

ICIEF Board

*The Monthly
Living Guide
for the Itabashi
International
Community*

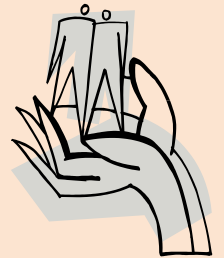
Admin

Nursing Care Insurance in Itabashi

Under the nursing care insurance system, all those aged over 40 enroll as members (the insured) and bear the cost of insurance, and can access nursing care services when needed.

<Category 1 insured individuals: those aged 65 and over>

Foreign nationals aged over 65 who have been legally resident in Japan for in excess of 3 months and who are listed in the Basic Resident Register must all enroll in the Nursing Care Insurance scheme. An insurance card is issued on turning 65. Please look after it carefully. You will be able to access care and support services in the event that you are certified as needing them.



< Insurance premium payment methods for Category 1 >

● If you have a yearly pension of more than 180,000 Yen, premiums are deducted automatically from your pension (Special Collection). However, new qualifiers (those who turned 65 during the fiscal year and those who have moved in from another municipality) must pay by Ordinary Collection (as below) until Special Collection can be initiated.

● Those with a yearly pension of less than 180,000 Yen/new qualifiers pay individually either by payment slip or bank transfer (Ordinary Collection). If you wish to pay by bank transfer please request an application form.

<Category 2 insured individuals: those aged 40 to 64>

Foreign nationals aged 40 to 64 qualify for care or support services if certified as requiring them due to one of 16 specified diseases (terminal cancer, cerebrovascular disease etc.) covered by nursing care insurance.

<Insurance premium payment methods for Category 2>

Differ according to your medical insurance plan. Please enquire with your medical insurance provider.

<What happens if you default on insurance premium payments>

If you are behind with insurance premium payments, benefit restrictions may be put in place when you access nursing care services. Please keep up to date on your payments so that you can receive nursing care services with an easy mind.

Contact: Health & Livelihood Division, Nursing Care & Insurance Section, Qualifications & Insurance Premiums Subsection
(Itabashi City Hall 5F, counter #6) ☎ : 03-3579-2359 FAX : 03-3579-3402

Event

International Salon: Friendship Club Nakama

~Have fun and make new friends! ♪~

The International Salon is a place for interaction between foreign people and Japanese people held once a month by volunteers. Everybody is welcome to participate, so why don't you spend an afternoon with us? We look forward to meeting you. ♪

Date: August 3 (Sat) 14:30~16:30

Place: Green Hall, Meeting Room 504 (Sakae-cho 36-1) 5-minute walk from Itabashi Kuyakusho-mae station (Toei Mita line) or Oyama station (Tobu Tojo line)

Cost: 200 Yen (includes refreshments) **Applications:** None necessary. Just turn up on the day.

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

※Friendship Club *Nakama* has a homepage! It is full of information about the club's staff and activities.

Find it by searching for 「フレンドシップクラブ なかま仲間」 (Friendship Club *Nakama*).





Contagious diseases still pose a threat to children's health, but many can be prevented with vaccinations. Protect your children's health by having them vaccinated!

Timing and ages for scheduled vaccinations are determined by law. Registered residents of Itabashi require a vaccination coupon issued by the City Hall in order to receive vaccinations. These are sent by mail to those who are eligible. If you need a coupon, please contact the Health & Welfare Center.

| Vaccine | Timing | Doses |
|---|---|----------|
| BCG | Up to 1 year old | 1 |
| DPT-IPV | From 3 months to 7½ years | 4 |
| DPT※1 | From 3 months to 7½ years | 4 |
| IPV (inactivated polio virus)※1 | From 3 months to 7½ years | 4 |
| DT (part 2) | From 11 to 13 years | 1 |
| MR (part 1) | From 12 to 24 months | 1 |
| MR (part 2) | From 5 to 6 years (the year before entering primary school) | 1 |
| JE (part 1) | From 6 months to 7½ years | 3 |
| JE (part 2) | From 9 to 13 years | 1 |
| Hib vaccine (Haemophilus influenzae type B) | From 2 months to 5 years | Max. 4※2 |
| Childhood pneumococcal infection | From 2 months to 5 years | Max. 4※2 |
| HPV (cervical cancer) | Girls from 6 th grade of primary school to 1 st year of high school | 3 |

※1 DPT and IPV vaccines are not necessary if the child has already received the combined DPT-IPV vaccine.

※2 Number of doses varies according to age of child at first dose.

