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Let's get bicycle insurance.



From July 1, Reiwa 4 (2022), anyone using a bicycle must have bicycle insurance. This is to ensure that if you accidentally collide with a pedestrian or another cyclist and cause injury, you are covered to assist the injured person. Let's enroll in bicycle insurance to be prepared for such situations when riding a bicycle.

【Contact Information】 Department of Safety and Security ☎ 028-632-2264

★If you are not currently enrolled in bicycle insurance, please use the table below to research bicycle insurance options and consider enrolling. ★

Bicycle insurance	Contact Information
① TS Mark Attached Insurance	Japan Traffic Management Technology Association ☎03-3260-3621 Or visit a nearby bicycle shop. <div style="float: right; text-align: right;"> Regarding the TS Mark, please refer to this information.  </div>
② Children's comprehensive insurance (Insurance to be enrolled in elementary school and junior high school)	Utsunomiya City PTA Federation Insurance Office, Tochigi Insurance ☎ 028-643-6611
③ Bicycle damage compensation insurance	Please contact each property insurance company directly.
④ Adding Personal Liability Coverage Endorsement (Adding bicycle insurance to existing insurance policies such as auto insurance that you have enrolled in)	Please inquire with your insurance company or companies that you are enrolled with.

▼For more details, please confirm with the contact person provided.

! Let's be cautious about bicycle theft (being stolen) !

The number of bicycle theft cases in Reiwa 5 has increased compared to the previous year. Let's take precautions to prevent theft.

★To prevent theft★

- ① Always lock the bicycle. ② Lock the bicycle when parking it. ③ Lock the bicycle with two keys.

Support desk for women

In Utsunomiya City, we connect with many support departments to aid and support for women experiencing worries such as anxiety and loneliness. **Contact Information:** Call Acoll ☎028-636-4075.

A support desk for women "Utsunomiya City Women's Consultation Center"

If you have concerns such as household chores, childcare, marital relationships, parent-child relationships, school-related issues, relationships in workplace, caregiving problems, economic worries, or any other difficulties, please don't hesitate to consult with us. Our female counselors are here to listen to you. Your confidentiality will be strictly protected.

▼ Consultation Hours

Monday to Saturday, excluding public holidays and year-end/New Year holidays.
9:00 AM to 5:00 PM

*If Monday is a public holiday, the office will be closed on Tuesday as well.

▼ How to Consult

By phone, to the Women's Consultation Center
☎ 028-636-5731

Domestic Violence Consultation Desk

Consultation desk	Consultation date and time
Utsunomiya City Spousal Violence Consultation and Support Center ☎ 028-635-7751	<p>■ Phone and in-person consultations (appointment required)</p> <p>▼ Tuesday to Saturday: 9:00 AM - 5:00 PM * Except for the 4th Saturday: 9:00 AM - 12:00 PM</p>
Tochigi Gender Equality and Participation Center "Parti" Consultation Room (Spousal Violence Consultation and Support Center - Nozawa Town) ☎ 028-665-8720	<p>■ Phone</p> <p>▼ Monday to Friday: 9:00 AM - 8:00 PM Saturday and Sunday: 9:00 AM - 4:00 PM</p> <p>■ Interviews (Appointment Required) Tuesday to Sunday: 9:00 AM - 4:00 PM</p>
Women's House Tochigi ☎ 028-621-9993	<p>Phone:</p> <p>▼ Monday to Friday: 9:00 AM - 5:00 PM</p>

Let's start with what you can do! How to effectively use the air conditioner in summer.

1. Room Temperature

Cooling too much will increase your electricity bill. Adjust the temperature frequently.

The recommended temperature for air conditioning is 28°C.

Raising the set temperature by 1°C can save approximately 10% on electricity costs.

2. Outdoor Unit

Do not place objects in front of the air outlet; ensure good airflow. Using awnings or like block sunlight can be effective.

3. Indoor Unit (Air Conditioner, etc.)

Clean the filters approximately once or twice a month.

4. Creating Air Circulation

Using a fan or circulator can make you feel cooler.

5. Heat from Windows

Closing curtains or blinds before leaving can block sunlight and heat.

A Fun event!

