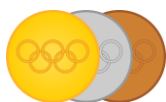




# Oh-i!



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## The Rio Olympic Games!



This year is an Olympic year! I want to know about Rio de Janeiro in Brazil where the Olympic Games will be held.

Today I'll tell you about Brazilian topics and the athletes who will participate in the Rio Olympic Games from Tochigi.



①

At first, let's check out Rio de Janeiro!



□ It is **Brazil's second largest city**, with a population of more than 6 million people. It is the largest tourist city in the country and has beautiful ports.

□ It is the city of music, where **Botha Nova** was born.

□ It is famous for the Rio Carnival and **the statue of Christ** in Corcovado.



□ **August, when the Olympic Games will be held, is winter.** The average temperature is at least 19 degrees Celsius and a maximum of 25 degrees Celsius.

□ The time zone difference from Japan is **-12 hours.**

②



Next topic is about common Brazilian sports!

### ☆ When watching

- ◇ Wear something yellow, the Brazilian color
- ◇ Cheer loudly with something that makes noise



### ☆ Popular sports

- ◇ Soccer 
- ◇ Handball
- ◇ Track and field (triple jump)
- ◇ Volleyball
- ◇ Swimming
- ◇ Judo

③

Let's watch the Olympic Games while having a Brazilian snack!



Brazilian simple snack: Pastel

### [Ingredients]

- Gyoza paper (large size).....1 pack
- Minced beef..... 200g
- Salt, Pepper, Parsley, Garlic a little....(A)
- Frying oil.....Appropriate amount

### [Recipe]

- 1) Put some oil in a frying pan. Cook minced beef and (A) thoroughly, and let it cool.
- 2) Put some 1) on a sheet of Gyoza paper, wrap it in half, seal the opening with a little water, and press on it with a fork
- 3) Fill a frying pan with frying oil and fry them on medium heat until brown on both sides.

④

Athletes from Tochigi will be in the Rio Olympic Games! I hope they'll do great!



### [Swimming]

- Kosuke Ogino (Oyama)
- Sakiko Shimizu (Otawara)

### [Judo]

- Naohisa Takato (Shimotsuke)
- Masashi Ebinuma (Oyama)

### [Shooting]

- Yukie Nakayama (Oyama)
- Naoko Ishihara (Kanuma)

As of June 21<sup>st</sup>, 2016



The Olympics are held from **August 5<sup>th</sup> to 21<sup>st</sup>**. The Paralympics are held from **September 7<sup>th</sup> to 18<sup>th</sup>**.

Let's cheer for them!

⑤

## Daily life information

# “Miyakko Station”, a place where children can be after they finish studying at school



The **Miyakko Station** is provided by such local groups as the PTA and resident's association. It is a place where children can be after they finish studying at school. There are 2 activities at the Miyakko Station. Both are available in each elementary school district.

Inquiries: Shogaigakushu-ka (Lifelong Learning Division) ☎028-632-2676

### ◇Children's classes after school

Children can learn skills needed for life, such as communication skills, through interaction with local adults in the area and various hands-on activities.

- ▽ Participants: Any elementary school students who want to participate
- ▽ Content: Various hands-on activities and lessons, such as crafts, sports, cooking classes, etc. Take place in unused classrooms and the school ground after school.



### ◇ Children's home and away from home children's club

Children can learn necessary life skills through making friends and playing.

- ▽ Participants: Elementary school students who don't have their parents at home during the day.
- ▽ Content: Snack time, games, rest time, etc.
- ▽ Away from home children's club time:
  - Monday – Friday: 1:00PM - 6:00PM
  - Saturday: 9:00AM - 5:00PM
  - Long school vacations: 9:00AM - 5:00PM
- ▽ At children's home, there is an opportunity for parents of infants to interact with each other in addition to the away from home children's club activities.

## People infected with HIV and experiencing AIDS symptoms are increasing



### ◇Is it possible to say I don't have HIV?

80% of HIV cases occur through transfer during sexual intercourse. It is a disease related to people who have had sexual intercourse. It isn't possible to say that all of your past boyfriends/girlfriends and their past lovers, etc. have not had HIV transferred to them.

### ◇No sex or use a condom

In order not to get HIV, do not have sex, or have sex in a safe way. HIV can be prevented almost 100% by using a condom in the correct manner.



### ◇Era in which disease can be controlled

In the current treatment methods, HIV cannot be completely removed, but if treatment is made prior to the outbreak of HIV symptoms then it is possible to control the symptoms.

### ◇The first step is to take an HIV test

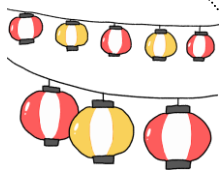
- ① Ask about test days/times by phone. People taking an urgent test need an appointment.
- ② On the test day you will be asked questions and a blood test will be taken at the test venue.
- ③ Results for urgent tests will be available on the day of the test. Results for regular tests will be available 1 week after the test.

