



Oh-i!



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Do you know about "May disease"?



I started working at a new company in April. At first I was really into it and gave it my best, but I haven't been feeling well since about the end of Golden Week.

Perhaps you have May disease.



What's May disease?

①

May disease is...



○A change in environment in April causes people to be nervous, and after the long Golden Week holiday, they feel run-down and depressed.

○Changes in environment and human relations cause people to feel a lot of stress.



If you don't do anything about it, it may lead to depression.

②

Long ago many freshman employees and new employees had May disease. However, now times of environment change, such as at work, seem to cause it in middle-age and older people too.



So, anyone can have May disease!

Yes, that's right. If a person's mind experiences continuous stress, they become worn out.



What should I do?

- Talk with family or friends.
- Do something you enjoy doing, like a hobby.
- Lead a well-regulated lifestyle and eat healthy food.
- Make an atmosphere conducive to talking with people around you and new people too.

③



If you are having a very difficult time, go to a mental illness hospital and see a doctor!

At UCIA we have fun activities in which you can become friends with people from all around the world! Please participate!



④



Welfare workers and child social workers in your town

There are “welfare workers and child social workers” who can be consulted by people having concerns in the area. They work to allow people to live with peace of mind. If there is something that concerns you, please consult a welfare worker in your area.

◆ Easily accessible consultants

“Welfare workers” receive consultation from people with concerns about life, as well as life and welfare issues of disabled and elderly people, and make referrals to specialized agencies. “Child social workers” can be consulted regarding expectant and nursing mothers or child issues. “Welfare workers and child social workers” are required to protect confidentiality, so they will maintain confidentiality of the people who consult them.

When a “welfare worker” or “child social worker” comes, have them show you their city administrator welfare worker or child social worker certificate.

◆ Welfare worker & child social worker day

May 12 is “Welfare worker and child social worker day.” May 12 – 18 is a week of intensified activity. During this week of intensified activity, the city watches over elderly people living alone and provides information about the activities of welfare workers.

◆ Welfare worker and child social worker administrators

There are welfare workers and child social workers in each of the community associations in the 39 areas of the city. For information regarding welfare workers and child social workers, please call the Life & Welfare #1 Division: ☎028-632-2373.

New Utsunomiya tourism app available

There is an app with information on Utsunomiya's tourism, history, cultural facilities, restaurants, lodging facilities, etc., and AR (augmented reality) and GPS. You can do a search to find out what is near where you are now, or do a search from your destination.

You can see information on the screen using a camera. You can take a picture with Miyari and record your trip. It is downloadable from smart phones and tablets.



Android QR code



iPhone QR code

◆ How to download

- ▽ Search using the android QR code to the left, or enter "Utsunomiya tourism" on the "Google Play" search screen.
- ▽ Search using the iPhone QR code to the left, or enter "Utsunomiya tourism" on the "App Store" search screen.

Inquiries: Tourism Exchange Division ☎028-632-2436

Upcoming events

Festa my Utsunomiya 2015 International Exchange Plaza

- 🕒 May 17 (Sun)
10:00AM – 3:00PM
- 😊 Enjoy food and beverages from around the world, and dance and ethnic instrumental music performances too. Hold hands with friends from around the world.
- @ Banba Hiroba (In front of Futarayama Shrine)
- Cost:** free
- ☎ UCIA: 028-616-1870



Strawberry Picking & Disaster Prevention Center tour



- 🕒 May 31 (Sun)
1:00PM Meet at the “Tochigi-ken Bosaikan”
- 😊 Tour and experience the Disaster Prevention Center, and enjoy picking strawberries.
- @ Tochigi-ken Bosaikan, Kamikawachi-chiku farm
- Cost:** Exchange students & UCIA members = 300yen, general public = 500yen, up until elementary school = free
- Capacity:** First 30 people to sign up
- Sign up:** Call UCIA
- ☎ UCIA: 028-616-1870

Library Exploration Tour



- 🕒 June 21(Sun)
11:00AM - 12:00PM
- 😊 Useful tips on how to use the library, and tour of places usually off limits.
- @ Minami Toshokan
- Participants:** elementary school age and above
- Capacity:** First 20 people to sign up
- Sign up:** Call starting May 22 at 9:30AM
- ☎ Minami Toshokan: 028-653-7609

Utsunomiya Bicycle Racing



- 🕒 May 23 (Sat) – 26 (Tues)
Starting at 9:30AM
- 😊 Bicycle race virtual simulation, yaki gyoza demonstration sale, presents for the first 1,000 people.
- May 23 = “Raisama Kenshi Daiji” stage event
- May 23 & 24 = “Speeches” live performance
- May 24 = “Yuji Koji” comedian live performance
- @ Utsunomiya Keirinjyo
- ☎ Koueijigyousho: 028-625-0100

International Exchange Salon

- 🕒 4th Sunday of every month
May 26 (Sun) 4:00PM – 6:00PM
- 😊 Everyone is welcome to participate in this international exchange event.
- Cost:** free
- @ UIP
- ☎ UIP: 028-616-1563



Utsunomiya Azalea & Flower Fair

- 🕒 May 30 (Sat) – June 7 (Sun)
9:00AM - 5:00PM
- 😊 Azalea display, azalea cultivation demonstration, etc. Enjoy spring flowers.
- @ Romantic Village
- ☎ Utsunomiya Azalea & Flower Fair Executive Committee:
028-632-2456





Utsunomiya City Sports Facilities

In Utsunomiya City there are gyms and exercise facilities which can be used individually or by groups by making a reservation. It is also possible to participate in sports classes and events. Individuals may use the training rooms. Training rooms can be used by the general public (graduates from junior high school and above).

【Training room use】

Gym	Brex Arena Utsunomiya (Motoimaizumi 5-6-18) ☎ 028-663-1611	Suzumenomiya (Minami-machi 6-3) ☎ 028-655-0058	Kiyohara (Kiyohara Kougyou Danchi 14) ☎ 028-667-1227	Akebono (Akebono-cho 7-9) ☎ 028-632-6381
Closed	Tuesdays (if holiday then closed Wednesday), year end-new year holidays		Mondays (if holiday then closed Tuesday), year end-new year holidays	
Hours	<Mon – Sat> 9:00AM – 9:00PM		<Sun & holidays> 9:00AM - 5:00PM	
Cost	430yen/1 time		310yen/1 time	

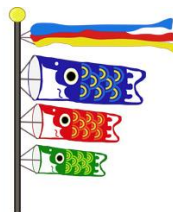
【Inquiries】 Utsunomiya Sports Promotion Foundation ☎ 028-663-1611

Utsunomiya Sports Navi: <http://www.utsunomiya-sponavi.or.jp/index.php>



UIP Services

Consultation for Foreign Residents



		Spanish Portuguese	Chinese	Thai	English
UIP ☎616-1564	3:00PM - 6:00PM	Mon	Tues	Wed	Fri
		4 th Sunday of month (appointment needed)			
City Hall ☎632-2834 (during office hours)	9:00AM - 12:00PM	Thurs	2 nd Thurs	—	—
	2:00PM - 5:00PM	Thurs	—	2 nd Thurs	2 nd Thurs
Administrative Scrivener ☎616-1564	3:00PM - 5:00PM	3 rd Monday (appointment needed)			

Interpreter Volunteer Service

Go with someone needing language assistance to such places as national and prefectural facilities and the city hall and interpret for them.

- ▶ Monday – Saturday 9:00AM - 5:00PM
- ▶ 2,000yen per session (2hrs)
- ▶ Please fill out an application form at UIP.

Clip art on page 1 provided by:
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