

# ICIEF Board

*The Monthly  
 Living Guide  
 for the Itabashi  
 International  
 Community*

**Event**

**2013 International Exchange Festival: "Panda + Orangutan + Gamelan"**

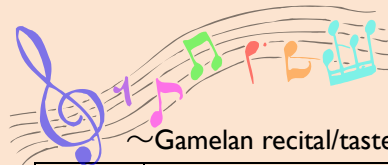
Itabashi currently has exchange relations with the following 5 countries/areas: Malaysia (Penang state), China (Shijingshan district, Beijing), Canada (Burlington city), Mongolia, and Italy (Bologna city).

This year we are introducing Itabashi's international exchange programs through the theme of wild animals such as pandas from China and orangutans from Malaysia.

As well as listening to a live performance of gamelan music (gamelan recital) you can try your hand at the real thing (gamelan taster).

There will be a wide range of activities for small children, including a craft corner where you can make origami paper animals and plants, a mini aquarium teeming with tropical fish, and a photo corner where you can take your photo wearing Malaysian traditional dress, so the whole family will be able to enjoy!

**Date:** November 16 (Sat) 10:00~16:00  
**Venue:** Green Hall, 2F Hall  
**Cost:** FREE



~Gamelan recital/taster session schedule~

	Session 1	Session 2
Recital	12 : 00~12 : 30	14 : 15~14 : 45
Taster	12 : 30~12 : 45	14 : 45~15 : 00

**Outline of main events:**

☆ Gamelan performance (No booking necessary - just turn up!)

- Performers: Lambangsari
- Performance and taster session will both be held twice

☆ Ueno Zoo Corner

- Displays of unusual panda-related items such as a model of a panda's front paw and panda poo! Panda and other goods from Ueno Zoo will also be on sale.

☆ International exchange projects in Itabashi

- Photo displays and panels introducing Itabashi's exchange countries/areas. A replica of a rafflesia, the largest flower in the world, will also be on display from the Malaysia Tourism Promotion Board.



Photo by Hitoshi Furuya



Photo by Tokyo Zoological Park Society

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

## Tenants Wanted! Applications for Tokyo Public Housing

①All-Tokyo Area ★Application Period: Nov 5 (Tues)~Nov 14 (Thu)

### Target Households:

Families, Singles (general recruitment housing), fixed term lease (Young families, Large families), Young families

☆See the application guide for more details on application requirements etc.

**Application guides and forms** will be available as follows:

From Nov 5 (Tues) to Nov 14 (Thu)<sup>※1</sup> at Itabashi Housing Policy Section (MS Building 6F, Counter #6), Akatsuka Branch Office, all Residents' Offices, Regional Centers and Welfare Offices.<sup>※2</sup> Or download from Tokyo Housing Supply Corporation homepage: <http://www.to-kousya.or.jp/>

※1 During evening and weekends, available at night reception at City Hall and Akatsuka Branch Office

**Contact:** Tokyo Housing Supply Corporation Recruitment Center ☎ : 0570-010810 (Nov 5~14) 03-3498-8894  
Itabashi City Housing Policy Section ☎ : 03-3579-2186

②Itabashi Area ★Application Period: Nov 25 (Mon)~Dec 2 (Mon)

Application for both categories (both ① and ② above) is possible.

**No. of units:** 2 Family units ※No Single units available in second application period

**Application guides and forms** will be available at the same places as ※2 above.

☆See the application guide available from November 25 (Mon) for more details on application requirements, reception periods etc.

**Contact:** Itabashi City Housing Policy Section ☎ : 03-3579-2186



## Grants for International Exchange 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, international cooperation or foreigner support projects etc. to be held between December 1, 2013 and March 31, 2014

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

**Applications:** Please complete and submit the specified forms either in person (weekdays only) or by post to the address below from November 15 (Fri) to December 13 (Fri). (For postal submission, please obtain proof of postage/delivery such as recorded delivery or registered mail). Submissions not accepted by e-mail.

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



## Enroll in National Health Insurance

Non-Japanese residents who fulfill certain requirements for residence status and residency period, who are listed on the Basic Resident Register (i.e. who have completed resident registration), and who are not enrolled in another health insurance program (such as workplace health insurance) should enroll in the National Health Insurance program (NHI). Under NHI, everybody pays monthly insurance premiums and the equivalent of 30% of the cost when paying medical fees at the hospital or other medical facility, while insurance covers the remaining 70%.

Please complete enrollment procedures at NHI & Pension Section, Entitlement Assessment Subsection (City Hall 5F, counter #8).

