



Oh-i!



英語

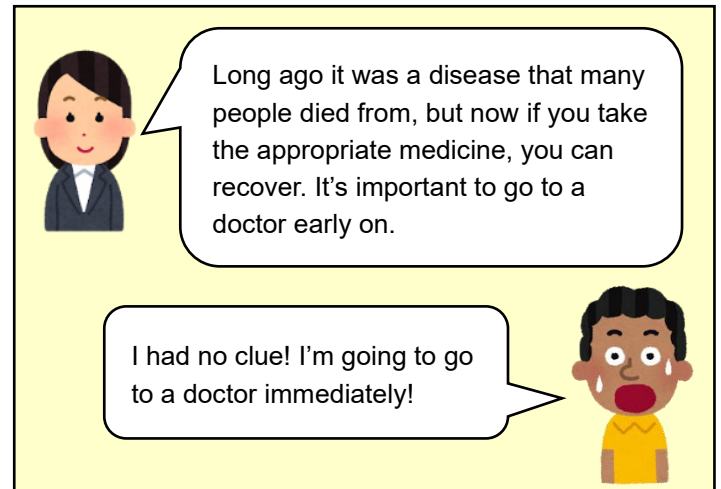
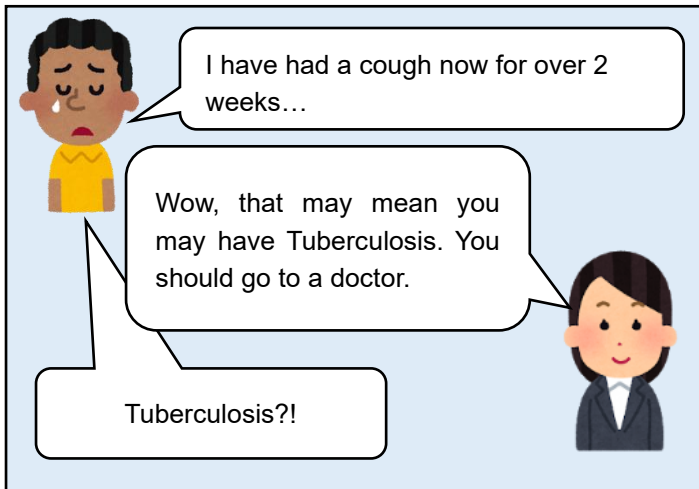
Issued by Utsunomiya International Plaza (UIP)
Edited by NPO Utsunomiya City International Association (UCIA)
Tel: 028-616-1563 Fax: 028-616-1568
E-mail: u1820@city.utsunomiya.tochigi.jp
5F Omotesando Square, 4-1-1 Baba-dori, Utsunomiya City



Contents Page 2: You can borrow a lump sum enrollment fee, Utsunomiya City Nighttime & Holiday Emergency Clinic
Page 3: Stuffed Animal Sleepover Party♪, Recommended Autumn Leaf Viewing Spots in Utsunomiya, South Library
Masterpiece Film Festival, etc.
Page 4: Interview of Ai Izawa from Taiwan, Consultation for Foreign Residents, etc.

That cough may be Tuberculosis!

~Things you should know in order to live a healthy life in Japan~



■What kind of disease is Tuberculosis?

Tuberculosis is a disease mainly caused by tuberculosis bacteria. It begins with cold-like symptoms.

■Tuberculosis is spread through the air

When a person with tuberculosis coughs, germs scatter into the air and spread when others inhale them.

■Please go to a doctor in such following circumstances

If you have a cough, phlegm, or a temperature for two weeks or more, go to a doctor to be checked for Tuberculosis.

If your case of Tuberculosis gets worse, you will have to be hospitalized for a long time.

It is important to go to a doctor early on so that Tuberculosis won't spread to your family members or friends.

■If you get "Tuberculosis"

Tuberculosis can be cured by correctly taking several types of medicine for 6 to 9 months.

(The city will pay for a portion of the expenses to cure Tuberculosis at a hospital.)

■Please contact a Health Center (*Hokenjo*) if you have concerns

At Japanese Health Centers, public health nurses (professional) will visit you, consult with you, and assist you with correctly administering medical treatment to cure Tuberculosis.



"When you have concerns, inquire!"
Assistance is provided in various languages.
(※Language assistance in 14 languages)



Source: "Tuberculosis Common Sense 2023" Japan Anti-Tuberculosis Association (JATA)

You can borrow a lump sum enrollment fee

▼ Applicable persons: Guardians of students enrolling in a school listed in the chart below in April 2024 for whom all items ① - ④ apply.

① Resident registration in Utsunomiya City ② No tax delinquency ③ A solidarity guarantor can be provided without tax delinquency ④ Other lump sum enrollment fees are not being borrowed

▼ Amount that can be borrowed: See chart below. Money can be borrowed in 10,000 yen increments.

Applicable persons	Amount that can be borrowed
High schools, vocational high school, specialized training school (advanced course), secondary school (post-course)	Private school: 200,000 yen or less
University, junior college, graduate school, specialized training school (advanced course)	Public school: 200,000 yen or less Private school: 500,000 yen or less

▼ Pay-back period: Within a period of two years added to the regular training period of each school starting in April 2024.

▼ Application deadline: March 15, 2024 (Application must arrive by this date)

▼ Application method: Pick up an application form from the Education Planning Division (13th floor of the city hall), a community center, branch office, or library, and submit it together with the school's (for those that have already graduated, the school they attended) recommendation record directly or via postal mail to the Education Planning Division, Utsunomiya City Hall, ☎ 320-8540.

