



oh-i!



英語

Issued by Utsunomiya International Plaza (UIP)

Edited by NPO Utsunomiya City International Association (UCIA)

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Be careful of norovirus food poisoning

Norovirus food poisoning is prevalent in winter.

Please obtain correct information about the norovirus and be careful to avoid getting food poisoning.

1. What happens if I get norovirus food poisoning?

Nausea, vomiting, diarrhea, and stomachaches can occur.

Symptoms continue for 1 – 2 days.



2. Infection patterns

▼ Infection from food

Infection occurs by eating and drinking water and shellfish, etc. contaminated with norovirus that are not sufficiently heated. Many cases of norovirus food poisoning are caused by raw oysters.

▼ Infection from people who cook food

When people infected with the norovirus cook food, the norovirus can get into the food. People who eat that food may get food poisoning.

▼ Infection from fecal and spit up items

Sometimes the norovirus is present in feces or vomit. There are also cases where norovirus is on doorknobs of a bathrooms, so make sure to wash your hands after going to the bathroom.

3. Protection methods

▼ Wash your hands thoroughly

Alcohol is not effective against norovirus. Wash your hands thoroughly using soap after you go to the bathroom, before you cook, and after you go home from being outside.

▼ Cook food thoroughly

The norovirus is killed by applying sufficient heat. Apply sufficient heat to food before eating it. In particular, please eat oysters and other shellfish only after thoroughly cooking.

Starting November 1, penalties for “doing something while riding a bicycle” and “riding a bicycle under the influence of alcohol” became more severe

Under the revised Road Traffic Law, penalties for “doing something while riding a bicycle” (using a mobile phone while riding a bicycle) and “riding a bicycle under the influence of alcohol” (drinking alcohol and riding a bicycle), etc. have become more severe. Please follow the rules and ride bicycles in a safe manner.

■ “Doing something while riding a bicycle”

- ▼ Penalty: ① In the event of causing a traffic accident, a person will be sentenced to up to 1 year in prison, (penalty of being put in prison, deprived of freedom, and made to work in prison), or fined up to 300,000 yen (penalty of paying a fine)
 ② For cases other than those mentioned in ①, if a person is caught talking on mobile phone, etc. held by hand, they will be sentenced to up to 6 months in prison or fined up to 100,000 yen

■ “Riding a bicycle under the influence of alcohol”

Although there has only been punishment for “being drunk while riding a bicycle” (inability to maneuver a bicycle appropriately due to the influence of alcohol) so far, now punishment will also be made for cases of “riding a bicycle under the influence of alcohol” (riding a bicycle with 0.3mg or more of alcohol per ml of blood or 0.15mg or more of alcohol per liter of breath).

- ▼ Penalty: Imprisonment for up to 3 years or a fine of up to 500,000 yen

■ Assisting someone to ride a bicycle under the influence of alcohol (Providing assistance)

- ▼ A person who provide a bicycle: Imprisonment for up to 3 years or a fine of up to 500,000 yen
 ▼ A person who provides alcohol: Imprisonment for up to 2 years or a fine of up to 300,000 yen

■ Other

“Drunk driving” for bicycles is a fine of up to 5 years in prison or up to 1 million yen.

For more information, please contact a police station.

【Inquiries】 Livelihood Security Division (Seikatsu Anshin-ka) ☎028-632-2264

Prevent DV

DV stands for “Domestic Violence,” which refers to violence caused by husbands, wives, lovers, etc. In addition to physical violence, such as beating and kicking, it also includes psychological attacks, such as shouting loudly, economic pressure, such as not handing over living expenses, and sexual harassment, such as not cooperating in contraception.

Don’t worry about such things on your own but consult with someone first.

Consultation windows	Consultation days/times
Municipal Spouse Violence Consultation Support Center (Shi Haigusha Boryoku Soudan Shien Center) ☎028-635-7751	▼ Phone, in person* (*appointment needed) Tuesday – Saturday 9:00AM - 5:00PM 4 th Saturday until 12:00PM
Tochigi Men’s & Women’s Joint Participation Center Consultation Room (Spouse Violence Consultation Support Center) (Tochigi Danshi Kyodo Sankaku Center Soudan Room (Haigusha Boryoku Soudan Shien Center)) ☎028-662-8720	▼ Phone Monday – Friday 9:00AM - 8:00PM Saturday & Sunday 9:00AM - 4:00PM ▼ In person (appointment needed) Tuesday – Sunday 9:00AM - 4:00PM

【Inquiries】 Spouse Violence Consultation Support Center (Haigusha Boryoku Soudan Shien Center)

☎028-635-7751

Fun events ♪ ♪

International Exchange Salon ♪

- ⌚ Every 4th Saturday 4:00PM – 6:00PM
December 21 (Sat)
(3rd Saturday for December)
- 😊 An opportunity to enjoy interacting with people from various countries.

