



英語

Issued by Utsunomiya International Plaza (UIP)
Edited by NPO Utsunomiya City International Association (UCIA)
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To everyone suffering from hay fever! Treat and prevent it early on!

In spring, many people are troubled by “cedar and cypress pollen allergies.” During the pollen season, information about pollen dispersion is often provided in weather forecasts, so be sure to check the news and take early preventive measures.

Reference: Government Public Relations Online

◇When going out

① Wear a mask

A disposable mask that fits your face and allows for easy breathing is recommended.

② Wear glasses

There are special glasses for hay fever, but even just using regular glasses will reduce the amount of pollen that gets into your eyes.

③ Wear clothes that do not attract pollen easily

Avoid wearing clothing that attracts pollen, such as wool, and choose clothes such as cotton or polyester. By wearing a hat, you can reduce the amount of pollen on your head.

◇When you return from going out

① Do not let pollen enter your home.

Before entering your home, remove pollen from your clothes.

② Gargling and washing your face

When you get home, be sure to gargle and wash your face to remove pollen from your face.

◇When you are at home

① When ventilating your home, open windows only a little for a short time.

② Clean your house to reduce pollen indoors.

Please do not throw away household garbage on roads, mountains, rivers, etc.

During March and April, many people move, so a lot of household waste is generated.

Please do not dispose of items such as televisions and futons on roadsides, in mountains, forests, rivers, or fields. Also, refrain from burning household waste.

When disposing of garbage, please follow the rules by placing it in designated locations or arranging for collection by waste management services.

Let's all cooperate to keep our surroundings clean.

[Inquiries] Waste Policy Division ☎028-632-2929

Procedure for Light Motor Vehicle Tax

If you own a light car or motorcycle, please be sure to make a declaration (do the procedures) for cases ① to ⑤ below.

- ① When moving outside the city or abroad
- ② When scrapping (throwing away) a light car or motorcycle
- ③ When giving a light car or motorcycle to someone
- ④ When selling a light car or motorcycle
- ⑤ When a light car or motorcycle has been stolen

Until you complete the procedures, you must continue paying the light motor vehicle tax. Failure to pay taxes may lead to complications during residency qualification procedures. For information on the procedure for light motor vehicle tax, please refer to the Utsunomiya City website.



Light motor vehicle tax



Foreign Language Version
Municipal Tax Pamphlet

[inquiries] Taxation Division ☎028-632-2205

International Exchange Salon 🎵

🕒 March 23 (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



Anime Movie



🕒 March 17 (Sun)

① 10:30AM ② 3:00PM

😊 "Pooh and the Storm"
"Mouse-kun's waistcoat"

Cost Free

Limit First 50 people

Sign up Not necessary

@ Chuo Library (7-57 Akebonocho)

☎ 028-638-5704

Spring Vacation Japanese Language Course

🕒 March 25 (Mon), 26 (Tues), 27 (Wed), 28 (Thurs), 29 (Fri)

April 1 (Mon), 2 (Tues), 3 (Wed) (8 times in total)

10:00AM - 12:00PM

😊 This is a Japanese language course for children with foreign roots who need support for learning Japanese.

Cost Free of charge

Sign up An application should be made by phone, fax or e-mail. Please make sure that you state the student's name, address, telephone number, school name, grade, nationality, and duration of stay in Japan.

@ Chuo Shogai Gakusyu Center (1-1-13 Chuo) 205・206

☎ Utsunomiya City International Association 028-616-1870 FAX: 028-616-1871 ✉ ucia@ucia.or.jp



Spring Break Experiment Workshop

🕒 March 24 (Sun) 10:00AM - 12:00PM

😊 Create a mysterious object using the relationship between water and oil

Cost 1,000 yen (fee for materials)

@ Youth Activity Center "Try Higashi" (3007 Imaizumi cho)

Limit First 15 people

Sign up By phone from 7:00PM on March 6

☎ 028-663-3155

Finger Stamp Art 🎵

🕒 March 14 (Thu) - 23 (Sat)

10:30AM - 4:30PM

😊 Make a "cherry blossom wall decoration"

Limit First 20 people

@ Shirasawa Children's Center (385 Shirasawa-cho)

☎ 028-671-0404





We asked Janet about her hometown of Oregon, her confusion in Japan, what she likes about Utsunomiya, her activities at UCIA, and what she values most.

Hello!

Janet is from the USA and has been in Japan for about 25 years. She works as a translator and an interpreter, runs an English conversation school, coaches jump rope, and does various volunteer activities.

UCIA: What do you like about your hometown?

Janet: Oregon is full of greenery, and there are many places where you can go camping, hiking, and skiing. As it is blessed with abundant nature, I recommend it both as a place to live or visit.

UCIA: What kind of things puzzled you about Japan?

Janet: When I came to Japan for the first time and entered the shop, I was told "Welcome" in Japanese, but found it strange that there is no specific reply to that greeting in Japanese.

UCIA: What do you like about Utsunomiya?

Janet: I like the fact that you can live in Utsunomiya without owning a car. There are supermarkets, post offices, banks, stations, and various shops and restaurants nearby, and it's very easy to go such places by bicycle, bus, or train, unlike America, which is a car-based society.

UCIA: How do you feel about your contribution with the English translation of the O-i and with UCIA's activities?

Janet: Through UCIA activities, I am not only grateful for the opportunity to support foreigners living in the city and strengthen the bonds with our sister cities, but also to deepen my understanding of Utsunomiya City and engage in things that I wouldn't have the opportunity to do.

UCIA: Please tell us what is important to you right now.

Janet: While centering my life around God, who has changed my life and consistently provides me with hope, I also strive to take good care of my health every day. Engaging in multiple volunteer activities, I experience the joy of benefiting others and naturally expand my own perspective, so I intend to continue living for the sake of others in the future.

UCIA: Thank you, Janet!

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>

