



## Routine vaccinations for children (free)



Vaccination is done in order to prevent children from coming down with contagious diseases (diseases caused by viruses, etc.), to lessen the symptoms if infected, and to prevent diseases from being spread.

In order to receive a vaccination, you must have a “Mother and Child Health Record Booklet” and “Vaccination Certificate.” “Vaccination Certificates” are sent to children age 2 months and to children up to 6 years old who have moved to Utsunomiya City.

In Utsunomiya City resident registration is conducted, and those children registered may receive the vaccinations in the following chart free of charge. Vaccinations take place at designated hospitals, so please refer to the “Routine Vaccination Designated Medical Institution List.”

(<http://www.city.utsunomiya.tochigi.jp/kurashi/kenko/chusha/1004383.html>)

| Vaccination                        |                       | Applicable age  | No. of times |
|------------------------------------|-----------------------|---|--------------|
|                                    |                       | ※The age indicated in brackets is when a child is likely to get the disease, so that is a good time to be vaccinated. |              |
| Type B hepatitis                   |                       | 2 mon. – 11 mon. (2 mon. – 8 mon.)  | 3            |
| Haemophilis Influenza type B       |                       | 2 mon. – 4 yrs. (2 mon. – 6 mon.)   | 1 – 4        |
| Pediatric pneumococcal             |                       | 2 mon. – 4 yrs. (2 mon. – 6 mon.)   | 1 – 4        |
| DPT-IPV or DPT & polio             | 1 <sup>st</sup> phase | 3 mon. – 7 yrs. 5 mon. (3 mon. – 11 mon.)   | 4            |
| DT                                 | 2 <sup>nd</sup> phase | 11 yrs. – 12 yrs. (11 years old)  | 1            |
| BCG                                |                       | Up to 11 mon. (5 mon. – 7 mon.)   | 1            |
| Varicella                          |                       | 12 mon. – 35 mon. (12 mon. – 14 mon.)   | 2            |
| Measles: MR or Measles and Rubella | 1 <sup>st</sup> phase | 12 mon. – 23 mon.   | 1            |
|                                    | 2 <sup>nd</sup> phase | Born between April 2, 2011 – April 1, 2012  | 1            |
| Japanese encephalitis              | 1 <sup>st</sup> phase | 6 mon. – 7 yrs. 5 mon. (3 years old)  | 3            |
|                                    | 2 <sup>nd</sup> phase | Age 9 – 12 (age 9)  | 1            |
| Cervical cancer ※                  |                       | Girls age 11 – 16 (age 12 – 13)   | 3            |



※Some people’s bodies have an especially bad reaction after being vaccinated for cervical cancer, so please read the leaflet and think carefully about whether to be vaccinated or not.

Inquiries: Hoken Yobo-ka (Health Preservation Section) ☎ 028-626-1114

Fun events 🎵 🎶



## Japanese Culture Event



- 🕒 February 18 (Sun) 10:00AM – 2:00PM
- 😊 Try Japanese culture, such as putting on a kimono, tea ceremony, flower arranging, calligraphy, origami, etc.  
< Stage attractions (11:00AM – 1:50PM) >  
Japanese drumming, Tsugaru shamisen, foreign resident speeches, Shorinji kempo, bride line, Okinawa eisa folk dance
- ¥ Kimono show (Kimono wearing is selected by a drawing. Drawings at 9:30, 10:00, 11:00)  
300 yen Elementary school students: 100 yen  
Pre-elementary school children: Free
- 📝 Sign up Not necessary
- @ Utsunomiya City Hall 14F Large Meeting Room
- ☎ Utsunomiya City International Association (UCIA) 028-616-1870



## Vietnamese Cooking Class

- 🕒 March 4 (Sun) 10:00 AM – 1:00PM
- 😊 Make pho and raw harumaki while interacting with a Vietnamese instructor!
- Max First 25 people to sign up
- ¥ About 1,000 yen (ingredients cost)
- Bring Apron
- Sign up Contact UCIA by Feb. 25 (Sun) with your name, TEL no., and country, and pay the participation fee.
- @ Utsunomiya-shi Sogo Fukushi Center 7F Cooking Room
- ☎ Utsunomiya City International Association (UCIA) 028-616-1870