Cost Free

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

☎ 028-616-1563



Special Winter Story Salon

- ⌚ December 21 (Sat) 2:00PM - 3:00PM
- 😊 Christmas & winter stories, craft, etc.

Cost Free

Limit First 20 people

Sign up In-person or by phone from Dec. 7 9:30AM

@ Kawachi Library (*Kawachi Toshokan*)
(3397 Nakaokamoto-cho)

☎ 028-673-6782



Make a Home for Beetles

- ⌚ January 12 (Sun) 9:15AM - 12:00PM
 - 😊 Enjoy raking up deciduous leaves and walking in Satoyama in winter
- Limit** First 20 people
Sign up By phone from December 4
- Cost** 200 yen
@ Nagaoka forest land (*Nagaoka Jurinchi*)
(Nagaoka-cho)
- ☎ Green Trust Utsunomiya Secretariat
(*Green Trust Utsunomiya Jimukyoku*)
028-632-2559

TIA Library

Picture Book "s from Around the World" Area

- ⌚ 8:30AM - 5:15PM
(Closed Sunday, Monday, national holidays)
- 😊 A "Picture books of the world" area is now available in the TIA library. You can read picture books in 24 languages, including English and Vietnamese. Those who already have a TIA book card can borrow these books.

URL https://tia21.or.jp/content/files/sekaino_ehon.pdf

List of picture books ⇒



- ⌚ Tochigi International Association
(9-14 Honcho, Inside the Tochigi International Exchange Center)
- ☎ 028-621-0777

Animation Film Viewing

- ⌚ December 15 (Sun)
① 10:30AM
② 2:00PM
- 😊 "Nintamarantaro, the Movie"



- Limit** First 50 people
Numbered tickets distributed 30 minutes before the screening on the day
- ⌚ Central Library (*Chuo Toshokan*)
Audiovisual Library (*Shichokaku Library*)
(7-57 Akebono-cho)
 - ☎ 028-638-5704

Christmas Concert ♪

- ⌚ December 21 (Sat)
① 10:00AM - 12:00PM
② 1:30PM - 3:30PM
- 😊 A concert for Christmas that can be enjoyed by children and adults ♪

- Limit** First 300 people
Sign up By phone from Dec. 5 2:00PM
- ⌚ South Library
(*Minami Toshokan*)
(56-1 Suzumenomiya-cho)
 - ☎ 028-653-7609



Interview

Danelia of Germany



We asked Danelia of Germany about the state of Bavaria, "eco" activities, what Germans like, good aspects of Japan, recommend things to try, and advice on how to live in Japan.

Hallo! (German for hello.)

Danelia came to Japan 2 years ago to study Japanese.

UCIA: What kind of place is your hometown?

Danelia: I am from Bavaria, southern Germany. It is near Austria, where the Alps are located. It gets cold down to -10°C in winter and snows. There are many saunas. Sometimes it's over 30°C in summer, but it's comfortable. I love mountains and studied Japanese in Kofu City.

UCIA: I believe that "eco" activities are advancing in Germany. What kind of activities are there?

Danelia: In Germany, you can exchange empty cans and bottles for coupons that allow you to shop at the market when you put them in the market's automatic machine. Because of that there are no cans or bottles carelessly thrown out, but Japan has even less items carelessly thrown out and is clean.

UCIA: Do Germans really like beer?

Danelia: Germans love sausage and beer, but I prefer natto to sausage and wine to beer.

UCIA: What do you like about Japan?

Danelia: In Japan, there are toilets everywhere, and they are clean and have toilet paper. That is not the case in Germany, and if you don't pay, you won't be allowed to use a public toilet.

There are vending machines for drinks everywhere, which is very helpful for me, as I don't have to carry heavy drinks for hiking.

UCIA: What do you recommend to try in Japan?

Danelia: I wore a "happi" coat and experienced carrying a portable shrine at a festival. I was able to participate in a traditional Japanese festival and enjoyed the excitement of the Japanese people.

UCIA: What advice do you have for people who recently came to Japan?

Danelia: When you get on a train or bus, it's better to be still and quiet. Have good manners.

UCIA: Danelia, danke! (Thank you!)

Utsunomiya International Plaza (UIP) Services

General consultation for foreign residents

※Assistance in other languages is possible using a tablet that can interpret and translate multiple languages.



UCIA OFFICIAL LINE

We send out information on fun exchange events and everyday life information. Please register as a "Friend" to use it as an information gathering tool.



"Oh-i!" is available in easy Japanese, English, Chinese, Portuguese, Thai, and Vietnamese. You can also read it on the Utsunomiya International Exchange Association's (UCIA's) website at <https://www.ucia.or.jp>

