



Contents Page 2 "Help make a joint effort to create a city that is clean and enjoyable to live in,"
 "Information for people enrolled in the national health insurance plan" Page 3 "Japanese Language Classes for Working," etc.
 Page 4 "Tobiyama Castle Historic Site Park," "Consultation for Foreign Residents"

Enjoy a Cool Summer With Japanese Wisdom



It sure is humid every day. I just really can't get used to the humidity and heat in summer in Japan.

Me too. Isn't there some way to comfortably spend the summer?

①

I wonder how Japanese people spend the summer?

I bet there is some clue in the Japanese lifestyle. It would be good to give it a try.

②

~Japanese wisdom to enjoy a cool summer~


【Clothing】
Jinbei...Japanese clothing worn in one's home in the summer. Men and children wear this.
Yukata...Japanese clothing worn in summer. Women wear this at fireworks shows, etc. and enjoy Japanese culture.

【Food】
Shaved ice...Syrup put on top of finely shaved ice. Ice made from natural water in Nikko City is especially popular. You can enjoy eating it in shops within the city.


Somen noodles...Thin noodles are boiled, cooled by ice, and eaten cold. Children enjoy sliding these noodles down split bamboo shoots, known as "Nagashi somen," at local summer festivals.

【Lifestyle】
Sprinkling water...Sprinkling water in the front entrance to a home, etc. This is best done in shady places, in the morning, or in the evening, etc.
Paper fans...Small handheld fan. They can be folded up, so they are easy to take with you.
Wind chimes...When the wind blows a cool sounding chime noise can be heard. It is best to hang in a place where there is a good airflow in your house.
Bamboo/reed blinds...Blinds that create shade. Bamboo blinds are hung, and reed blinds placed standing up.


Bamboo blinds



Wind chime



Folding fan



Help make a joint effort to create a city that is clean and enjoyable to live in



Utsunomiya city has made an ordinance to create a clean city with no garbage, that is maintained by everyone in the city. Efforts are being made with the citizens to create a clean city that is comfortable to live in.

◇ Littering (throwing garbage out on the road or in parks, etc.) is not permitted!



Throw garbage away in garbage cans or take it home with you.



When smoking, use a portable ashtray.

◇ Leaving pet feces where it is is not permitted!

When taking your dog, etc. on a walk, please take its feces home in a garbage bag.



◇ Clean the area that you live in!

Do not leave garbage out in the area you live in so you will not cause disturbance to your neighbors. Also, please make a regular effort to clean up, pull weeds, cut branches, etc. to discourage others from throwing garbage in your area and keep it clean.



Information for people enrolled in the national health insurance plan

(1) National health insurance cards have been sent.

- ▽ People living in Japan for over 3 months are to enroll in medical insurance, such as the national health insurance plan. When going to the doctor it is necessary to take your health insurance card.
- ▽ People enrolled in the national health insurance plan were sent a new national health insurance card in the mail on July 12 that can be used from August 1.
- ▽ People enrolled in the national health insurance plan who have not received a new card are asked to please inquire.

(2) People enrolled in their company's medical insurance plan, etc. need to stop enrollment in the national health insurance plan.

- ▽ People enrolled in their company's health insurance plan, such as social insurance, who received a national health insurance card need to stop their enrollment in the national health insurance plan.

- ▽ Please take the health insurance card of the plan you are presently enrolled in (social insurance, etc.) to the Insurance & Pension Division, local Citizen's Center, or branch office.

(3) Notification to pay the national health insurance tax was sent on July 1.

- ▽ Payments separated into 8 segments can be made between July and March (1st is July 31, 2nd is September 2, etc.). Please be sure to pay by the respective deadlines.
- ▽ Payment method: You can pay at a nearby bank or convenience store. Also, if you submit paperwork, you can also pay at bank ATMs or via internet banking.

