

# ICIEF Board

*The Monthly  
Living Guide  
for the Itabashi  
International  
Community*

ICIEF

## English Study Course and Homestay in Burlington City

This year Itabashi and Burlington, Canada, will celebrate the twenty-fifth anniversary of the formation of their sister city affiliation. Burlington is an extremely safe, green city located near the City of Toronto and Niagara Falls.

In commemoration of the twenty-fifth anniversary of the sister city affiliation, this summer we are recruiting young people to participate in an English study course and homestay program in Burlington.

Learn practical English conversation and enjoy exchange with local citizens in the beautiful leafy city of Burlington!



**Outline:** Homestay and English study course in Burlington, Canada

**Date:** July 27~August 8 (11 nights and 13 days)

※The English study course is scheduled to be held for 7 days during this period (excluding August 2~4) in municipal facilities in Burlington.

**Target:** Those who meet the following two criteria:

- (1) Those living in Itabashi from the time of application until the time of the study tour AND
- (2) Those currently enrolled in high school or university (undergraduate or postgraduate)  
(Including those attending schools or universities located outside of Itabashi)

### Eligibility criteria:

- (1) Continuously resident in Itabashi from the time of application until the time of the study tour
- (2) Currently enrolled in high school or university (undergraduate or postgraduate); both physically and mentally healthy; able to adapt to life abroad, home stay, and group activities
- (3) Able to participate in the English study course in Burlington
- (4) Interested in Japanese lifestyle and culture and international exchange; understanding the purpose of the study tour and homestay; able to actively introduce Itabashi to people in Burlington.
- (5) Able to obtain the permission of parent or guardian
- (6) Possessing English conversation ability of the Pre-2 level of the EIKEN Test in Practical English Proficiency
- (7) Willing to co-operate as a volunteer support staff (event reception etc.) at ICIEF event (TBD)
- (8) Able to produce a written report after returning home to Japan (2 pages of 400-character manuscript paper, approx. 800 characters in total)



**Capacity:** 12 people

**Cost:** 200,000 JPY (Transport, lesson fees etc.) plus remuneration to host families of 250 CAD (approx. 23,000 JPY as per exchange rate as of March 26, 2014)

**To apply:** Details will be displayed on ICIEF's homepage:  
<http://www.itabashi-ci.org/>

**Application deadline:** DNL than April 28 (Mon)

## Admin

### Applications for Tokyo Public Housing

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



**Target Households:** Families, Singles, Fixed-term leases (Young Families, Large Families), Young Families

Detailed application guidelines (application period etc.) will be announced at the end of April via *Koho Itabashi*, *Koho Tokyo* and the Tokyo Housing Supply Corporation Recruitment Center's telephone service (03-6418-5571) and website (<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

## Admin

### Archery Lessons

Archery is the sport of shooting with a bow and arrow at a target tens of meters away.

The sport originally comes from Great Britain but is now enjoyed all over the world and is also an official Olympic event. People love the exhilaration of shooting in the outdoors, and the feeling of pleasure when the arrow hits the bulls-eye can only be appreciated by enjoying it yourself!

**Time:** Four days in May and June (detailed schedule to be announced in *Koho Itabashi*)

**Place:** Western Archery Range (yokyujo, 洋弓場) (Higashi Sakashita 2-21, Itabashi)

**Access:** 10 minute walk from Hasune station (Toei Subway Mita Line)

3 minute walk from Sangenya bus stop (Kokusai Kogyo bus, Ike #21 route)

Which runs between Takashimadaira station and Ikebukuro station West Exit

**Target:** Junior high school students and above

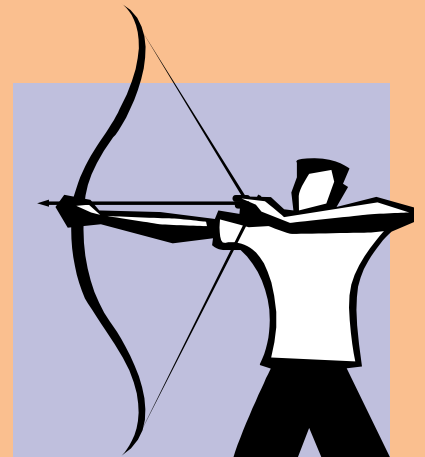
**Capacity:** 30 people (first come, first served)

**Cost:** Adults ¥2,600, Junior high ¥1,300

※An additional facilities charge of ¥310 is also required.

