

ICIEF Board

*The Monthly
 Living Guide
 for the Itabashi
 International
 Community*



Japanese Lessons for Beginners

The Itabashi Culture & International Exchange Foundation (ICIEF) has beginning Japanese classes for City residents. Please spread the word to people you know who may be interested!

First Semester Schedule:

(No class on public holidays)

Course	Times	Dates
A	Monday & Wednesday, 10:00AM-12:00PM	April 8 to September 26
B	Tuesday & Friday, 6:30-8:30PM	April 9 to September 20
C	Wednesday & Saturday, 10:00AM-12:00PM	April 10 to September 21

Place: Itabashi Green Hall (Sakae-cho 36-1)

Space: 20 students per course

Fee: ¥4,800plus textbook cost

※First come, first served

Sign up: Via postcard, fax or email to ICIEF (below), send the following information:

- ①"Beginning Japanese Lessons", ②Course, ③Address, ④Name (with furigana), ⑤Gender, ⑥Daytime telephone, ⑦Nationality.

Contact: ICIEF International Exchange Group, Itabashi 2-66-1, Itabashi-ku 173-8501

TEL 03-3579-2015, FAX 03-3579-2166, email: kkouryu@city.itabashi.tokyo.jp



Children's Health: Checkups for Small Children

Medical checkups for babies and toddlers is an important chance to make sure your child's mind and body are healthy. It is also a chance to check your child's speech development. Checkups are free of charge!

Item	Timing	Place	Notice	Content
4-month checkup	4-month babies	Health & Welfare Centers	Mailed in 2nd month	Survey, body measurement, physical exam, BCG vaccination, advice on development and nutrition
6-month checkup	6-7-month babies	Tokyo-contracted institutions		Mailed in 17th month
9-month checkup	9-10-month babies		Itabashi-contracted institutions	
18-month checkup	18-23 months (before 2nd birthday)	Health & Welfare Centers	Announced in Koho Itabashi	Dental exam; advice on development, nutrition & psychology; asthma prevention survey
18-month dental				Survey, body measurement, physical exam, dental exam; urine, vision, hearing tests; advice on development, nutrition & psychology.
3-year checkup	3 year-olds	Health & Welfare Centers	Announced in Koho Itabashi	
4-5-year checkup	4 and 5 year-olds (excluding daycare & preschool children)			

Contact: Health Promotion Section, Health Services Group, TEL 03-3579-2313

Admin**Sakura Matsuri (Cherry Blossom Festival)**

Itabashi has planned for cherry blossom festivities at 9 locations. Enjoy a fun time with your family under the blooming cherry trees.

March 31 (Sunday):

☆ Rain plan

Area (Contact TEL)	Time & Place
Itabashi ☎ 03-3963-5049	11:00-15:00 Itabashi 5th Junior High School ☆Cancel
Nakacho ☎ 03-3958-1101	9:20-14:00 Oyama Elementary School/Itabashi Kotsu Park ☆Cancel
Hasune ☎ 03-3969-5723	10:30-15:00 Johoku Park baseball field ☆at Hasune Regional Center
Funado ☎ 03-3558-4193	10:00-15:30 Ukima Park ☆Cancel or shorten

April 6 (Saturday):

Area (Contact TEL)	Time & Place
Sakuragawa ☎:03-3974-3180	10:30-14:30 Sakuragawa Elementary School ☆Postpone to April 7

April 7 (Sunday):

Area (Contact TEL)	Time & Place
Tokiwadai ☎ 03-3559-6560	10:00-15:00 Peace Park ☆Cancel
Shimura Sakaue ☎ 03-3969-7577	10:00-15:00 Azusawa Park baseball field ☆Cancel
Maeno ☎ 03-3969-0307	11:00-15:00 Maeno Park ☆Cancel
Tokumaru ☎ 03-3932-5370	11:00-15:00 Nishitoku First Park ☆Cancel

Contact: The local Regional Center (☎ above)

Admin**Hot Spring Discount Coupons**

Many spa bath facilities give special discounts for people enrolled in the National Health Insurance or Over 75 Medical Insurance and their families, because of the health benefits.

