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Happy New Year! Enjoy Tokyo Olympic and Paralympic Games in 2020



Happy New Year! There are various events planned for this year too. What are you most looking forward to?

I would like to cheer for the athletes participating in the Tokyo Olympics and Paralympics in the summer because some are from my country.



What are the symbols for the Olympics and Paralympics?



The five rings of the Olympics represent the five continents and the act of people from around the world coming together to cooperate in friendship through the Olympic Games.



The symbol of the Paralympics is called the “Three Agitos” and is drawn with three curves in red, blue, and green. “Agito” means “I move.”



When will the Tokyo Olympics and Paralympics start? How many countries and regions participate?

The Olympics will be held from July 24 (Fri) to August 9 (Sun) for 17 days, and the Paralympics will be held from August 25 (Tues) to September 6 (Sun) for 13 days. 206 countries and regions will participate. So far, Tokyo has hosted the 18th Olympic Games and the 2nd Paralympic Games in 1964.



When and how did the Olympics and Paralympics begin?

【Beginning of the modern Olympic Games】

At the end of 19 century, the French Coubertin proposed that we could contribute to a peaceful world by cultivating well-balanced humans through art and sport, and the Olympics that had been conducted in ancient Greece were revived.

【Beginning of the Paralympic Games】

Ludwig Guttmann, who was treating injured people in the war in the UK, introduced sports as a treatment to enable them return to their original life, and held an archery tournament with wheelchair patients at the hospital. This began the Paralympic Games.



What sport events are there? How many athletes will participate?

In the Olympics, there are 33 sports and 339 events, and 11,090 athletes are expected to participate. The sports of baseball, softball, karate, skateboarding, sport climbing and surfing have been added.

For the Paralympics, there are 22 sports and 540 events, and 4,400 athletes are expected to participate. The sports of badminton and Taekwondo have been added.

Please enjoy supporting the Tokyo Olympics and Paralympics, in which athletes from many countries and regions from all over the world will gather.

Spend the Winter Wisely, Making an Effort Not to be Wasteful



The average temperature is rising in Utsunomiya City too

The average temperature in Utsunomiya has risen by 2.1 degrees over the last 100 years. One degree increase in average temperature increases the damage caused by floods and storms (strong rain and wind). It is said that 40% of the earth's creatures will disappear if it goes up by three or four degrees. Each of us must be careful not to affect the environment and stop environmental issues.

Think about global warming in winter

Winter is a time when much energy is used, as the air conditioners, heaters, etc. are used more often. "Live wisely" with less burden on your household budget (economic life) by reducing energy costs by making an effort to save energy (reducing energy as much as possible), such as by wearing layers of clothing at home.

Try Making Ecological Efforts



Step 1 Easy ways to save energy

Energy saving can be achieved with a little contrivance. You can also increase the effect by reducing the area to be heated, such as closing doors and fusuma (paper sliding doors) in the room. Also, wearing one extra layer of clothing, such as a cardigan etc. has the same effect as raising the room temperature by 2.2 degrees.

Step 2 Consider when buying a new one

When buying new things such as eco-cars (cars that run on less gasoline) and eco-friendly home appliances (TVs, etc. that run on less electricity), think about using them long-term, paying attention to maintenance cost and energy-saving features required for long use. Choosing what to use at home can also help prevent global warming.



Ways to save energy at home in winter

- Electrical pots
 - ▽ Unplug when not using for a long time.



- Gas stove
 - ▽ Reduce the flame so that it does not protrude from the bottom of the pot.



- ▽ Use two kotatsu covers



- Air Conditioner
- Gas and oil fan heater
 - ▽ The room temperature should be around 20 degrees.



- Hot water flush toilet
 - ▽ Close lid when not in use.



- ▽ Temperature of toilet seat should be low.

Fun events 🎵 🎶

Japan Cultural Experience Day



- 🕒 Feb 16 (Sun) 10:00AM – 2:00PM
- 😊 • You can experience various Japanese cultural activities, such as kimono wearing, Japanese tea ceremony, Japanese flower arranging, calligraphy, origami and paper collages, etc.
- Traditional Japanese music such as Wadaiko and Shamisen will be played on the stage.

Cost 300 yen (Elementary school kids 100 yen)

Sign up Not necessary

@ Utsunomiya City Hall 14F Large Mtg. Room (1-1-5 Asahi)

☎ Utsunomiya City International Association
028-616-1870

Mini International Exchange!!

- 🕒 Feb 1 (Sat) 9:00AM – 2:00PM
- 😊 • Talk a lot and laugh a lot 🎵
- Make Japanese confectionaries and soba
- You can also learn how to drink tea and tea ceremony manners 🎵

Cost Free

@ Minami Shogai Gakushu Center
[South Lifelong Learning Center]
(2-4-23 Esojima)

☎ Midorigaoka-chiku Seishonen Ikuseikai
028-658-6229



Multicultural Symbiosis Forum



- 🕒 Feb 15 (Sat) 10:00AM-12:00PM
- 😊 Listen to stories from Vietnam, Ghana, China, and New Zealand on the theme of work, education, life consultation, and society 🎵 Learn about various differences that foreign resident's sense, and enjoy talking with others!

Cost Free

@ 6F Tamokuteki Hall 1 & 2
Utsunomiya Omotesando Square (4-1-1 Babadori)

☎ 028-616-1567



International Exchange salon

- 🕒 Every 4th Sat 4:00PM - 6:00PM
- Jan 25 Talk about Chinese New Year
- Feb 22 Magic 🎵
- 😊 An event at which you can talk with people from various countries 🎵

Cost Free

@ Utsunomiya city International Plaza
☎ 028-616-1563



Utsunomiya Futaarayama Shrine Setsubun Festival

- 🕒 Feb 3 (Mon)
2:30PM Ceremony, 3:00PM Bean throwing
- 😊 A traditional festival expressing the desire for this year to be good.

Parking 300 cars available (300 yen/hr)

@ Utsunomiya Futaarayama Shrine
(1-1-1 Babadori)

☎ 028-622-5271



Information

Utsunomiya City Libraries



Chuo [Central] Library



Inside the library



Reading room

There are 5 libraries in Utsunomiya City: Chuo [Central], Higashi [East], Minami [South], Kamikawachi, and Kawachi.

- Chuo Library: 7-57 Akebono-cho ☎028-636-0231
- Higashi Library: 3-5-1 Nakaimaizumi ☎028-638-5614
- Minami Library: 56-1 Suzumenomiya-cho ☎028-653-7609
- Kamikawachi Library: 182-1 Nakazato-cho ☎028-674-1123
- Kawachi Library: 3397 Nakaokamoto-cho ☎028-673-6782

You can borrow books and magazines (up to 15), CDs and DVDs (up to 5) etc. There is a reading room inside as well. Events such as the story-telling of picture books and concerts are held at each library. The details of event programs, hours and closed days, etc. differ by library, so please check the website. (<https://www.lib-utsunomiya.jp>)



Come and join the events held in the libraries.

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 the 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 of the month (appointment needed)			

Interpreter Volunteer Service

Volunteer goes 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-!” 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-!” too.

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