



Oh-i!



英語



Issued by Utsunomiya International Plaza (UIP)
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Japanese Classes for Kids



We just came to Japan. I wonder if there is some place that teaches Japanese to kids so my kids can learn it before actually going to school.

There is the "Habataki Kyoshitsu."



"Habataki Kyoshitsu?"

①

The "Habataki Kyoshitsu" is a place where kids from abroad can learn easy Japanese and school rules.



②

Habataki Kyoshitsu

□Target

Children planning on attending elementary/junior high school in Utsunomiya

□Period and time

Approx. 2 months, 9:00AM - 12:00PM (Closed Saturday, Sunday, national holidays, summer vacation, winter vacation, etc.)

□Venue

Utsunomiya-shi Kyoiku Center 3F (1-1-24 Tenjin, Utsunomiya-shi)

□Content

Easy Japanese conversation, hiragana reading/writing, school rules

□Cost

Free

2018 fiscal year plan

☆Oct. 11 (Thurs)
~Dec. 25 (Tues)
☆Jan. 8 (Tues)
~Mar. 22 (Fri)

③



This is where the Habataki Kyoshitsu is.



Please call or send an e-mail for detailed information or to sign up.

* Utsunomiya City Board of Education, School Education Division *

☎ 028-632-2797

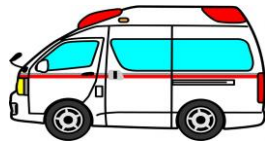
✉ u4602@city.utsunomiya.tochigi.jp



④



1. Use an ambulance when a person:



- Doesn't react even when called out to (is unconscious)
- Is having difficulty breathing, face is blue, or appears not to be breathing
- Is having continuous spasms
- Suddenly cannot speak well and can't use his/her arms or legs
- Was hit by a car
- Fell from a high place and is seriously injured
- Is bleeding severely
- Has sudden severe head pain, chest pain, stomach pain, etc.

2. Calmly and accurately give information on the phone



When you call 119, please give the following information:

- ① "Kyukyu-desu." ("This is an emergency.")
- ② Clearly say the address/nearby landmark (be sure to say the city/town name when calling from a cell phone)
- ③ Who is in what kind of state (response when called out to, state of consciousness, etc.)
- ④ Name and phone number of person calling

3. Use a nearby AED (a machine that helps people whose hear stops)



In order to help someone whose heart stopped beating suddenly, it is necessary to apply an electrical shock to their heart as soon as possible, and get their heart beating again. An AED is a medical device that produces an electrical shock. AEDs explain how to use the device with an automated voice, so they are easy to use. AEDs are located mainly at facilities where a lot of people gather, such as public facilities, train stations, department stores, sports facilities, etc. The city website has information on locations in the city with AEDs and the hours those facilities are open.



Partial Subsidies for Thorough Body and Brain Medical Examinations

① City National Health Insurance Members

- ▽Target: Persons paying municipal taxes age 40 – 74
- ▽Subsidy amount: Specific examination (metabolic syndrome (check whether one is too overweight)) and body or brain thorough examination together = 16,339 yen, Body or brain thorough examination only = 10,000 yen
- ▽Sign up: Before going to the hospital, call and inform them, "I would like to have a body/brain thorough examination subsidy with Utsunomiya City National Health Insurance."

② Elderly Medical Insurance Members

- ▽Target: Persons age 75 or older paying Elderly Medical Insurance or municipal taxes
 - ▽Subsidy amount: 10,000 yen
 - ▽Sign up: Inquire at the Hoken Nenkin-ka (Insurance Pension Division)
 - ※① Contact the Hoken Nenkin-ka (Insurance Pension Division) ☎028-632-2316
 - ② Contact the Hoken Nenkin-ka (Insurance Pension Division) ☎028-632-2307
- Subsidies are only applicable at specified hospitals, so please inquire.