## Enjoyable jazz concert Jazz Live 2018

- 🕒 February 17 (Sat) 2:00PM – 4:00PM  
(Doors open at 13:30)
- Guests Calendula Mix  
Utsunomiya Junior Jazz Orchestra
- ¥ Free
- Max First 320 people  
※Go directly to the venue on the day of the event
- @ Higashi Shimin Katsudo Center Hall  
(3-5-1 Nakaimaizumi, Utsunomiya-shi)
- ☎ Utsunomiya Higashi Toshokan  
(Utsunomiya East Library)  
028-638-5614



## International Exchange Salon 🎵

- 🕒 Every 4<sup>th</sup> Saturday 4:00PM – 6:00PM
- Feb. 24 Make hina dolls out of origami
- Mar. 24 Reflecting on the year
- 😊 A fun event at which you can talk with people from various countries.
- ¥ Free
- @ Utsunomiya International Plaza
- ☎ 028-616-1563



## 9<sup>th</sup> Large Pot Cuisine Festival

- 🕒 March 4 (Sun) 10:00AM – 4:00PM
- 😊 Event at which you can eat 10 kinds of “nabe” (pot) cuisine from Tochigi Prefecture and other prefectures. Live broadcasting by Tochigi Hoso Raido and stage performances will also take place!
- ¥ About 300 yen per cup
- @ Michi no Eki Utsunomiya Romantic Village  
(254 Hei, Nissato-machi, Utsunomiya-shi)
- ☎ CRT Tochigi Hoso (Broadcasting)  
028-622-1111





## UCIA 20<sup>th</sup> Anniversary Commemorative Event Japanese Speech (4)



### Japanese and Me

My name is Ryan Brant. I came from America.

My major in college was sociology, so I have interest in other countries and came to Japan. I have lived in Utsunomiya for about one and a half years now. Before coming to Japan I only knew hiragana, so when I first arrived it was tough. For that reason I started going to Japanese language lessons twice a week. That led me to develop an interest in studying Japanese. I especially enjoy studying foreign languages, so even though I am not good at using Japanese, I hope to be able to.

Furthermore, last August I started to practice the tea ceremony, and am learning about Japanese culture. I have been able to meet many people. I also met many nice people in my classes at work. I like living in Japan. I enjoy studying Japanese, meeting a variety of people, and learning about Japanese culture. In the future I would like to have a job using Japanese. I intend to continue making a sincere effort to study Japanese and Japanese culture.

Ryan Joseph Brandt

※This is an extract from his speech. We will also post other presenters' speeches in subsequent issues. Don't miss it!

### Utsunomiya International Plaza (UIP) Services

#### Consultation for Foreign Residents



|   |                     | Spanish<br>Portuguese                                   | Chinese               | Thai                     | English                  |
|---|---------------------|---|-----------------------|--------------------------|--------------------------|
| <b>UIP</b><br>☎616-1564                                   | 3:00PM -<br>6:00PM  | Mon   | Tues                  | Wed                      | Fri                      |
|   |                     | 4 <sup>th</sup> Sunday of month<br>(appointment needed) |                       |                          |                          |
| <b>City Hall</b><br>☎632-2834<br>(during office<br>hours) | 9:00AM -<br>12:00PM | Thurs   | 2 <sup>nd</sup> Thurs | —                        | —                        |
|   | 2:00PM -<br>5:00PM  | Thurs   | —                     | 2 <sup>nd</sup><br>Thurs | 2 <sup>nd</sup><br>Thurs |
| <b>Administrative<br/>Scrivener</b><br>☎616-1564          | 3:00PM -<br>5:00PM  | 3 <sup>rd</sup> Monday<br>(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 – Sunday  
8:30AM – 7:00PM
- ▶ 1 time (2 hours) 2,000 yen
- ▶ Please fill our application form at UIP, pay the fee, and submit the application.

“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.