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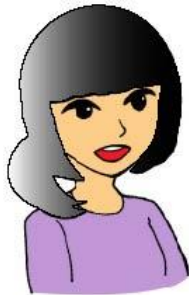
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Do the 3R ~Conserve Limited Resources!~

【Inquiries】 Garbage Reduction Division (*GomiGenryo-ka*) ☎028-632-2414

Reduce
Reuse
Recycle



Reduce

Try to reduce use of items that will be disposed of.

<Point 1>

- ▼ Don't waste food.
- ▼ Only buy as much of items that you need.
- ▼ Use items completely.
- ▼ Drain moisture from food waste.

Reuse

Try to reuse items.

<Point 2>

- ▼ Use refill products for shampoo, etc.
- ▼ Purchase items from used appliance/clothing/furniture shops.
- ▼ Think of different ways to use things, such as old towels as rags.



Recycle

Try to recycle items as resources.

<Point 3>

- ▼ Be sure to correctly separate resource refuse.
- ▼ Use recycled products.
- ▼ Make compost out of food waste.

Please refer to the Utsunomiya City website for more information on the "cost subsidy system for installing domestic garbage disposal machines."



Garbage separation app

- Search the word with "Sana-ru"
- Install the app
- After installing it, register the area you live in

Android



iPhone



Be Careful of Heat Stroke!

Heat stroke is a variety of symptoms caused by the loss of balance of water and salt in the body due to heat and the inability to control body temperature. Under severe heat going outside, refrain from unnecessary go-out or working outside, and use air-conditioning more often in the room.

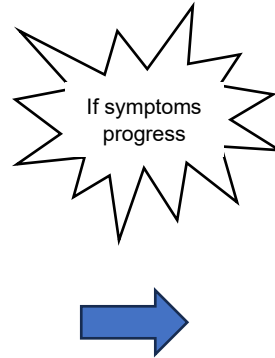
【Inquiries】 : Health Promotion Division (Kenko Zoshin-ka) ☎028-626-1126

⚠ You must be cautious if you are in this condition.

- ▼ High temperature
- ▼ if humidity is getting high
- ▼ If wind blow so weak
- ▼ if it's getting hot outside suddenly
- ▼ if you are elderly/small children
- ▼ You got sick with heat
- ▼ If you are not good at heat
- ▼ If you are with a chronic disease

Heat stroke symptoms

- Dizziness
- Lightheadedness
- Yawning
- Excessive sweating
- Sore muscles
- Muscle cramps



- Headache
- Nausea
- No motivation
- Reduced ability to concentrate
- Reduced ability to make judgment
- Lethargic

Precautions to avoid the heat.

○ Adjust the humidity with a fan or air conditioner.

○ Use curtains (that block out sunlight) or bamboo blinds, and sprinkle water outside to lower the temperature

○ Use a parasol or hat when going outside

○ On days under good weather, spend time in the shade and rest frequently

○ Wear clothes for which sweat dries easily

○ Cool your body with cold packs, ice, cold towels, etc.

Periodically drink water, etc.

○ Intake plenty of water and salt whenever you're in a room or out, even if you're not thirsty.

Source: "For the Prevention of Heat Stroke" (Ministry of Health, Labour and Welfare)

International Exchange Salon 🎵

🕒 4th of Saturday from every month
4:00PM – 6:00PM
June 22 (Sat)

😊 At this event, you can interact with people from various countries. It's fun!

Cost Free

@ Utsunomiya
International Plaza
(4-1-1 Baba-dori)

☎ 028-616-1563



Japanese Movie Viewing

🕒 June 21 (Fri) 10:00AM
June 22 (Sat) 2:00PM
😊 "My Dad is a Heel Wrestler"



Cost Free

Limit First 50 people for each session
Not necessary. Numbered tickets will be passed out 30 minutes prior to the movies.

Sign up

@ East Library (*Higashi Toshokan*)
Audio Visual Library (*Shichoukaku Library*)
(3 Nakaimaizumi)

☎ 028-638-5704

Exciting Summer School

🕒 July 29 (Mon), 30 (Tues), 31 (Wed), August 1 (Thurs), 3 (Sat), 5 (Mon)
Total: 6 times 10:30AM - 12:00PM

😊 Have fun experiencing and learning about science, music, crafts, etc. in this Summer holiday!