Contact

Health Center Disease Prevention Section Itabashi Health & Welfare Center
(03-3579-2318) (03-3579-2333)

Kami-itabashi Health & Welfare Center
(03-3937-1041)

Akatsuka Health & Welfare Center Shimura Health & Welfare Center
(03-3979-0511) (03-3969-3836)

Takashimadaira Health & Welfare Center
(03-3938-8621)

Grants for International Exchange and Foreigner Support Projects

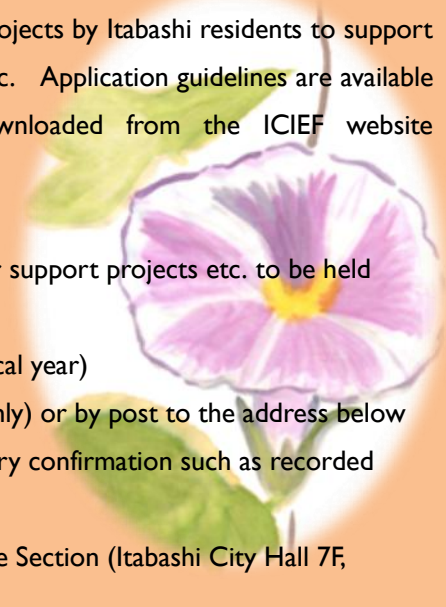
The ICIEF International Exchange section provides grants for independent projects by Itabashi residents to support non-Japanese residents, such as international exchange or lifestyle guidance projects etc. Application guidelines are available at the ICIEF office and Itabashi General Volunteer Center, or can be downloaded from the ICIEF website (<http://www.itabashi-ci.org/int/support/>).

Criteria: International exchange projects, international cooperation projects, foreigner support projects etc. to be held between August 1 and November 30, 2013

Grant Amount: 50% of project costs (limited to 200,000 Yen per organization per fiscal year)

Applications: Please complete and submit the specified forms in person (weekdays only) or by post to the address below from July 16 (Tues) until August 14 (Wed) (For postal submission, please request delivery confirmation such as recorded delivery or registered mail). Submissions not accepted by e-mail.

Contact: Itabashi Culture & International Exchange Foundation, International Exchange Section (Itabashi City Hall 7F, Counter #12) Itabashi 2-66-1, Itabashi-ku, Tokyo 〒173-8501 ☎ : 03-3579-2015



Event

August 1 (Thu) to 7 (Wed) is “Eco Life Week”!

Let's rethink our current lifestyles and embark on an earth-friendly way of life! During the week various events will be held, starting with a Water Sprinkling Campaign. Please help us by joining in the following activities!

(1) Water Sprinkling Campaign 7/20 (Sat)~9/1 (Sun)

Let's sprinkle water outside the house and on surrounding roads to alleviate the heat! Using stored-up rainwater or leftover bathwater is environmentally friendly.

(2) Green Curtain Study Tour 8/2 (Fri)

Take a minibus tour of green curtains being cultivated in Itabashi and listen to talks about their cultivation methods and effects.

(3) Eco Cooking 8/5 (Mon)

“Eco cooking” means considering the environment when “shopping / cooking / tidying”. Learn about the environment and energy through food!

(4) Arakawa Eco Tour 8/7 (Wed)

Take a boat tour to see flood defenses and remaining nature on and around the riverbanks of the Arakawa River within Itabashi.

※Details/how to apply will be announced in *Koho Itabashi* 13 July edition and on the City homepage (http://www.city.itabashi.tokyo.jp/c_kurashi/004/0053793.html). Please inquire below for more details.

Contact: Environmental Strategy Section, General Affairs Subsection

☎ : 03-5970-5656



Admin

Applications for Tokyo Public Housing

Tokyo Metropolitan Government plans to accept applications for its public housing in early August.

Target Households: “Families” (point system), “Singles”, “Silver Peer”

※Point system is limited to households such as single-parent families, elderly people, people with physical disabilities (e.g. wheelchair users), and families with many children.

Details (application period etc.) will be announced at the end of July via *Koho Itabashi*, *Koho Tokyo*, and the Tokyo Housing Supply Corporation Recruitment Center's telephone service (03-6418-5546) and homepage (<http://www.to-kousya.or.jp/>).

Contact: Tokyo Housing Supply Corporation Recruitment Center ☎ : 03-3498-8894
Housing Policy Section, Housing Policy Development Group ☎ : 03-3579-2186

Event

Science Hall: Guide to Summer Events

Date: July 20 (Sat)~August 25 (Sun) ※Museum closed Aug 12 and 19

● “Robots and Science & Technology” Exhibition **FREE**

Place: Science Hall, 1F entrance hall

Content: Introducing the world of robots and the science and technology used in them from various angles. Displays of communication, research and household robots etc.

