peace Memorial Park and Grover House. Overnight in Nagasaki.

Day 4 Visit Huis Ten Bosch, a small village modelled after Amsterdam. Return to Tokyo by air.

Tour Conditions

Costs for optional sightseeing tours include:

- . Sightseeing with an English-speaking guide;
- . Transportation
- . Meals and admission fees as specified in the itinerary

Please note that itineraries are subject to change without notice.

Please note that if tours are to proceed, a minimum of 15 people must book by March 15 1993.