

ICIEF Board

*The Monthly
 Living Guide
 for the Itabashi
 International
 Community*



Japanese Lessons for Beginners

The Itabashi Culture & International Exchange Foundation (ICIEF) conducts beginning Japanese classes for City residents who are new to Japan and/or cannot speak Japanese. If you or someone you know wants to begin learning Japanese, please contact ICIEF.

First semester schedule

Course	Time/Date
A	Mon, Thu course: 10:00~12:00 April 7~September 22
B	Tues, Fri course: 18:30~20:30 April 8~September 19
C	Wed, Sat course: 10:00~12:00 April 9~September 20

※No class on public holidays

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

Capacity: 20 people per course (first come, first served)

Fee: 4,800 Yen ※Plus textbook charge

To apply: Send the following information via postcard, fax or e-mail.

- ① “Beginning Japanese Language Class” Application (初級日本語教室申込) ② Preferred course (A, B or C above)
 ③ Address ④ Name (with furigana) ⑤ Gender ⑥ Telephone number ⑦ Nationality

Contact: ICIEF International Exchange Section (inside Itabashi City Hall, 〒173-8501)

Fax: 03-3579-2166 ☎: 03-3579-2015 E-mail: kkouryu@city.itabashi.tokyo.jp



Planetarium: Guide to Events

※The projection schedule may vary during the spring vacation period. Please check the homepage before you come.

General Projection: “Mars: the Red Planet”

A detailed introduction to the mysteries of the red planet.

When: March 2 (Sun)~31 (Mon) ※Tues, Thurs, Fri/15:30~, Sat, Sun, national holidays/13:30~, 15:30~

Fee: Adults 350 Yen, Children 120 Yen Capacity: 197 people

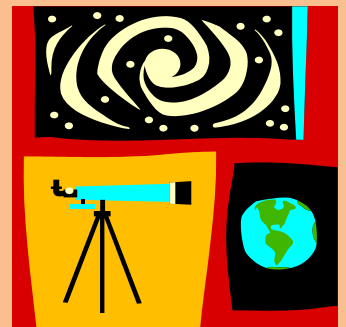
Way to Go! Starry Sky Expedition: “Let’s Explore Mars” ※For ES students FREE

What kind of planet is Mars? Do aliens exist? Come and find out!

When: March 2 (Sun)~April 6 (Sun)※Sun/11:00~, Wed/15:30~ Capacity: 197 people

Let’s Play in the Starry Sky: “Mr. Bear and Mr. Star”※For parents & children FREE

When: March 5 (Wed)~31 (Mon) ※Sat & national holidays/11:00~, Wed/14:00~ Capacity: 197 people



Contact: Itabashi Science & Education Hall, Tokiwadai 4-14-1, Itabashi-ku 〒174-0071

☎: 03-3559-6561 E-mail: itakk@itbs-sem.jp Homepage: http://www.itbs-sem.jp

Event

Sakura Matsuri (Cherry Blossom Festival)

Cherry blossom festivals will be held at nine locations in Itabashi this year. Enjoy a fun time with your family under the fully blooming cherry blossom trees.

○March 30 (Sun)

Area, Contact TEL	Time, Place	Rain plan
Itabashi (03-3963-5049)	11:00~15:00 Itabashi 5 th Junior High school, school-grounds	Cancelled
Nakacho (03-3958-1101)	9:20~14:00 Oyama Elementary School, school-grounds and Itabashi Kotsu Park	Cancelled
Hasune (03-3969-5723)	10:30~15:00 Johoku Park baseball field	Held at Hasune Regional Center
Funado (03-3558-4193)	10:00~15:30 Ukima Park	Cancelled or held on a small scale

○April 5 (Sat)

Area, Contact TEL	Time, Place	Rain plan
Sakuragawa (03-3974-3180)	10:30~14:30 Sakuragawa Elementary School school-grounds	Held on April 6 (Sun)

○April 6 (Sun)

Area, Contact TEL	Time, Place	Rain plan
Tokiwadai (03-3559-6560)	10:00~15:00 Heiwa Park (Peace Park)	Cancelled
Shimura Sakaue (03-3969-7577)	10:00~15:00 Azusawa Park baseball field	
Maeno (03-3969-0307)	11:00~15:00 Maeno Park	
Tokumaru (03-3932-5370)	11:00~15:00 Nishitoku First Park	

Contact: Please contact the relevant Regional Center directly.

Admin

Hot Spring Discount Coupons

Many hot spring facilities offer special discounts for people enrolled in the National Health Insurance or over 75 medical insurance systems and their families, because of the health benefits. Hot spring discount coupons can be used at the following facilities.

Available period: April 1, 2014 (Tues)~March 31, 2015 (Tues)

To Apply: Fill out a coupon request form at the NHI & Pension Section (Itabashi City Hall 5F, Counter#13) or Latter-Stage Elderly Healthcare System Section (Itabashi City Hall 5F, Counter #5), or any City Residents' Office before you visit.