Available period: April 1, 2013, to March 31, 2014.

Facility	Address, Phone	Contract Price	Standard Price
① Spadio Natural Hot Spring ※ Closed every 2nd Thursday (except February & August)	Miyamoto-cho 49-4, Itabashi ☎ 03-3967-1126	¥1,680 (※1)	¥2,040
② Sakura Tokyo Somei Hot Spring	Komagome 5-4-24, Toshima ☎ 03-5907-5566	¥1,050 (※1) (※2)	¥1,260
③ Times Spa Resta	Higashi Ikebukuro 4-25-9, Times Station Ikebukuro 10-12F ☎ 03-5979-8924	¥2,100 (※3)	¥2,520
		Quick Dip (90 min limit) ¥1,320 (※3)	¥1,520
		Early Bird (4:00 to 8:00AM) ¥1,600 (※3)	¥1,800

※1: Prices are for Junior High to adult. For children, please contact the facility.

※2: Weekdays only

※3: Age 18 and older only

To Apply: At any City Residents' Office, NHI & Pension Section (City Hall 5F #13) or Over 75 Medical Insurance Section (City Hall 5F #5), fill out a coupon request form and contact the Facility.

Contact: NHI & Pension Section (☎ 03-3579-2401) or Over 75 Medical Insurance Section (☎ 03-3579-2327)

Admin

2013 New Senior Citizens' Energy Refreshment Coupons

The Refreshment Coupon program aims to help senior citizens stay healthy and participate in society, and to help their caregivers refresh themselves as well.

Categories

1. Senior Citizens' Energy Refreshment coupons
For elders living at home within Itabashi, born on or before April 1, 1944, who have no nursing assistance designation, or Assistance Level 1-2, or Nursing Level 1-2.
2. Family Caregiver Refreshment coupons
For family members caring for elders living at home and enrolled in Nursing Insurance with a Nursing Level 3-5 designation.

※Not eligible if insurance premiums are unpaid. ※People enrolled in other insurance plans (not NHI) may also apply.

Services Available

- Designated public baths
 - Designated beauty and hair salons
 - Designated acupuncture, moxibustion, massage, shiatsu clinics
 - Partial tuition for Itabashi Green College
 - Use of City gymnasium facilities
- ※Coupon may not cover full cost. User must pay any shortfall. See the pamphlet for details.

Program Information and Application Forms

Minsei representatives will visit your home from late February with materials.

To Apply

Fill out the forms and mail to the Lifestyle Promotion Section (¥50 stamp required).

Contact: Lifestyle Promotion Section TEL 03-3579-2371, or Refresh Program hotline TEL 03-3579-1288

Event

Itabashi Peace Manifesto Commemorative Exhibit

Itabashi City, expressing its aspiration for permanent world peace, declared its Peace Manifesto on January 1, 1985. The Peace Exhibit is one of the many projects the City undertakes towards achieving this lofty goal.

The exhibit includes 30 selected outstanding works by elementary and junior high students, who will carry the effort forward as the next generation, pictures and posters on the theme of Peace and War, as well as posters commemorating the 5000th city joining the Mayors for Peace, which Itabashi is also a member.

When: March 5-11, 11:00AM-10:00PM (7 days)

Where: Aeon Itabashi Shopping Center (5F Event Space)

Contact: Peace Manifesto Commemorative Projects Commission
(c/o General Affairs Section, City Hall) TEL 03-3579-2052



Event

International Salon : Friendship Club Nakama

Meeting new people and making more friends is always a good thing! The International Salon is a place where volunteers bring Japanese and non-Japanese together. From children to adults, anyone can join in, so please drop in.

