



How do you cure a cold in your country?



Hey everyone, when you catch a cold, what remedies do you use to cure it?

①

- Get plenty of sleep
- Drink plenty of liquids
- Take medicine

Those things are generally the same everywhere. In Japan we eat rice porridge and drink hot water with ginger. A rare remedy is to tie onions around your neck to relieve soreness in your throat. What is thought to be a "good" remedy varies from country to country.



Really? For example what?

②

For example, in many countries such as Argentina, Greece, and the USA, when people have a sore throat, they put honey or lemon juice in hot tea.



In France we squeeze a lemon into a glass with honey and rum and pour in hot water. After drinking it we quickly go to sleep.

③



In Mexico we often drink Gorodorobo tea.



In Hong Kong we put a large amount of ginger in hot cola.



In Brazil we dissolve tapioca powder and make it into soup, adding garlic or other vegetables.



④



The way to cure a cold differs not only by country, but also by family, doesn't it? In the upcoming season I definitely want to avoid getting the flu or stomach flu!

If that's the case, then do the following.

- Wash your hands and gargle often
- Wear a mask
- Humidify and keep the room warm
- Get plenty of sleep and nutrition
- Get a flu vaccination, etc.



If you still catch a cold, then get sufficient rest.



⑤



- ▽ Applicants: Guardians of a person entering a school in the chart below, to whom all of ① – ④ apply.



- ① Have resident registration in the city
- ② Don't have a lapse in city tax payments
- ③ Have 1 guarantor with no lapse in city tax payments
- ④ Aren't receiving any other school entrance lump sum loans

Applicable schools	Loan amount
High school, technical college/vocational school (advanced course), secondary education school (second semester courses)	Private schools within 200,000yen
Universities, junior colleges, vocational schools (specialized courses)	National and public schools within 200,000 yen, private schools within 500,000 yen

- ▽ Selection method: Examination of income status & recommendation statement, etc.
- ▽ Pay back method: Please pay back the loaned money within the two years after the time the school would be set to end if it begins in April, 2016.
- ▽ Application: Available at the Education Planning Division (City Hall 13F), Regional Community Centers, District Citizen's Centers, branch offices, and libraries. Submit the application form and school recommendation statement to the Education Planning Division directly, or send by mail.
- ▽ Deadline: March 17, 2016
- ▽ Inquiries: Education Planning Division ☎028-632-2705



Multilingual daily life information app

Always have essential information for living in Japan at your fingertips



○ iOS/Android app

The Council of Local Authorities for International Relations (CLAIR) provides a free iOS/Android app called "Multilingual Living Information" with information for foreigners living in Japan in 13 languages.

Languages: English, Chinese, Korean, Spanish, Portuguese, Tagalog, Vietnamese, Indonesian, Thai, German, French, Russian, and Japanese (with furigana)

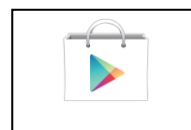
○ App functions

Information on 17 topics such as "Status of residence," "Housing," "Education," "Medical," etc. is clearly explained.

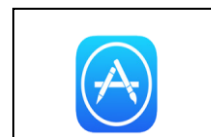
It displays emergency earthquake bulletin sent when an earthquake of magnitude 5 or higher occurs in Japan.

○ How to install

Search for "Multilingual Living Information" or "Japan Life Guide" on:



or



Google Play

App Store

※You can access it from the CLAIR website:

<http://www.clair.or.jp/tagengo/>

- Inquiries: CLAIR ☎03-5213-1725

Multilingual high school entrance guidance

- 🕒 October 25 (Sun) 13:00 - 16:00
- 📍 Explanation of the structure of Japanese schools, the entrance exam system, and high school entrance costs, as well as individual consultation, etc. Translated documentation and interpreters will be available for Japanese, Portuguese, Spanish, English, Filipino, Chinese, Thai, Urdu, and Vietnamese. Parents and their children are encouraged to participate and think about their future!
- @ Utsunomiya University Daigaku kaikan **Cost** Free
- ☎ Multilingual high school entrance guidance secretariat
028-649-5196 ✉ funayama@miya.jm.utsunomiya-u.ac.jp
(Attn: Funayama)



Let's play together, friends!

- 🕒 October 31 (Sat) & November 7 (Sat)
10:30 - 12:00
- 📍 Enjoy Japanese and world events such as children's songs and hand games. Picture books from other countries will be read on October 31, so please come.
- Participants** Preschool to 1st and 2nd grade elementary school students and their guardians
- @ Utsunomiya Omotesando Square 6F
- ☎ UCIA : 028-616-1870



International Festival Let's Amigo!

- 🕒 November 15 (Sun) 10:00 - 15:00
✳️ It will take place even if it rains.
- 📍 Enjoy exchange through music, dancing, and traditional food from various countries around the world. There will be free medical and dental consultation as well as an administrative scrivener consultation session for foreigners at the venue.
- @ Tochigi Kenseinen Kaikan Consele
- ☎ Tochigi Kenseinen Kaikan
028-624-1488 (Attn: Hashikabe)
(Attn: Hashikabe)



Japanese class for elderly care work

- 🕒 October 20 (Tues) – 22 (Thurs)
10:00 - 13:00
- 📍 Are you interested in elderly care work? Come study with us.
- Cost** Free
- @ Tochigi International Center 2F
- ☎ NPO Chikyujin Net
090-2630-6630 (Attn: Hasegawa)



♪ International Exchange Salon

- 🕒 4th Sunday of every month
October 25 (Sun) 16:00 - 18:00
- 📍 An event at which you can talk with people from various countries
- Cost** Free
- @ Utsunomiya International Plaza Exchange salon
- ☎ Utsunomiya International Plaza
028-616-1563



Bicycle rental

Bicycle rental is available at 7 bicycle parking lots in Utsunomiya City. How about going cycling!

Eligible people	Junior high school age or older (Elementary school students can rent a bicycle with their guardian.) ※A form of personal ID (residence card, passport, etc.) is necessary.
Time	8:00 - 21:00
Cost	100yen per day (Electric powered bicycle: 300yen per once a day)
Where to rent and return	JR Utsunomiya Station west exit bicycle parking lot ☎028-621-7112 JR Utsunomiya Station east exit 1 st bicycle parking lot ☎028-635-0859 JR Utsunomiya Station east exit 2 nd bicycle parking lot ☎028-635-9722 Chuo Elementary School north bicycle parking lot ☎028-637-7918 Tobu Utsunomiya Station east bicycle parking lot ☎028-636-4875 JR Tsuruta Station bicycle parking lot ☎028-636-3725 JR Suzunomiya Station bicycle parking lot ☎028-653-2241

Please obey traffic rules when bicycle riding!



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:
Yurika Usui & Natsuki Nemoto