※ Inquiries: Hoken yobo-ka

(Health Prevention Division) ☎ 028-626-1114

## Fun events 🎵 🎵

### Furusato Miya Festival



- 🕒 August 6 (Sat) & 7 (Sun)  
4:30PM – 9:00PM
- 📍 This is the biggest festival in Utsunomiya City, and you can enjoy various group's parades, dancing, stalls, and much more.
- @ Utsunomiya-shi Odori (Main road)
- ☎ Furusato Miya Matsuri Kaisaiinkai (Festival Organizing Committee)  
028-633-8766



### Utsunomiya Fireworks



- 🕒 August 13 (Sat) 6:30PM -8:30PM  
\*If there is intense rain, it will be held on August 14 (Sun).
- 📍 This year is the 10<sup>th</sup> year. About 20,000 fireworks will be set off in the summer night sky. You can go there from Utsunomiya Station using the Kanto bus headed for Yanagita Shako. (There will be a traffic jam on the day of the event, so it is best to go early.)
- @ Dojojokuryokuchi (Kinugawa River bank)
- ☎ Utsunomiya Hyakunen Hanabi (100 Year Fireworks) 028-600-3980

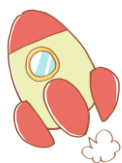
### Summer Vacation Intensive Japanese Classes

- 🕒 July 25 (Mon) – August 12 (Fri) 10:00AM – 12:00PM (11 times)
- 📍 Children with foreign nationalities who attend elementary and junior high school study Japanese together.  
【Class dates】  
July 25 (Mon), 28 (Thurs)  
August 1 (Mon), 2 (Tues), 3 (Wed), 4 (Thurs), 8 (Mon), 9 (Tues),  
10 (Wed), 11 (Thurs), 12 (Fri)
- @ Utsunomiya Omotesando Square 6F, Shimin Plaza Multipurpose Halls 1 & 2
- ☎ Utsunomiya City International Association (UCIA) ☎028-616-1870 ✉ ucia@ucia.or.jp



### Rocket Count Down Show

- 🕒 August 21 (Sun) 12:45 PM –
- 📍 The launching of an H-2 rocket will be explained using light and smoke. There is a planetarium and rides to go on, etc. in the facility as well.
- Cost** Free
- @ Kodomo Sogo Kagakukan (Tochigi Science Museum)  
Moyoshi Hiroba (Event Square)
- ☎ Kodomo Sogo Kagakukan  
028-659-5555



### 🎵 International Salon

- 🕒 4<sup>th</sup> Sunday of every month 4:00PM – 6:00PM

July 24	“Piñata” making ②
Aug. 28	Piñata breaking
Sept. 25	What is a world BBQ?

- 📍 An event at which you can talk with people from various countries
- Cost** Free
- @ Utsunomiya International Plaza (UIP)
- ☎ Utsunomiya International Plaza (UIP) 028-616-1563



## Information

# Go to a swimming pool!



### 【Eki Higashi Koen Pool】 & 【Yonan Pool】

Period	July 1 – August 31
Hours	9:00AM – 5:00PM
Fee	Adults 340yen, junior high school students and younger 160yen
Inquiries	Eki Higashi Koen Pool: 028-661-5310 Yonan Pool: 026-658-5813

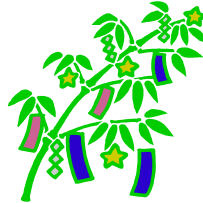
### 【Dream Pool Kawachi】

Hours	Tuesday – Saturday: 10:00AM – 9:00PM Sunday & national holidays: 10:00AM – 6:00PM
Closed	Monday (open July 20 – August 31), year-end/start July 11 & 19
Fee	< 2 hours > Adults & high school students 410yen, elementary & junior high school students, and people age 65 and older 200yen
Inquiries	028-673-0212

High school students and younger who live in Utsunomiya City or attend school within the city can use the pool facilities for free (up to 2 hours at Dream Pool Kawachi) by showing their student pass book or "Miyakko Chikai Card."



## Utsunomiya International Plaza (UIP) Services



### Consultation for Foreign Residents

		Spanish Portuguese	Chinese	Thai	English
UIP ☎028-616-1564	3:00PM- 6:00PM	Mon	Tues	Wed	Fri
		4 <sup>th</sup> Sunday of month (appointment needed)			
City Hall ☎028-632-2834 (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
Administrative Scrivener ☎028-616-1564	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
- ▶ 1 time (2 hrs) 2,000 yen
- ▶ Please fill out an application form at UIP, pay the fee, and apply.

"Oh-i!" is published in easy Japanese, English, Chinese, Portuguese, and Thai, and is also available on the UCIA website. <http://www.ucia.or.jp>  
There you can enjoy reading past issues of the "Oh-i!" too.

Clip art on page 1 provided by: Yurika Usui & Natsuki