Furusato Miyamatsuri

- 🕒 August 3rd (Sat) - 4th (Sun)
16:30 - 21:00
- 😊 It is the largest summer festival in Utsunomiya City.
You can enjoy various group parades, dances,
portable shrines, traditional music performances, and
food stalls.
- @ Oodori Street, Orion Square, Banba Plaza/Square
- ☎ Furusato Shrine Festival Organizing Committee
028-643-8331

Utsunomiya Fireworks Festival

- 🕒 August 10th (Sat)
* In case of heavy rain or wind, it will be postponed
to August 11th (Sun).
- 😊 You can go by bus (to Yanagita Bus Depot) from JR
Utsunomiya Station to see approximately 30,000
fireworks launched into the summer night sky.
- @ Dojojuku Green Area (Kinugawa River Riverside)
- ☎ The specified non-profit organization "Utsunomiya
Hyakunen Hanabi"
028-600-3980

Summer Friendship Intensive Japanese Language Class

- 🕒 July 22nd (Mon) to August 2nd (Fri)
10:00 AM to 12:00 PM
[Closed on Saturdays and Sundays, total of 10 sessions]
- 😊 Children from foreign nationalities attending elementary and middle schools within the city study
Japanese together.
- ¥ free
- Apply** To the Utsunomiya City International Association (UCIA), you apply by providing the student's name
address, guardian's phone number, school name, grade, nationality, and number of years residing in Japa
via phone, fax, or email.
- @ Utsunomiya City Chuo Lifelong Learning Center (Chuo 1-1-13), Rooms 205 and 206
- ☎ Utsunomiya City International Association (UCIA)
Tel: 028-616-1870 FAX: 028-616-1871 Email: ucia@ucia.or.jp



International Exchange Salon 🎵

- 🕒 Every month, on the 4th Saturday, from 16:00 to
18:00
July 27th (Sat)
- 😊 A place to enjoy lively exchanges with people
from various countries.
- ¥ Free
- @ Utsunomiya International Plaza
(4-1-1 Babadori)
- ☎ 028-616-1563



"Hoshizora Eiga Kai"

- 🕒 July 27th (Sat), 19:00~
- 😊 ① "The Big Turnip"
② "Fun Moomin Family: Magic Hat"
③ "Seton Animal Chronicles: The Bear
of "Tarak Mountain"
Free
- ¥
- Capacity** First 50 people
- Apply** No reservation required.
- @ Higashi Library, Audiovisual Library
Nakaimaizumi 3-chome
- ☎ 028-638-5704



Ms. Reina from Peru



I asked Reina about Peru, including recommended dishes, language spoken at home, community support among Peruvians, and what she values.

Buenas trades ! Hello in Spanish!

Reina was born in Japan but spent her early years in Peru until she was 5 years old. After that, she has been living in Japan. She works as a nursing assistant.

UCIA What kind of country is Peru?

REINA Peru has a very deep history, with the famous Inca Empire archaeological site Machu Picchu. Peruvians are known for being cheerful and lively. They often dance to cumbia and salsa.

UCIA Peruvian cuisine has been gaining attention recently. What kind of dishes would you recommend?

REINA In my mother's hometown of San Martín, plantains are a staple food. These bananas are large and green in color. They can be baked, steamed, or fried. I also recommend ceviche (seafood marinated in citrus juices)

UCIA What language do you speak at home?

REINA We speak Spanish at home, but since I have been educated in Japan, my Japanese vocabulary is stronger, and I find it easier to express myself in Japanese.

UCIA How is the Peruvian community?

REINA Peruvians love to host home parties and celebrate special occasions. They especially cherish 15th birthdays, often renting out halls for grand celebrations. Everyone is friendly, making it easy to make new friends at parties.

UCIA How do you support Peruvians?

REINA I support my parents' friends by assisting with their check-ups, consultations, and hospital stays at the hospital where I work. Recently, my ability to speak Spanish has become known within the hospital, and I have started being asked to interpret for various departments.

UCIA Is there something important you cherish?

REINA The Peruvian community is small, but I believe they have built their lives in Japan by supporting each other and overcoming various challenges together. Personally, I also enjoy working for the benefit of others.

UCIA Ms. Reina Gracias ! (Thank you!)

Utsunomiya International Plaza (UIP) Service

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>