(¥100 for junior high students)

**Contact:** Azusawa Gymnasium (☎ : 03-3969-4166)



## 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:** May 10 (Sat) 14:30~16:30

**Place:** Green Hall, Meeting Room 504 (Sakae-cho 36-1)

**Access:** 5 min walk from Itabashi Kuyakusho-mae (Toei Mita Line)  
or Oyama station (Tobu Tojo Line)

**Cost:** ¥200 (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*)

## Event

### Itabashi Historical Museum - Coming Attractions

#### ★Old Folk House Event: *Tango no Sekku* (Boys' Festival)

**Period:** April 26 (Sat)~May 11 (Sun)

Tango no Sekku has been celebrated since ancient times to pray for the healthy growth of boy children. As one of the Old Folk House's annual events, the Museum displays traditional warrior dolls and samurai armor and helmets donated by residents of Itabashi inside the Old Folk House and hangs *koi-nobori* (koi carp-shaped streamers) in the courtyard.



#### ★Related Event: Trying on Japanese Samurai Armor

**Period:** May 5 (Mon)

10:30~11:30

13:30~14:30

※Women can also try on armor. No application necessary. FREE of charge!



**Opening hours:** 9:30~17:00 (last entry 16:30) Entry fee: FREE

**Contact:** Itabashi Historical Museum (Akatsuka 5-35-25, ☎: 03-5988-0081)

※Closed on Mondays (Open on Monday national holidays and closed the following Tuesday). However, open on May 6 (Tues, national holiday) and closed the following day May 7 (Wed).

## Event

### Science and Education Hall: Golden Week Science Festa

There will be a variety of hands-on workshops where you can make simple objects while learning about the workings of science. Please check the homepage for details: <http://www.itbs-sem.jp>

April 26 (Sat), 27 (Sun), 29 (Tues, nat. hol.)

- Fossil hunter (Cost: ¥500)
- Propeller car making (Cost: ¥500)

May 3 (Sat)~6 (Tues, nat. hol.)

- “Chirimon” resin specimen (Cost: ¥500)
- UV ray strap (Cost: ¥400)

All of the above:

**Time :** 6 times per day (13:00~/13:30~/14:00~/14:30~/15:00~/15:30~)

**Capacity:** 5 people per time

**Place:** Itabashi Science and Education Hall, 1F Hall

**Target:** Children aged 5 years and above (Elementary school pupils grade 3 and below must be accompanied by an adult)

**To apply:** Tickets go on sale at Reception from 10:40 am on the day. First-come, first-served basis.

**Contact:** Itabashi Science and Education Hall, Tokiwadai 4-14-1, Itabashi 〒174-0071

☎:03-3559-6561 E-mail: [itakk@itbs-sem.jp](mailto:itakk@itbs-sem.jp) Homepage: <http://www.itbs-sem.jp>



★ Consultation Support Center for Foreign Residents TEL:03-3202-5535 / 03-5155-4039

【Time】 Mon~Fri 9:00~16:00 ※No service every 2<sup>nd</sup> and 4<sup>th</sup> Wed 【Language】 English, Chinese, Spanish, Portuguese

## Itabashi Senior Citizens' Bathing Project

Bathing tickets previously issued under the "New Elderly Genki Refresh Project" will be re-launched as the "Senior Citizens' Bathing Project" with the aim of promoting healthiness and close relationships and social exchange between people.

Accordingly, coupons for hairdressing, gymnasiums etc. which were previously distributed under the "New Elderly Genki Refresh Project" will be terminated as of March 31, 2014.

