

## “AMA” Women divers’ (Script)

Welcome to MIKIMOTO PEARL ISLAND.



The first women divers could be found working in these parts about 2,000 years ago. At present, there are nearly 1,000 women divers in this region.

It is not easy to become a good diver. Training usually begins when they are finishing elementary school. Around the age of twenty, they become able to go down into water to a depth of ten meters.

They are also capable of holding their breath under water for more than a minute. All experts are nearly forty years old. And there are even a few women divers who are over seventy.

For these diving women, the main objects of their search through the depth are abalone, seaweed, tap shells and various kinds of sea urchin.



The white coat diving outfit is the trademark of these divers. It is said that white color scares off sharks and dolphins.

Another interesting thing about these diving women is their constant whistling. The whistle is used to help them breathe correctly. After deep dives, inhalation of a deep breath of air can be injurious to the heart and lungs.

All divers or “Ama” are women. There are two reasons. One is rather obvious, is that a woman can hold their breath longer than a man and the other reason is that woman have an extra layer of fat tissue under their skin which makes it easier to bear the cold.

These diving women work all year around except for the coldest season.



Almost all these diving women were born and brought up here and spend their life listening to the sound of the waves.

Thank you very much for having come to our little island. We sincerely hope that you have enjoyed your visit and you will continue to enjoy yourselves as you leave here on your way to other parts of the country.