Inquiries: Education Planning Division (*Kyouiku Kikaku-ka*) ☎ 028-632-2705

Utsunomiya City Nighttime & Holiday Emergency Clinic



Emergency medical treatment is provided here to people who suddenly get sick at night or on holidays. In general, one day's worth of medicine is limited to one day's medical treatment. Starting from the next day (except during the consecutive holidays), please go to another medical institution, such as your regular doctor.

The medical services offered are for internal medicine, pediatrics, and dentistry. Please take your medical insurance card and children's medical expenses beneficiary card (for children up to the 3rd year in high school). You can also fill in a medical questionnaire on the "WEB Medical Questionnaire" portion of the website prior to going.

【Important】 To prevent the spread of COVID-19,

please be sure to call before going. In addition, please wear a mask.

🕒 【Nighttime】 Internal medicine, pediatrics ⇒ 7:30PM - 7:00AM

Dentistry ⇒ 7:30PM - 12:00AM

【Holidays】 Sundays & national holidays 9:00AM - 5:00PM

(Internal medicine, pediatrics, dentistry)

Obon holidays (August 13 – 15)

Year-end/new year (December 30 – January 3)

Internal medicine, pediatrics, dentistry ⇒ 9:00AM - 5:00PM

@ 968 Takebayashi-machi URL: <http://www.umth.or.jp/kyukyu/>

☎ 028-625-2211



International Exchange Salon 🎵

- 🕒 Oct. 28 (Sat) 4:00PM - 6:00PM
Every 4th Saturday
- 😊 An event where you can talk with people from various countries 🎵

Cost Free

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

☎ 028-616-1563

Stuffed Animal Sleepover Party 🎵



- 🕒 Oct. 19 (Thurs)
Drop off Oct 18 (Wed) 4:00PM - 6:00PM
Pick up Oct 20 (Fri) 4:00PM - 8:00PM
Oct 21 (Sat) & 22 (Sun) 9:30AM – 8:00PM
- 😊 Bring your favorite stuffed animal to the library for the night and receive photo album of his/her experience 🎵.
- 📞 Call starting on Oct. 7 (Sat) at 2:00PM
First 10 infants – 2nd grade elementary school students
- Limit**
- @ South Library (*Minami Toshokan*)
(56-1 Suzumenomiya-cho)
- ☎ 028-653-7609

🍁 Recommended Autumn Leaf Viewing Spots in Utsunomiya 🍁

	Tochigi Central Park	Oya Temple	Utsunomiya Museum of Art
What to see	Enjoy a Japanese and western beautiful pond and autumn leaves from various kinds of trees.	The contrast of the red bridge and autumn leaves is beautiful 🎵. A giant peace Kanon statue and rock statue, etc. can be seen.	Enjoy art & culture along with beautiful autumn leaves in a large garden.
When	Mid Nov. - early Dec.	Early Nov. - mid. Nov.	Early Nov. - late Nov.
Address	2-50 Mutsumi-cho	1198 Oya-machi	1077 Nagaoka-cho
Parking	Free parking	Fee for parking (Free for those visiting shrine)	Free parking



South Library Masterpiece Film Festival



- 🕒 Oct. 29 (Sun) 2:00PM - 3:53PM
- 😊 “An American in Paris”
A masterpiece musical recognized in 6 Categories, including Best Picture in the 24th Academy Awards
- Cost** Free
- Limit** First 300 people (Doors open at 1:30PM)
- Sign up** Not necessary
- @ South Library (*Minami Toshokan*)
(56-1 Suzumenomiya-cho)
- ☎ 028-653-7609

Interview

Ai Izawa from Taiwan

We asked Ai about her hometown Taipei, Taiwanese cuisine, the sangen instrument, Tabuwata, and Let's Amigo! activities.



“Janpabe!” “Hello” in Taiwanese.

Taiwan’s official language is Chinese, but Taiwanese is also used. There are also some senior citizens who can speak Japanese.

UCIA: What kind of place is Taipei?

Ai: Taipei is the capital of Taiwan and is a very lively town. The Shirin Night Market is famous as a large market that is open at night.

UCIA: What is typical cuisine in Taiwan?

Ai: Lulohan is a popular local dish. It is a dish made by putting boiled sweet and spicy pork, boiled eggs, and pickles on rice.

UCIA: What kind of instrument can you play?

Ai: I can play the “Sangen,” a Chinese traditional instrument, but now I am playing the Okinawan “Sanshin.” The “Sanshin” and “Sangen” are very similar instruments.

UCIA: What does “Tabuwata,” the group you are involved in, do?

Ai: It broadcasts “The Foreign Resident Next to You” on Community FM Miya Radio every Sunday from 5:00 – 5:50PM. It is also broadcast in Nepalese, Chinese, and Thai. In addition, I send out information about disasters and help with international exchange events.

UCIA: What kind of event is Let’s Amigo!?

Ai: It is an international festival planned mainly by foreign residents. This year it was held for the 18th time on October 9, and the folk costume fashion show was a big hit.

UCIA: Please share something with everyone.

Ai: Please actively participate in the activities of the local community where you live, making an effort to “help each other” and interact with citizens on a daily basis.

UCIA: Ai, “Dosha!” (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/>



Clipart provision: Pages 1, 2, 3 by Sachie Kin, and page 4 by Yurika Usui & Natsuki Nemoto