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Countermeasures for Hay Fever

When spring comes, many people worry about "cedar and cypress hay fever."

During the pollen season, information about pollen in the air is also available in the weather forecasts, so be sure to check the news and try to prevent the symptoms as soon as possible.

Reference Material: Government Public Relations Online

◇ When going out

① Wear a mask

A mask that fits your face, is easy to breathe through, is disposable, and made of non-woven fabric is recommended.

② Wear glasses

There are glasses for hay fever, but the amount of pollen in your eyes will be reduced just by using regular glasses.

③ Wear clothes that are resistant to pollen

Don't wear clothing that attracts pollen, such as wool, but choose cotton, polyester, etc. By wearing a hat, you can reduce the amount of pollen on your head.

◇ When coming home

① Don't let pollen in your home

Remove the pollen from your clothes before entering your home.

② Gargle and wash your face

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

◇ When in your home

① When circulating the air in your home, open your windows just slightly and only for a short time.

② Clean to reduce the pollen indoors.

People with light vehicles or motorcycles must make a declaration when

① to ⑤ below apply.

- ① When moving out of or into the city
- ② When disposing (throwing away) of your light vehicle or motorcycle
- ③ When giving your light vehicle or motorcycle to another person
- ④ When selling your light vehicle or motorcycle
- ⑤ When your light vehicle or motorcycle is stolen

Until you do the procedures, you will need to continue paying the light vehicle tax.

Failure to pay taxes may cause trouble when you try to apply for status for residence.

For information on the procedures for the light vehicle tax, please visit the Utsunomiya City website.

【Inquiries】 Taxation Division (Zeisei-ka) ☎028-632-2205



Light vehicle tax



Foreign language
city tax info.

Beware of “Yami baito” Part-time Job Postings

Absolutely not!!

Information containing the following words and content you are looking at to apply for part-time jobs on social media and internet websites may be for “illegal part-time jobs (yami baito).” Illegal part-time jobs are not part-time jobs, but “crime.” If you work do such an illegal part-time job, and want to quit, you will be threatened based on information regarding yourself, your family, etc.

For example, you may be told that someone is going to “go to your home” or “harm your family.” If you do illegal part-time work, there will be severe heavy penalties, so make sure you never get involved.

Watch out for these keywords!

- ▼ “White job” (Legal and easy-to-earn high-income job)
- ▼ High-paying part-time job (= Earn a lot of money)
- ▼ Same day pay (= Receive money on the day you work)
- ▼ Suit provision (= You can receive a free suit)
- ▼ Just receive documents
- ▼ Just survey on-site
- ▼ Just create a bank account
- ▼ Receive (= Receiver), Withdrawal (= Withdrawer), UD (= Person who receives and withdraws)
- ▼ Hitting (= Robbery), Transport (= Smuggler)

Watch out for this content!

- ▼ Pay that is excessively high, such as “tens of thousands of yen a day,” “100,000 yen a day,” etc. or no hourly wage noted.
- ▼ The contact method is not by phone or e-mail, but rather specified as a direct message or a messaging app.
- ▼ Work description isn’t clearly noted, such as “just haul,” “just make a phone call,” etc.
- ▼ There is no interview, but sending identification cards with personal information, such as residence cards or driver’s licenses is required.

What to do if you become involved with an illegal part-time job

Consult with the police immediately.

Also, if you feel uneasy not only about yourself, but also about your family and friends, please consult with the following agencies.

- ▼ Police Consultation Hotline ☎#9110
- ▼ Young Telephone ☎0120-87-4152
- ▼ Nearby police station

【Inquiries】 Livelihood Security Division (Seikatsu Anshin-ka) ☎028-632-2137

Fun events ♪ ♪

International Exchange Salon ♪

- ⌚ March 22 (Sat) 4:00PM - 6:00PM
- ⌚ Every 4th Saturday
- ⌚ An opportunity to enjoy interacting with people from various countries.
- Cost** Free
- @** Utsunomiya International Plaza (4-1-1 Baba-dori)
- ☎** 028-616-1563



20th Century Famous Film Viewing

- ⌚ March 14 (Fri) 2:00PM
- ⌚ March 15 (Sat) 10:00AM
- ⌚ "High Noon"
- Cost** Free
- Limit** First 50 people
- Sign up** n/a
- Numbered tickets will be distributed starting 30 minutes prior to the showing
- @** East Library (*Higashi Toshokan*)
(3 Nakaimaizumi)
- ☎** Audiovisual Library 028-638-5704