Lifelong Learning Center Fall Culture Festival



- ☺ There will be flowers on display and presentations, as well as freshly picked vegetables, etc. for sale. These are local festivals. For detailed information, please inquire at the applicable center.
- 🕒@ Oct. 13 (Sat) – 14 (Sun): Kihohara Lifelong Learning Center (☎667-5696)
Oct. 20 (Sat) – 21 (Sun): Kawachi Lifelong Learning Center (☎671-3201)
Oct. 26 (Fri) – 28 (Sun): Chuo Lifelong Learning Center (☎632-6331)
Oct. 27 (Sat) – 28 (Sun): Higashi Lifelong Learning Center (☎638-5782)
Nov. 2 (Fri) PM only – 3 (Sat): Shinoi Lifelong Learning Center (☎669-2515)
Nov. 3 (Sat) – 4 (Sun): Hiraishi Lifelong Learning Center (☎660-1964)
Yokokawa Lifelong Learning Center (☎656-6452)
Shiroyama Lifelong Learning Center (☎652-4794)
Tomiya Lifelong Learning Center (☎665-1663)
Sugatagawa Lifelong Learning Center (☎658-1594)
Kamikawachi Lifelong Learning Center (☎674-3131)
Nov. 3 (Sat) – 5 (Mon) AM only: Minami Lifelong Learning Center (☎645-0006)
Nov. 8 (Thurs) – 11 (Sun): Toyosato Lifelong Learning Center (☎660-2340)
Nov. 10 (Sat) – 11 (Sun): Kunimoto Lifelong Learning Center (☎665-2942)



Utsunomiya Castle Ruins Festival

- 🕒 Oct. 21 (Sun) 10:00AM – 3:00PM
- ☺ • Parade of people going wearing clothing of that era
• Food, etc. booths
• Traditional arts on stage, etc.
- Cost Free
- @ Utsunomiya Castle Park (1-15 Honmaru-cho)
- ☎ “Relive Utsunomiya Castle!”
Citizens’ Office 028-632-2989

Japanese Cooking Class



- 🕒 Nov. 18 (Sun) 10:00AM - 1:00PM
- ☺ Enjoy interacting with others while making Japanese cuisine! Sign up by November 5.
- Max 30 people (First come basis)
- Cost 700 yen (ingredients cost)
- @ Shi Sogo Community Center Chorishitsu
(City General Community Center Cooking Room) (7-1 Akebono-cho)
- ☎ UCIA 028-616-1870



Utsunomiya Gyoza Festival2018

- 🕒 Nov. 3 (Sat) – 4 (Sun)
10:00AM – 4:00PM
- ☺ Enjoy eating a variety of gyoza at Utsunomiya’s Gyoza Festival, as they city is known for being a “Gyoza Town” 🎵
- Cost 100 yen per plate (3 gyoza)
- @ Utsunomiya Castle Park (1-15 Honmaru-cho)
- ☎ Utsunomiya Gyoza Festival Organizing
Committee 028-632-2445

International Exchange Salon 🎵

Wear something for Halloween when you come!

- 🕒 Every 4th Saturday 4:00PM – 6:00PM
- Oct. 27 Halloween special activities
- ☺ An event at which you can talk with people from various countries. 🎵
- Cost Free
- @ Utsunomiya International Plaza
- ☎ 028-616-1563





Utsunomiya City Shinrin Park Cycling Terminal



When people in Japan think of fall, they think of sports. This year too you can enjoy watching worldclass bicyclists in the “2018 Japan Cup Cycle Road Race.” It will be on October 21 (Sunday) starting at 10:00AM at Utsunomiya Shinrin Park.

You can rent bicycles here and enjoy cycling.

< Utsunomiya City Cycling Terminal >

Address: 1074-1 Fukuoka-machi, Utsunomiya-shi

TEL: 028-652-4497

Cost: 【Single seat】 310 yen (High school students and older) / 2 hours

150 yen (Junior high school students and younger) / 2 hours

【Double seat】 310 yen (High school students and older) / 1 hour

150 yen (Junior high school students and younger) / 1 hour

Open: April – October 9:00AM – 4:30PM

November – March 9:00AM – 4:00PM

※ Tickets are sold up to 30 minutes before the terminal closes

You can enjoy resting and relaxing on the expansive grass area.
The park is especially great to view fall leaves. Please stop by!



SHALLO - 2429281

Utsunomiya International Plaza (UIP)

Consultation for Foreign Residents



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.

		Spanish Portuguese	Chinese	Thai	English
UIP ☎028-616-1564	3:00PM - 6:00PM	Mon	Tues	Wed	Fri
		4 th Sunday of month (appointment needed)			
City Hall ☎028-632-2834 (during office hours)	9:00AM - 12:00PM	Thurs	2 nd Thurs	—	—
	2:00PM - 5:00PM	Thurs	—	2 nd Thurs	2 nd Thurs
Administrative Scrivener ☎028-616-1564	3:00PM - 5:00PM	3 rd Monday (appointment needed)			

“Oh-i!” is published in easy Japanese, English, Chinese, Portuguese, Thai, and Vietnamese 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 Nemoto