Facility	Address, Telephone Number	Contract Price	Standard Price
① Spadio Natural Hot Spring ※Closed every 2 nd Thursday (except February and August)	Miyamoto-cho 49-4, Itabashi-ku ☎: 03-3967-1126	¥1,780 ※1	¥2,200
② Sakura Tokyo Somei Hot Spring	Komagome 5-4-24, Toshima-ku ☎: 03-5907-5566	¥1,080 ※1 ※2	¥1,296
③ Times Spa Resta	Times Station Ikebukuro 10-12F, Higashi Ikebukuro 4-25-9, Toshima-ku ☎: 03-5979-8924	¥2,160 ※3	¥2,600
		Quick Dip (up to 90 minutes) ¥1,400 ※3	¥1,600
		Early Bird (5:00~8:00AM) ¥1,640 ※3	¥1,850

- ※1 Price for Junior High School and above. Please contact the facility for prices for children aged Elementary School and below.
- ※2 Weekdays only. ※3 Age 18 and older only. Extra charge applies on weekends and national holidays.

Contact: NHI & Pension Section, Administrative Subsection ☎: 03-3579-2401
 Latter-Stage Elderly Healthcare System Section, Organization & Payments Group ☎: 03-3579-2327

Event

Itabashi Historical Museum: "Hina-matsuri" (Dolls' Festival)

"Hina-matsuri" is one of the regular annual events held inside the Old Folk House located in the museum's courtyard. The museum's collection of *hina* dolls as well as those donated by City residents such as Emperor and Empress dolls from the late Edo and Meiji periods and tiered displays from the pre-war Showa period will be on display.



Period: February 22 (Sat)~April 13 (Sun)
Opening hours: 9:30~17:00 (Last entry 16:30)
Closing days: Mondays, March 25 (Tues)~28 (Fri) (for display switchover)
Place: Old Folk House, Itabashi Historical Museum
Contact: Itabashi Historical Museum
 (Akatsuka 5-35-25, Itabashi-ku ☎: 03-5998-0081)

Event

Itabashi Peace Manifesto Commemorative Exhibit



Itabashi adopted its Peace Manifesto on January 1, 1985, expressing the desire for lasting world peace. Since then, the City has undertaken various projects in order to make the declaration a fruitful endeavor.

The "Peace Art Display" will exhibit the 30 best prize-winning pictures and posters created on the theme of "War and Peace" by elementary and junior high school students, who will inherit the next generation, as well as photograph panels of the Great Tokyo Air Raids. Come to this event with your family and think about the meaning of "peace".

Time: March 6 (Thurs)~March 12 (Wed) 11:00~22:00
 ※Display runs for 1 week including Saturday and Sunday.
Place: Aeon Itabashi Shopping Center 5F, Special Event Space (Tokumaru 2-6-1)
Contact: Itabashi City Peace Manifesto Commemorative Project Commission Office
 (c/o General Affairs Section, General Affairs Subsection) ☎: 03-3579-2052



Event

International Salon: Friendship Club *Nakama*

Come along and make friends! The International Salon is a place where foreign people and Japanese people can meet and interact held once a month by volunteers. Please come along!



Time: April 5 (Sat) 14:30~16:30
Place: Green Hall, Meeting Room 504 (Sakae-cho 36-1)
Access: 5 min walk from Itabashi Kuyakusho-mae station (Toei Mita Line) or Oyama station (Tobu Tojo Line)
Cost: 200 Yen (includes refreshments)
To apply: None necessary. Just turn up on the day!
Contact: ICIEF International Exchange Section ☎: 03-3579-2015
 ※Friendship Club *Nakama* has a website with information about its staff and activities. Search for 「フレンドシップクラブ 仲間」 (Friendship Club *Nakama*)



Funding for International Exchange and Assistance Projects

ICIEF provides funding for volunteer groups conducting activities in Itabashi 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, 2014 and March 31, 2015; **OR**
- (2) International exchange, advisory services for foreigners, multicultural coexistence projects etc, to be conducted between April 1 and July 31, 2014

Funding: Half of total project costs (annual limit of 200,000 Yen per organization)

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

To apply: Submit a completed application to ICIEF (contact below) by April 11, by post or in person. Forms and information are available at the ICIEF office (inside Itabashi City Hall, 7F, counter #12) and the Itabashi General Volunteer Center. Or, they can be downloaded from the ICIEF website. →<http://www.itabashi-ci.org/>

Contact: Itabashi International & Cultural Exchange Foundation (ICIEF), International Exchange Section
(〒173-8501, inside Itabashi City Hall) ☎: 03-3579-2015



Children's Health: Checkups for Small Children

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

Checkup	Timing	Place	Notice	Content
4-month checkup	4 month-old babies	Health & Welfare center	Mailed during 2nd month	Survey, body measurement, physical exam, advice on development and nutrition
6-month checkup	6~7 month-old babies	Contracting medical institution in Tokyo		Body measurement, physical exam, health advice
9-month checkup	9~10 month-old babies			
18-month checkup	18 months~23 months (before 2nd birthday)	Contracting medical institution in Itabashi	Mailed at end of 17th month	Body measurement, physical exam, health advice
18-month dental checkup		Health & Welfare center		Dental exam, advice on development, nutrition and psychology, asthma prevention survey
3-year checkup	3 year-old children		Health & Welfare center	Mailed at end of 35th month
4-5-year checkup	4~5 year-old children (excludes children attending nursery or preschool)	Announced in Koho Itabashi		

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