Target 30 4th – 6th grade students attending school in Utsunomiya City selected by lottery

Sign up June 3 (Mon) – 17 (Mon) via the Utsunomiya City website※ or e-mail

@ Utsunomiya West Lifelong Learning Center
(*Utsunomiya Nishi Shougaigakushu Center*) (17-32 Nishiichi no sawa-machi)

☎ 028-648-7480



※Utsunomiya City
website "Event Calendar"

English Camp 🎵



🕒 ① July 25 (Thurs) & 26 (Fri)
② August 22 (Thurs) 10:00AM – 4:00PM

😊 Enjoy English activities with Assistant Language Teachers (ALT)!

Target ① ES 4th – 6th grade 140 kids by lottery
② JHS 1st – 3rd grade 70 kids by lottery
Living /attending school in Utsunomiya

Sign up Sign up at the center, via the Utsunomiya website
※, or via postal mail by June 17 (Mon)
(must be received by this date)

@ Adventure Activity Center
(*Boken Katsudo Center*) (1885-1 Shinoi-machi)

☎ 028-669-2441

Garbage Pickup Sport Event in Kinugawa

🕒 July 6 (Sat) 10:00AM - 11:00AM

😊 River cleanup team competition with points for picking up garbage by type and amount

Limit First 100 people, 3 – 5 people per group

Sign up Sign up in person, or by phone or e-mail
by June 21 (Fri)

@ Dojojuku Gree Space
(*Dojojuku Ryokuchi*) (Dojojuku-machi)
River Division (*Kasen-ka*)

☎ 028-632-2690

Aureliano from Mexico



We asked Aureliano about a famous place in Mexico, traditional event, favorite thing about Japan, difficulties, attractiveness of the tea ceremony, future ambitions, etc.

Hola! Hello in Spanish.

Aureliano (Aure) Martinez came to Japan one year ago as an exchange student to learn Japanese after studying steel material engineering in Mexico.

UCIA: Where is a famous place in Mexico?

Aure: The famous pyramid, “Chichen Itza,” was built more than 1,500 years ago by the Mayan civilization. When the sun goes down to the west on the vernal equinox, the phenomenon of the Kukulcan serpent, god of rain and wind, descending on the pyramid can be seen.

UCIA: What is a traditional event in Mexico?

Aure: November 2 is the “Day of the Dead,” and is a traditional day to welcome deceased ancestors. People decorate their homes with fruits, bread, flowers, etc., eat food at grave sites, play music, and enjoy themselves.

UCIA: What is the reason you wanted to come to Japan?

Aure: Five years ago, when I studied at the University in Toyohashi for six months, I thought I wanted to learn Japanese.

UCIA: What do you like about Japan?

Aure: I really like the nature and mountains. I especially like Nikko and have been there by bicycle four times. There are many mysterious and naturally beautiful places.

UCIA: Are you having any difficulties?

Aure: Japanese is difficult for me. Also, I live alone, so sometimes I feel lonely.

UCIA: What is attractive about the tea ceremony?

Aure: I started doing the tea ceremony because I liked “matcha,” but I found out that there were many manners and rules. I feel at ease when I make tea.

UCIA: Is there anything you want to try doing in Japan in the future?

Aure: I like the food, so I want to learn how to make sushi and okonomiyaki. I would like to travel to Fukuoka and Okinawa Prefectures. In the future, I want to study at a university and find a job in Japan.

UCIA: Aure, Gracias! (Thank you!)

Utsunomiya International Plaza (UIP) Services

Consultation for Foreign Residents

※Communication in other languages is also possible using a tablet capable of multilingual interpretation and translation.



		Spanish Portuguese	Vietnamese	Chinese	Thai	English
UIP ☎028-616-1564	3:00PM - 6:00PM	Mon	1 st & 3 rd Mon	Tues	Wed	Fri
		4 th Sunday of the month (Appointment needed)				
City Hall ☎028-632-2834 (During office hours)	9:00AM - 12:00PM	Thurs	—	2 nd Thurs	—	1 st Thurs
	2:00PM - 5:00PM	Thurs	2 nd Thurs	—	1 st Thurs	3 rd Thurs

UCIA's official LINE

We send fun exchange events and life information.

"Please register as a friend and use it as an information gathering tool."



“Oh-i!” is published in easy Japanese, English, Chinese, Portuguese, Thai, and Vietnamese. You can also read it on the UCIA website.

<https://www.ucia.or.jp>