Inquiries: Hoken Nenkin-ka (Insurance & Pension Division) ☎ 028-632-2320



International Exchange Salon 🎵

- 🕒 Every 4th Saturday 4:00PM – 6:00PM
Aug. 24 (Sat) Watermelon splitting
- 😊 An event at which you can talk with people from various countries. 🎵
- ¥ Free
- @ Utsunomiya International Plaza 028-616-1563



Tochigi Local Sake Cheers Festa 2019 🎵



- 🕒 Aug. 23 (Fri) 5:00PM – 9:00PM
Aug. 24 (Sat) 3:00PM – 9:00PM
- 😊 Have a great time while enjoying Tochigi's delicious Sake and cuisine!
- @ Orion Square (8-3 Eno-machi)
- ☎ "Tochigi Jimoto no Sake de Kanpai Festa Jikkouinkai" (Tochigi Local Sake Cheers Festa Organizing Committee) 028-665-8800

Kamikawachi Fureai Festival 🎵

- 🕒 Aug. 31 (Sat) 1:00PM -
- 😊
 - Trout catching
 - Jumbo watermelon game
 - Approx. 7,000 fireworks
- @ Bonten no Yu (18-4 Imazato-cho)
- ☎ Kamikawachi Fureai Matsuri Jikkouinkai (Kamikawachi Festival Organizing Committee) 028-674-3131



Mizuhono Summer Festival



- 🕒 Aug. 24 (Sat) 2:00PM – 8:00PM
Held on Aug. 25 (Sun) if it rains.
- 😊
 - Freshwater trout catching
 - Basketball
 - Taiko drumming, Yosakoi dancing, and karate performances, etc.
 - Fireworks
- @ Mizuhono Shizen no Mori Koen (Mizuhono Nature Park) (1861 Nishiosakabe-machi)
Mizuhono Shizen no Mori Koen Kanri Jimusho (Mizuhono Nature Park Management Office) 028-657-5222

Free!

~Japanese Language Classes for Working ~

- 🕒 Sept. 6 (Fri) – Dec. 6 (Fri) Mon – Fri 9:00AM – 12:00PM
- Level Classes for people studying Japanese for the first time.
- Test day Aug. 30 (Fri) 9:00 - ※Must sign up
- Participants Spouse of Japanese national, permanent residents, Spouses of permanent residents, long-term residents
- ¥ Free
- Sign up Bring 1 picture (3cm x 4cm) and ID (resident card or passport) to Hello Work.
- @ Tochigi Fukushi (Welfare) Plaza (1-10-6 Wakakusa) & Tochigi-ken Kyoiku Kaikan (Tochigi Prefecture Education Building (1-1-6 Komanyu) Hello Work Utsunomiya Ekimae Plaza 028-623-8609
- ☎ JICE Local Communication Consultant, Ochiai 080-4336-1348



Tobiyama Castle Historic Site Park



Tobiyama Castle was created in 1293. It was about 14 hectares (ha), which is very wide, with a double moat (ditch to prevent enemies from entering) and protected by the Kinugawa River. In order to preserve the castle's history, in 2005 a park was made in the location where the castle had been. At the "Tobiyama History Experience Center" located in front of the park there is space to experience the lifestyle of people in the past hands on, as well as a workshop room to create pottery, etc.

(Workshop ex.) Short sleeve kimono workshop 300 yen Approx. 1 hr - Try wearing a kimono.
 Armor workshop 300 yen Approx. 1 hr. – Try wearing Sengoku Period warrior armor.

"Tobiyama-zyo Shiseki Koen" (Tobiyama Castle Historic Site Park) and "Tobiyama Rekishi Taikenkan" (Tobiyama History Experience Center) facility information

【Open】 9:00AM – 5:00PM

(However, Tobiyama Castle Historic Site Park is only open until 4:30PM from November 1 – March 31 of the following year)

【Closed】 Monday (excluding national holidays), day after national holiday (excluding Saturday, Sunday, national holidays), year end and year start

【Entrance fee to facility & park】 Free (However, sometimes there is a separate fee for workshops.)

【Address】 380-1 Takeshita-machi, Utsunomiya City

【Transport】 Please take the JR bus (bound for Kiyohara Danchi via Dojojuku, etc.) from JR Utsunomiya Station west exit. Get off at "Shimotakeshita" or "JA Kiyohara Shishomae."

【Inquiries】 ☎ 028-667-9400

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.

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