Furthermore, the assistance project for costs for acupuncture, massage, shiatsu and other treatments will be implemented as a health service as part of the National Health Insurance & Pension system or the Latter-Stage Elderly Healthcare System.

<b>Target</b>	Those born before April 1, 1945, with a registered address in Itabashi
<b>To apply</b>	Fill in your name (with <i>furigana</i> ), address, DOB and telephone number on the prescribed application form and mail it (affix a ¥52 stamp). Or, apply directly at the Lifestyle Promotion Section counter (inside Itabashi City Hall). ※Only one application per person per fiscal year.
<b>Application forms</b>	Available at the Lifestyle Promotion Section (Itabashi City Hall); all Residents' Offices, Community Centers, Health & Welfare Centers, Senior Citizens' Health & Welfare Centers, <i>Fureai Halls</i> , <i>Ikoi-no-ie</i> (Rest Houses) and public bathhouses in Itabashi
<b>Ticket issue method</b>	Upon receiving your application form, the Lifestyle Promotion Section will dispatch "proof of issuance" after first confirming your eligibility. The "proof of issuance" can be exchanged for bathing tickets at public bathhouses in Itabashi.
<b>Application period</b>	Applications by mail: April 1 (Tues), 2014~February 28 (Sat), 2015 (postmarked) Application at Lifestyle Promotion Section counter: April 1 (Tues), 2014~March 31 (Tues), 2015
<b>Ticket validity period</b>	Until March 31 (Tues), 2015
<b>No. of uses</b>	15 times (within the fiscal year)
<b>Amount</b>	¥50 per time

**Contact:** Lifestyle Promotion Section, Management Subsection (☎03-3579-2371, FAX: 03-3579-2309),

"Senior Citizens' Bathing Project" dedicated phone line (☎03-3579-1288)

※The dedicated line will be open until May 30 (Fri) (9:00~17:00, excluding weekends and national holidays)

## Discount Coupons for Acupuncture, Massage and Other Treatments

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

<b>Usage period</b>	April 1 (Tues)~March 31 (Tues), 2015
<b>Target</b>	A) Those enrolled in the National Health Insurance (NHI) system in Itabashi, with no outstanding premium payments, aged between 65 and 75 years old during fiscal year 2014 (born between April 2, 1939 and April 1, 1950) B) Those with a registered address in Itabashi, enrolled in the Latter-Stage Elderly Healthcare System, with no outstanding premium payments.
<b>Number of coupons</b>	7 coupons (1 book per person)
<b>To apply</b>	Send the following information by postcard to the relevant address below between April 1 (Tues), 2014~February 28 (Sat), 2015 (postmarked): ①"2014 Treatment Coupon Request", ②Address and postcode, ③Name (with <i>furigana</i> ), ④DOB, age, ⑤Telephone number, ⑥NHI Card number (for A above) or Latter-Stage Elderly Healthcare number (for B above) A) National Health Insurance & Pension Section =(1), Management Subsection B) Latter-Stage Elderly Healthcare System Section =(2) (〒173-8501 full address not necessary)

- You can also apply in person at the relevant counter from April 1 (Tues), 2014~March 31 (Tues), 2015.
  - (1) Itabashi City Hall, 5F, Counter #13. Bring your NHI card.
  - (2) Itabashi City Hall, 5F, Counter #5. Bring your Latter-Stage Elderly Healthcare System Card.
- You can also apply by postcard available at all Residents' Offices, Community Centers, *Fureai Halls*, *Ikoi-no-ie* (Rest Houses), Senior Citizens' Health & Welfare Centers, and (1) and (2) above.
- Those applying under A) can also apply by electronic application. (See Itabashi City homepage for details)

**Contact:** National Health Insurance & Pension Section (☎03-3579-2401 FAX: 03-3579-2425)

Latter-Stage Elderly Healthcare System Section (☎03-3579-2327 or 2373 FAX: 03-3579-3402)