- ◇ Those entering or residing in Japan for the purpose of medical care under the “Designated Activities” residence status (or accompanying persons) may not enroll in NHI, even after completing resident registration.
- ◇ Those whose residence status is “Temporary Stay” (*tanki taizai*), may not enroll in NHI, no matter how many times they extend their residency period.

**To enroll:** Please bring your Resident Card (or Alien Registration Card) and passport.

**Insurance fee:** The base annual premium for an individual is ¥41,400 (or more, dependent on income).

※Those aged 40-64 pay an additional ¥15,000 per year premium for nursing-care insurance, a total of ¥56,400 per year (or more, dependent on income).

※Premiums are adjusted according to income level for the previous year and number of enrolled dependents.

※Premiums can be paid by electronic bank transfer in addition to payment slip.

**Contact:** National Health Insurance & Pension Section ☎ : 03-3579-2406



## Participants Wanted! “Picture Books of Peace” Storybook Workshop

The two “Picture Books of Peace” below were created here in Itabashi as learning tools for children to learn about the value of peace and the importance of human rights. Join us at the Storybook Workshop sessions to learn about the background of the books such as the daily lives of children and the current state of education support in Afghanistan.

No.	Date	Outline	Instructor
1	Nov 19 (Tues) 13:30~16:00	“Daily Lives of Children in Afghanistan”	Ms. Sedeka Eto, Director, NPO Eagle Afghan Reconstruction Organization
2	Nov 26 (Tues) 13:30~16:00	“Afghanistan Children & Picture Books”	Mr. Takafumi Miyake, Chief of Afghanistan Office, Shanti Volunteer Association (public interest incorporated association)

**Place:** Oohara Social Education Hall (大原社会教育会館)

**Target:** Anyone with an interest in any of the following: peace, human rights education, international understanding, picture books, reading aloud, school education etc.

**Capacity:** 20 people (first-come basis) **Cost:** FREE **Things to Bring:** Writing equipment

**To apply:** From 9am November 3 (Sun), by telephone or e-mail\* to the address at “Contact” below.

\*If applying by e-mail, please include the following in your application: ①“Picture Books of Peace Storybook Workshop”



「平和の絵本読みきかせのための講習会」②Name (furigana) ③Address ④Telephone number

**Contact:** Oohara Social Education Hall Oohara-cho 5-18  
〒174 - 0061 ☎ : 03-3969-0401 FAX:03-3969-0403  
E-mail: osyakyo@city.itabashi.tokyo.jp (PIC:Takebuchi)



# Admin

## Has Your Child Missed any Vaccinations?

Childhood diseases are easily caught and can quickly become serious, but many can be prevented with preventative inoculations. Check your child's vaccination history to ensure that he or she has not missed any vaccinations, to ensure that he or she can grow healthily!

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.

### Type, timing, and doses determined by law for childhood vaccinations

Vaccine	Timing	No. of Doses
<b>BCG</b>	Up to 1 year old	1
<b>DPT-IPV</b>	From 3 months to 7 1/2	4
<b>DPT</b>	From 3 months to 7 1/2	4 ※ 1
<b>IPV (inactivated polio virus)</b>	From 3 months to 7 1/2	4 ※ 1
<b>DT (part 2)</b>	From 11 to 13 years	1
<b>MR (part 1)</b>	From 12 to 24 months	1
<b>MR (part 2)</b>	From 5 to 6 years (the year before entering primary school)	1
<b>JE (part 1)</b>	From 6 months to 7 1/2 years	3
<b>JE (part 2)</b>	From 9 to 13 years	1
<b>Hib vaccine (Haemophilus influenza type B)</b>	From 2 months to 5 years	Max. 4 ※ 2
<b>Childhood pneumococcal infection</b>	From 2 months to 5 years	Max. 4 ※ 2
<b>HPV (cervical cancer)</b>	Girls from 6 <sup>th</sup> grade of primary school to 1 <sup>st</sup> year of high school	3

※ 1 Separate 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 (03-3579-2318)	Itabashi Health & Welfare Center (03-3579-2333)	Kami-itabashi Health & Welfare Center (03-3937-1041)
Akatsuka Health & Welfare Center (03-3979-0511)	Shimura Health and Welfare Center (03-3969-3836)	Takashimadaira Health & Welfare Center (03-3938-8621)

# Event

## 2013 International Exchange Year End Party



Enjoy performances and food from around the world!

**Date:** December 14 (Sat) 13:00~16:30

**Place:** Recreation Hall, Naka-cho Regional Center (Naka-cho 20-5 ←Same place as last year!)

☆See December edition of ICIEF Board for further details