Spring Break Concentrated Japanese Classes

- ⌚ March 25 (Tues), 26 (Wed), 27 (Thurs), 28 (Fri), 31 (Mon), April 1 (Tues), 2 (Wed) Total: 7 times
10:00AM - 12:00PM
- ⌚ These are Japanese language classes for children with roots in foreign countries that require support for Japanese language learning.
- Cost** Free
- Sign up** Please sign up by phone, fax, or e-mail. Please provide the name of the student, address, phone number of the guardian, name of school, grade, nationality, and how many years the child has been in Japan.
- @** Chuo Lifelong Learning Center (*Chuo Shougai Gakushu Center*) (1-1-13 Chuo) Rooms 205 & 206
- ☎** Utsunomiya City International Association TEL: 028-616-1870 FAX: 028-616-1871
✉ ucia@ucia.or.jp



Fun Spring Event

- ⌚ March 22 (Sat) 10:30AM - 11:30AM
- ⌚ Puppet show, etc. by "Storytelling Caravan: Tsubomiza"
- Cost** Free
- Target** Children age 3 and older & their guardian
- Limit** First 30 groups
- Sign up** Starting March 6 @ 2:00PM by phone
- @** East Library (*Higashi Toshokan*)
(3 Nakaimaizumi)
- ☎** 028-638-5614

"Non-aggressive Response Practice" that Helps Calm Your Children & Yourself

- ⌚ March 22 (Sat) 2:00PM - 4:00PM
- ⌚ Practice how exactly to praise and empathize with children by Tokuma Ito (Chigasaki City Children's Development Consultation Division)
- Limit** First 60 people
- Target** People living in & raising children in the city
- Sign up** Starting March 3 @ 10:00AM on city website
- @** City Hall 14th floor, large meeting room (1-1-5 Asahi)
- ☎** Lifelong Learning Division (*Shougai Gakushu-ka*) 028-632-2648

Interview

Anna of Poland

We asked Anna of Poland about Warsaw, a famous Polish person, meeting Japanese people, her hobby, work, a message, etc.



Dzień dobry! (Hello in Polish)

Anna came to Japan 11 years ago.

UCIA: What kind of place is Warsaw, your hometown?

Anna: Warsaw suffered great damage from war and other events, but it has since been rebuilt and has a historic townscape and beautiful park. It is the capital of Poland and a vibrant town.

UCIA: Who is a famous Polish person?

Anna: Curie (Maria Skłodowska) who was born in Warsaw. When she was 24-years-old, she went to Paris to study radioactivity. She won the first Nobel Prize in physics for a woman in 1903 and the Nobel Prize in chemistry in 1911. She did research that is the basis of modern physics and medicine.

UCIA: How did you first meet Japanese people?

Anna: When I was studying in China, I became friends with my Japanese roommate. I depended on that friend when I came to hang out in Kansai for the first time and did a homestay. I was moved by the "Omizutori" event at Todaiji Temple, which brings spring to Nara.

UCIA: What kind of hobby do you have?

Anna: Twenty-eight years ago, I started learning pottery in Taiwan and continued to study pottery in a pottery club. I built a workshop in Mashiko and also acquired a gas kiln. I am allowed to have tea cups that I make be sold at a Polish friend's shop. I hope to make pottery my job in the future.

UCIA: What kind of work did you do?

Anna: Up until now, I have been working on a creating a website to introduce Polish culture. This website is available in many languages, including English, Japanese, Korean, Chinese, and Taiwanese, so please take a look at it. (HP: culture.pl)

UCIA: Please provide a message to foreign residents in Japan.

Anna: I would like people who can speak Japanese, but are not ashamed to speak it, to speak Japanese actively since they are in Japan.

UCIA: Anna, Dziękuję! (Thank you!)

Utsunomiya International Exchange Plaza (UIP) Services



General consultation for foreign residents

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

		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 Sun (by appointment only)				
City Hall 028-632-2834 (Business hours only)	9:00AM - 12:00PM	Thu	—	2 nd Thu	—	1 st Thu
	2:00PM - 5:00PM	Thu	2 nd Thu	—	1 st Thu	3 rd Thu

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>

