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## Enjoy riding your bike safely!

In this edition I'll tell you about bike riding rules. Please be sure to fully understand the following 5 rules and ride your bike in the proper manner.



- Parallel riding
- Riding while using a cell phone
- Riding while holding an umbrella in places where vehicles and people are passing
- Riding while listening to music, etc. using earphones or headphones

### Rule 1: Generally, bikes are to be ridden on the left side of the road

Generally, bikes are to be ridden on the road where there is a distinction between the road and the sidewalk or roadside. However, in the following cases, it is permissible to bike on the sidewalk.

- Places designated by road signs or road markings
- When the bike rider is a child under 13 years of age, an elderly person 70 years of age or older, or is physically disabled
- When it is unavoidable, such as not being able to pass safely on the road

### Rule 2: Obey traffic signals and stop signs at intersections, and be sure to confirm it is safe at an intersection before proceeding through

### Rule 3: Be sure to turn on a light at night

### Rule 4: Obey safety rules



The following 6 things are prohibited, so be extra careful.

- Drunk driving
- Dual riding ※Excluding cases when children of an age prior to entering elementary school are riding in an child seat, etc.

### Rule 5: Wear a helmet

- Not only the person steering the bicycle, but also children riding along should wear a helmet
- Guardians should make sure that when their children are biking that they wear a helmet

As of April 1, 2026, a "fine" system will begin for bicycle traffic violations. A notice called a "Blue Ticket" will be issued for rule violations, and a fine will be issued according to the violation content.



Main violations	Fine
Riding while looking at a smartphone	12,000 yen
Ignoring a traffic signal	6,000 yen
Going the wrong way on a one-way street	
Failure to stop at a designated place	5,000 yen
Parallel riding	3,000 yen
Dual riding	

Applicable persons: 16 years of age or older

This is a convenient app that allows you to easily check how to separate garbage, put out garbage, and know what days it is collected.

In addition to Japanese, it can be viewed in English, Chinese (Simplified), Korean, Thai, Portuguese, Spanish, Vietnamese, and Nepalese. If you set the language of your smartphone itself to one of the 9 languages listed prior, you can view the app in that language. (Except for some features.)



### ■How to use

- Install the “Sanaaru” app

You can install the app using the QR codes on the right ⇒

- After installing, select ① “New registration,” ② “Tochigi Prefecture,” and ③ “Utsunomiya City,” and then ④ “Area of residence” to register.

Android



iPhone



### ■Main features

#### ▼Check collection days, etc.

By setting your residential area, you can check the weekly and monthly garbage collection days and items (recyclables, hazardous garbage, etc.) and receive notifications as well →



#### ▼Check using the “How to Separate and Put out Recyclables and Garbage” pamphlet

← Refer to the illustrated pamphlet



#### ▼Garbage separation dictionary feature

You can search for garbage by item (in alphabetical order) and see how to separate and put it out →



### Column

#### A video has been made on how to separate and reduce garbage!

Not mixing in recyclables with burnable garbage and valuing food to reduce food loss will lead to the achievement of SDGs (Sustainable Development Goals).

Watch the video using the QR code on the right to increase behavior good for the environment. ⇒



## Fun events ♪♪

### International Exchange Salon ♪

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



### Tochigi Multicultural Coexistence Forum 2025

- ⌚ November 29 (Sat) 1:30PM - 3:30PM  
Doors open 1:00PM
- ⌚ Keynote speech by Mr. Hiroki Okazaki on the topic of tips to promote "multicultural coexistence in neighborhoods." Following the speech, there will be a panel discussion to discuss how to get along with Japanese people in the community and workplace
- Cost Free
- Limit First 100 people
- Sign up By phone or online form ⇒ <https://forms.gle/khf6m28Bwi8d5Yvk7>
- @ Tochigi Prefectural Government Hall East Building 4<sup>th</sup> floor (1-1-20 Hanawada)
- ☎ Tochigi International Association 028-621-0777



### East Library Festival

- ⌚ December 7 (Sun) 9:30AM - 3:00PM
- ⌚ Shakuhachi & koto instrumental concert
- ⌚ Exciting activities
- ⌚ Food truck vending
- ⌚ Special winter stories
- ⌚ Quiz rally and other fun activities ♪

