




Contents	Page 2 “Women’s Consultation Center” “Baby Stations”
	Page 3 “Fun Events”
	Page 4 “The Roadside Station: Romantic Village”

That cough may be tuberculosis



~Tuberculosis is among the top 10 causes of death in the world.
Tuberculosis is a disease that can be cured if you go to a hospital.~



I have had a cough for more than 2 weeks.


Let's go to the hospital to find out if you have the disease tuberculosis.

Tuberculosis?! Is it a terrible disease?

In the past, many people died of tuberculosis, but now they can be cured by taking medicine correctly.

I didn't know that! Let's go to the hospital right now.



■Tuberculosis is transmitted through the air.

When a person with tuberculosis coughs, the germs scatter, and when another person inhales them, he/she may have tuberculosis.



■Go a hospital if you have tuberculosis

If you have a cough, phlegm, or fever for more than 2 weeks, go to the hospital to check if you have tuberculosis.

It is very important to go to the hospital early on to prevent tuberculosis from getting worse and to prevent the transfer of tuberculosis to family and friends.



■ If you get “tuberculosis”

Tuberculosis is cured by taking medicine for 6-9 months. (The city pays a part of the cost of the hospital expenses.)



■You can consult the City Health Center if you have a problem

At the Utsunomiya City Health Center, a public health nurse (professional) visits, consults, and helps complete treatment to help people recover.

Contact:
Utsunomiya City Health Center
Health Prevention Division
Infectious Disease Prevention Group
TEL: 028-626-1114

Women's Consultation Center

We will listen to various concerns from any woman.

Please feel free to consult us.



Consultation is free at the Women's Consultation Center. Please don't worry by yourself, but rather consult someone. Confidentiality will be protected.

1. Female consultation

※Female counselors will talk and discuss with you about issues involving your spouse, family, husband's violence, marriage, divorce, gender trouble, etc.

Consultation method:

- Meet and consult: Make a reservation by phone
- Consult by phone: 028-636-5731

Day: Tuesday – Saturday (Closed Tuesdays when Monday is a national holiday)

Time: 9:00AM - 5:00PM (Until 12:00PM on the 4th Saturday)

2. Counseling for women

※A female counselor can be consulted on issues

related to human relationships, such as between spouses and families, as well as stress, your personality, way of life, etc.

Day and time: 3rd Saturday 1:00PM - 5:00PM

Duration: About 50 minutes per person

Reservation necessary by phone: 028-636-5731

3. Legal consultation for women

※A female lawyer will consult with you regarding divorce, custody, child support, and inheritance issues.

Day & time: 1st and 3rd Wednesday 1:30PM - 4:00PM

Duration: About 25 minutes per person

Reservation necessary by phone: 028-636-5731

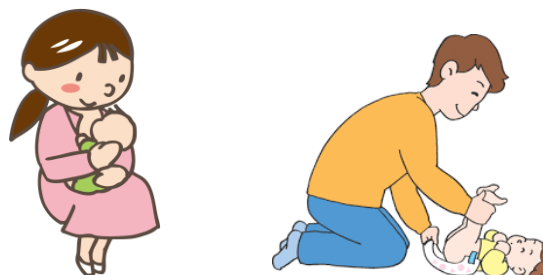
Utsunomiya City Women's Consultation Center:

7-1 Akebomo-cho, Utsunomiya City, Located in the Utsunomiya City Gender Equality Promotion Center in the General Community Center

"Baby Stations"



Baby Station sign



A "Baby Station" is a place where you can easily give milk and change diapers when you are out. There are more than 200 locations in such places as libraries and supermarkets. The stickers and flags on the left are signs for Baby Stations. Please check the Utsunomiya City website or "Miyakko Child Care Support Navi" <http://www.miyakosodate.jp> before using one, as the usage time and service contents vary depending on the facility.

Contact: Children's' Future Division 028-632-2342



Let's Enjoy Hiking & a BBQ!!



🕒 October 6 (Sun) 9:00AM – 4:00PM (Rain or shine)

😊 Make friends while enjoying hiking, a BBQ, and games!!

Cost Adults: 1,500 yen (UCIA members: 1,000 yen, Elementary school students and younger: 500 yen) *Insurance included

Sign up Please sign up by calling or sending a FAX or e-mail to UCIA by September 30 (Mon).
*Please provide your name, address, date of birth, telephone no., and nationality.

@ Boken Katsudo Center [Utsunomiya City Adventure Activity Center]
(1885-1 Shinoi-machi)

☎ Utsunomiya City International Association (UCIA)
TEL 028-616-1870 FAX 028-616-1871 Email ucia@ucia.or.jp

Kimono Dressing Workshop



🕒 October 13 (Sun) 1:00PM-

😊 Dress up in a kimono, walk to Futaarayama Shrine, and take commemorative photos 🎵

Cost 500yen

Max 10 women & 3 men (First to sign up)

Sign up Please sign up to UCIA by October 5 and pay the participation fee.

@ Utsunomiya Omotesando Square 6F
Tamokuteki Hall #1

☎ Utsunomiya City International Association (UCIA) 028-616-1870

Miyakko Festival

🕒 October 12 (Sat) 10:00AM – 3:00PM

😊 Enjoy a lot of activities, such as workshops and full-fledged work experiences with your family.

@ Orion Square, Banba Hiroba, etc.

☎ Miyakko Festa Executive Committee
Secretariat 028-632-2944



Utsunomiya Food Education Fair

🕒 October 6 (Sun) 10:00AM - 3:00PM
(Cancelled if heavy rain and wind)

😊 Shops with local food, quizzes, and cooking researchers talking on stage

@ Utsunomiya Joshi [Castle Ruins] Park

☎ Utsunomiya Food Education Fair Executive Committee Secretariat
028-626-1126



Utsunomiya Cultural association Festival

🕒 September 28 (Sat) 11:00AM–4:45PM (Plan)

😊 An event where you can enjoy Japanese and foreign culture, such as Japanese dancing, koto, hula dancing, Tai Chi, and jazz.

@ Orion Square

☎ Utsunomiya City Cultural Association
028-632-2746





The Roadside Station: “Utsunomiya Romantic Mura” has a large area of 46ha, where you can buy local vegetables and local food. In addition, there are places where you can experience farming and playing in the forest, a dog run (a park where you can play with dogs), a hot spring, a pool, and lodging.

【Open】 8:30AM - 6:00PM (Varies by facility) 【Closed】 Every second Tuesday

【Address】 254 Nissato-machi Hei, Utsunomiya City

【Access】 Get on the KANTO Bus (bound for Romantic Mura) at bus stop #6 or #8 in the JR Utsunomiya Station West Exit and get off at "Romantic Mura." It takes about 35 minutes.

【URL】 <http://www.romanticmura.com/>

【Inquires】 ☎028-665-8800

◆◆Fireworks Illusion 2019 will be held at Romantic Mura◆◆

There are stage events, such as dancing, before the fireworks begin.

【Date】 September 14 (Sat) 3:00PM – 8:00PM

※The fireworks are scheduled to start at 7:00PM (Lasting approximately 20 minutes).

Utsunomiya International Plaza (UIP)



Consultation for Foreign Residents

		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)			

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, 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.