When: Saturday, April 6, 2:30 to 4:30 pm **Where:** Green Hall, Room 504

(Sakae-cho 36-1) ※5-min walk from Mita Line *Itabashi Kuyakusho-mae* or
Tobu Tojo Line *Oyama* Station

Fee: 200 yen (includes refreshments) **To Apply:** Just walk in!

Contact: ICIEF International Exchange Section TEL 03-3579-2015

See the Friendship Club *Nakama* website: www.geocities.jp/itabashifriendshipclub/



ICIEF BOX :: Spring is Coming Soon ::

In Japan, from elementary to university, almost all schools begin in April and end in March. Therefore, for many people, March is a milestone, leaving the nest of their familiar school and advancing to a new one or joining the larger society. The graduation season comes around March 20, when young women flood the streets in their festive and fancy costumes. Today, when most wear dresses to get married, university graduation has joined the Coming of Age ceremony as the top chances to get decked out in traditional formal clothes.

From late March to April is cherry blossom season for Tokyo, Osaka, and most of Japan, outside of Hokkaido. When the cherry trees are budding, the nervous feeling of the graduation ceremony in formal wear forms a nostalgic memory for countless Japanese.

Combined with the closing of the fiscal year at government and many businesses, March is probably the second most important season in Japan after New Year's.

The weather alternates between warm and cold days, with "It's Cold!" days becoming fewer, and at last the cherries bloom and spring arrives. Soon we will leave the cold winter behind. The blooming flowers and new green leaves of spring are almost here. It's a wonderful chance for city dwellers to get out of town and feel the coming of spring in nature.

This column is produced by the ICIEF International Volunteer Advertising Committee

Funding for International Exchange and Assistance Projects

Itabashi provides funding for volunteer groups in the City conducting activities designed to improve communication and understanding between Japanese and foreign people, such as Japanese language lessons and international exchange projects.

Criteria:

- (1) Teaching Japanese language to foreign people, to be conducted between April 1, 2013, and March 31, 2014; **OR**
 (2) International exchange, advisory services for foreigners, multicultural coexistence projects, etc, to be conducted between April 1 and July 31, 2013 (1st quarter).

Funding: Half of project costs (annual limit of 200,000 yen per organization).

※ All funding is subject to review and approval of projects and amounts.

To Apply: By April, 15, by post or in person, submit a completed application to ICIEF (contact info below). Forms and information are available at the ICIEF website, its office, as well as the Itabashi General Volunteer Center.

Contact: Itabashi Culture & International Exchange Foundation (ICIEF), International Exchange Section

City Hall 7F #12. TEL 03-3579-2015 Itabashi 2-66-1, Itabashi-ku 173-8501. www.itabashi-ci.org

Discount Coupons for Acupuncture, Massage and Other Treatments

Residents meeting the following criteria may obtain discount coupons for acupuncture, moxibustion, massage and shiatsu treatments.

Criteria: Enrollee of Itabashi's National Health Insurance program, whose premium payments are up to date, and who are 65 to 69 years old in fiscal 2013 (born between April 2, 1944, and April 1, 1949)

Valid period: April 1, 2013, to March 31, 2014 **Number:** One book (7 coupons) per eligible person

To Apply: Between April 1, 2013, and February 28, 2014 (by postmark), via postcard or the City website electronic application; provide the following information: ①2013 Treatment Coupon Request, ②Home address, ③Name, ④Birthdate, ⑤Home telephone, ⑥NHI card number

※NHI & Pension section also accepts applications at the counter (City Hall 5F #13) from April 1 to March 31. Bring your NHI card.

※Application postcards are available at Residents' Offices, Fureai Halls, Rest & Relaxation Houses, Senior Citizens Health & Welfare Center, and NHI & Pension Section.

Contact: NHI & Pension Section (Administrative Group) TEL 03-3579-2401 ☎ 173-8501 (full address not necessary)