Further information ⇒



- @ East Library (*Higashi Toshokan*)  
(3-5-1 Nakaimaizumi)
- ☎ 028-638-5614

### Free Legal Consultation for Foreign Residents

- ⌚ November 15 (Sat)  
① 10:00AM - 12:00PM  
② 1:00PM - 3:00PM
- ⌚ You can consult with a lawyer in Japanese, English, Chinese, Vietnamese, Tagalog, Portuguese, Spanish, Nepalese and Thai. (With interpreting) Please make an appointment by phone.
- Cost Free
- @ Tochigi International Association  
(9-14 Honcho)
- ☎ 028-627-3399

### Enjoy Picture Books From Around the World!

- ⌚ November 30 (Sun) 1:30PM - 3:30PM
- ⌚ Listen to picture books being read aloud while learning about the three countries of Denmark, the Philippines, and India. Families are encouraged to come.
- Cost Free
- Sign up Call or e-mail UCIA
- @ East Library 2<sup>nd</sup> floor meeting room  
(*Higashi Toshokan 2F Shukaishitsu*)  
(3-5-1 Nakaimaizumi)
- ☎ Utsunomiya City International Association (UCIA)  
028-616-1870
- ✉ ucia@ucia.or.jp



### Famous Film Viewing

- ⌚ November 24 (Mon/Holiday) 2:00PM
- ⌚ "Lady Kaga"  
This is a story about young landladies working hard to revive a local hot spring resort.
- Cost Free
- Limit First 300 people (Admission ticket distribution starts at 1:15PM)
- @ South Library Southern Cross Hall  
(*Minami Toshokan*)  
(56-1 Suzumenomiya-cho)
- ☎ 028-653-7609



## Interview

### Daniel of the USA

We asked Daniel of the USA who attends the Japanese language classes offered here about his reason for coming to Utsunomiya, life here, and his impression of Japan.



**UCIA:** Where are you from?

**Daniel:** I am from Cape Cod, which is in the state of Massachusetts in northeastern USA. There are many shallow beaches there where you can enjoy swimming, rowing yachts and small boats, and marine sports.

**UCIA:** When did you first come to Japan?

**Daniel:** I came in 1980 and stayed for three years in the Navy in Sasebo, Nagasaki Prefecture. I developed a love for Japan, then returned to the USA.

**UCIA:** After going back to the USA, what kind of work did you do?

**Daniel:** I worked as a technology analyst, a technology journalist, and sold anti-fraud software to telephone companies.

**UCIA:** What was the reason for coming to Utsunomiya?

**Daniel:** My wife is Japanese and was in the USA for forty years, but had the desire to return to Japan. I agreed and three years ago we came to Utsunomiya. There are three reasons why we chose Utsunomiya. There is little concern for earthquakes, and it is close to Tokyo.

The other reason is that there is a club for "pickleball," which my wife and I played in the USA. It is about as popular as tennis in the USA, and it is an attractive sport that can be played by people of any generation. Plastic balls are hit back and forth on a court smaller than that for tennis.

**UCIA:** How is your life in Utsunomiya?

**Daniel:** I exercise about twice a week by going to play pickleball. I also speak at a club of people that want to talk in English about once every two months.

**UCIA:** How are the Japanese language classes?

**Daniel:** A variety of people come to the classes, so it is fun. I like Japanese, but can't speak well, so it is a shame that I can't talk although there is a lot I would like to say.

**UCIA:** What is your impression of Japan?

**Daniel:** Japan is a very clean and beautiful country, and Japanese people are kind and friendly. They always provide me with wonderful support. I hope to continue to enjoy Japan!

**UCIA:** Thank you, Daniel!

## Utsunomiya International Plaza (UIP) Services

### General consultation in various languages

※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 <sup>st</sup> & 3 <sup>rd</sup> Mon	Tues	Wed	Fri	
		4 <sup>th</sup> Sun (by appointment only)					
City Hall 028-632-2834 (Business hours only)	9:00AM - 12:00PM	Thurs	—	—	—	Thurs	
	2:00PM - 5:00PM	Thurs	2 <sup>nd</sup> Thurs	3 <sup>rd</sup> Thurs	1 <sup>st</sup> Thurs	—	

### UCIA's 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 City Association's (UCIA's) website at <https://www.ucia.or.jp>

