



## Comfortably make it through the rainy season!



I don't like the hot and humid weather these days.

Yes, in Utsunomiya the rainy season begins in June every year.



The rainy season?



①

The rainy season is...

- It is the season before summer in which there is a long spell of rain.
- There are about 3 stages over the course of one and a half month period.

"Beginning": It drizzles for several weeks.

"Middle": Sunny weather continues, and the temperature suddenly rises.

"End": Heavy rain falls for days. Lightning and thunder occur often.



②



Please be careful about mold, food poisoning, and lightning during the rainy season.



③

Mold easily grows when it's humid.

Mold is not good for your health, so be sure to get rid of it.



- After using the bathtub or kitchen, wipe off all water drops.
- Using an air conditioner, fan or dehumidifier, to get rid of moisture.
- On sunny days, open windows to ventilate.



In this season, food easily spoils, so be careful about food poisoning. Keep kitchen utensils and your hands clean. Put umeboshi, a Japanese pickled plum in your lunch to prevent the propagation of bacteria.

Lightning is especially prevalent in Tochigi prefecture. When you hear thunder, unplug electric appliances and don't go near things like tall trees.



④

During the raining season, sometimes people don't feel well. Exercise and have a good sweat! If you eat things like ginger or green onions, you will be able to sweat easily.



⑤

With sufficient countermeasures, you can comfortably make it through the rainy season!



⑥

## Daily life information

# Please switch over your foreign registration card



Special permanent residents and permanent residents who have a foreign registration card need to switch it over to a **“Special Permanent Resident Certificate”** or **“Residence Card”** by July 8. The registration desk will be crowded right before July 8, so people who haven’t applied yet are encouraged to complete the application as soon as possible.

- ▽ Application: **Special permanent residents** should go directly to the Citizen’s Division (1<sup>st</sup> floor of the city hall), any local “Jichi (self-government) Center,” or the Banba Branch.  
**Permanent residents** should go directly to the nearest immigration office.
- ▽ Inquiries: Shimin Ka (Citizen’s Division) ☎028-632-2271



## Job search support seminar for foreign residents

Find a job suitable for you!



	Date and time	Job search skill enhancement	Industry introduction & foreign worker remarks
1 <sup>st</sup> time	June 19 (Fri) 9:30 - 12:30	Job search process and preparation	Restaurant
2 <sup>nd</sup> time	June 26 (Fri) 9:30 - 12:30	How to write a resume	Nursing home
3 <sup>rd</sup> time	July 3 (Fri) 9:30 - 12:30	Interview manners	Manufacturing & food factory
4 <sup>th</sup> time	July 10 (Fri) 9:30 - 12:30	Workplace manners and conversation level 1	Supermarket
5 <sup>th</sup> time	July 17 (Fri) 9:30 - 12:30	Workplace manners and conversation level 2	Translation & interpretation

- ▽ Applicants: Foreigners living in Tochigi Prefecture with labor qualification
- ▽ Participant limit: 30 people (Sign up by making a phone.)
- ▽ Venue: Tochigi International Center (Honcho 9-14)
- ▽ Sign up & inquiries: Tochigi International Association (TIA)  
☎028-621-0777, 9:00AM - 5:00PM, Tues – Sat (not including holidays)



## Might you have heatstroke?



The hot summer is approaching, so please be careful of heatstroke. Heatstroke can occur both inside and outside, during the day and at night. It is important to frequently drink liquids, and rest in cool places. Please be careful on days when the temperature is 28°C or higher, the humidity is 70% or higher, the wind is weak, and it suddenly becomes hot.

Severity	Symptoms	Treatment	Exam at a medical institution
	Dizziness, lightheadedness, sore muscles, excessive sweat	Go to a cool place, rest, drink liquids	
	Headache, nausea, sluggish, lack of strength	Go to a cool place, cool off your body, rest, drink liquids and intake salt	If you can’t intake fluids by mouth, or your symptoms aren’t getting better, have a medical exam
	Impaired consciousness, convulsions, high temperature, can’t walk straight, can’t run	Go to a cool place, rest, if your body is hot cool off with a refrigerant, etc.	Call an ambulance (☎119)

## Upcoming events

### Factory Tour



🕒 July 14 (Tues)

7:00 (Meet at the Utsunomiya University main gate)

...Utsunomiya University exchange students

7:30 (Meet at JR Utsunomiya Station east exit near

Kanto Kotsu) ...general public

😊 Visit a factory with people from various countries!

~Tour content~

- ① Tomioka Silk Mill and Related Sites  
(World heritage site of Gunma Prefecture)
- ② Konnyaku Park (lunch)
- ③ Fuji Heavy Industries, Ltd. and Gunma  
Factory

**Cost:** (Includes lunch), exchange students:  
2,500yen, general public: 4,000yen, UCIA  
members: 3,500yen

**Sign up:** Please provide your “name, address,  
phone number, and date of birth” by phone,  
FAX, or e-mail. Please pay your participation  
fee by June 26 to UCIA.

☎ UCIA: 028-616-1870

### Watch fireflies at Hotaru no Sato Bonten no Yu



🕒 June 20 (Sat) – 28 (Sun)

8:00PM – 9:00PM

(It may be cancelled if it rains.)

😊 Please wear comfortable walking shoes.

@ Bonten no Yu

☎ Bonten no Yu: 028-674-8963

### Recruiting people to carry a “Miyakko” portable shrine



🕒 August 2 (Sun)

12:00PM -

😊 Try carrying a portable shrine.

@ Banba street

**Sign up:** Call to sign up by June 30.

☎ Miya Matsuri Committee Secretariat

(in the Utsunomiya Convention and Visitors  
Bureau)

028-633-8766

### Let's play together, everyone is friends!



🕒 July 4 (Sat)

10:30AM - 12:00PM <<Tanabata>>

😊 Enjoy Japanese and world events such as  
Tanabata, children's songs, and hand games, and  
gain an understanding of each other's cultures  
through interaction.

@ Utsunomiya Omotesando Square 6<sup>th</sup> floor

**Participants:** Kindergarten – 2<sup>nd</sup> grade elementary  
school students & their guardians

☎ UCIA: 028-616-1870

### 🎵 International Exchange Salon

🕒 4th Sunday of every month

June 28 (Sun) 4:00PM – 6:00PM

😊 Everyone is welcome to participate in this  
international exchange event.

**Cost:** free

@ UIP

☎ UIP: 028-616-1563



## You can use Konwashitsu (the friendly chat room)

**【Users】** Groups whose activities are for the purpose of multi-culturalism or international exchange in Utsunomiya City.

※ It cannot be used for commercial, religion, or political purposes.

**【Hours】**

Morning	Afternoon ①	Afternoon ②	Night
10:00AM - 12:30PM	1:00PM - 3:30PM	4:00PM - 6:30PM	6:30PM - 8:00PM

**【Usage method】** 1. Register your group at the Utsunomiya International Plaza (UIP).

2. Submit the usage permission application to UIP.

3. Receive a permit from UIP.

※ Please inquire for detailed information.

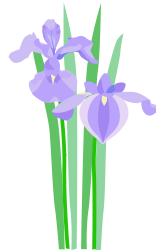
**【Inquiries】** Utsunomiya City International Association (UCIA)

☎ 028-616-1870

Email: [ucia@ucia.or.jp](mailto:ucia@ucia.or.jp)



### UIP Services



### Consultation for Foreign Residents

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