● Summer Exhibition: “Why not do a summer research project?” **FREE**

Place: Science Hall B1

Content: Introducing research projects for the summer holidays, with a focus on learning science. There will also be displays of ideas for and ways to collate summer research projects.

● Planetarium Special Summer Program: “Secret Society of the Eagle Claw THE PLANETARIUM ~The Mystery of the Bla-bla-black! Hole~” Fee: Adult 350 Yen, Child 120 Yen

Time: 11:10~、13:30~ (※13:30~ session only July 20)

Target: Primary school and up

To apply / Contact: Itabashi Science and Education Hall, Tokiwadai 4-14-1, Itabashi 〒174-0071 ☎ :03-3559-6561

E-mail: itakk@itbs-sem.jp ※Please see the Science Hall's homepage for more information: <http://www.itbs-sem.jp>



Event

54th Annual Itabashi Fireworks Festival

Over 10,000 fireworks will be launched from both banks of the Arakawa River. Feeling the rumble of the fireworks in your belly at close range from the spectator's stands is a unique thrill of Itabashi's fireworks display!

Date: August 3 (Sat), 19:00~20:45 ※Postponed to next day (Sun 4) in case of bad weather

Place: Arakawa River south bank, upstream of Todabashi Bridge

Contact: Itabashi City Tourism Association ☎ : 03-3579-2255

Itabashi Fireworks Festival official homepage <http://itabashihanabi.jp/>



Paid Seating Information:

(1) Type of seat / Cost

| Type | Capacity (persons) | Price (Yen) | Max. no. tickets per purchase per person |
|----------------------------|--------------------|-------------|--|
| Field area with chair | 1 | 3,500 | 8 tickets |
| S seats (stands) | | 3,000 | |
| A seats (stands) | | 2,500 | |
| Field area, table & chairs | 4 | 22,000 | 1 set of tickets |
| S group seats (flat) | 8 | 24,000 | |
| A group seats (flat) | | 20,000 | |
| Field area, group seats | | 28,000 | |
| Grass slope, group seats | | 20,000 | |

(2) ①Date and ②Point of Sales:

- ① ★Advance sales in Itabashi from June 15 (Sat)~June 21 (Fri) ★General sales from June 29 (Sat)~ ※In both cases sales will open at 10am on the first day.
- ②City Hall main building 1F, special counter (June 15~16 only, 10:00~17:00) / Seven Eleven (24 hours) / Circle K Sunkus (7:00~23:30) / Ticket Pia stores (store hours vary) / Itabashi City Tourism Association (inside Itabashi Information Processing Center, weekdays 9:00~17:00)

Column

ICIEF Box <Words – Good to Know: “My Wife”>

Japanese has an abundant vocabulary. For example, let's take a look at ways of referring to one's own wife when talking to other people. “妻(tsuma/sai), ワイフ(waifu), 女房(nyōbō), 家内(kanai)” immediately come to mind. Besides these, there are other typically Japanese ways of referring to one's wife such as “母ちゃん(kaachan), 嬢(kaka), 神さん(kami-san)” and derogatory terms such as “あいつ(aitsu), 厄介者(yakkaimono)”.

Out of these, probably the most commonly used expression is “nyōbō”. It is very familiar and is used instinctively by many people. Meanwhile, recently “うちの奥さん(uchi no okusan)” is also frequently used. This originally indicated other people's wives, as in “彼の奥さん(kare no okusan, his wife)”, so there is a bit of a question mark over using it to refer to one's own wife. Also, “夫(otto)” is the antonym for “妻(tsuma)”, and “亭主(teishu)” is the antonym for “女房(nyōbō)”.

Incidentally, “teishu” also has the meaning of “master of the house”. It has quite an air of authority about it, as in the proverb “亭主関白(teishu kanpaku, husband who rules the roost)”, and formerly it maintained its own status within the household. Yet in recent years, far from an air of authority, “teishu”'s status has continued to decline steadily, and nowadays it can hardly aspire to its former glory. Conversely, “nyōbō”'s star is rising, with honorific suffixes such as “女房殿(nyōbō-dono, Lady Wife)”. When you look at it from the “teishu”'s side, it's as if the balance of power has reversed! Under these circumstances, it seems that in Japanese households the number of husbands who daren't go against “my wife” (うちの奥さん, uchi no okusan) is increasing. So, what's it like in your country?

(Reference: *Koji Kotowaza Jiten (Dictionary of Traditional Proverbs)*, Ed. Yasuo Kitahara)

This column is produced by the ICIEF International Volunteer Advertising Committee