

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 I 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 I>

- If you have a yearly pension of more than ¥180,000, 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 (see below) until Special Collection can be initiated.
- If you have a yearly pension of less than ¥180,000 or are a new qualifier, you must make payments by yourself either by payment slip or bank transfer (Ordinary Collection). If you wish to pay by bank transfer, please request an application form.

<Category II insured individuals: those aged 40-64>

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

<Insurance premium payment methods for Category II>

Payment methods differ according to 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 premium payments so that you can receive nursing care services without worrying.



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

Event

Itabashi City Peace Manifesto Commemorative Project

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

The "Peace Art & Atomic Bomb Display" will exhibit the best pictures and posters created by elementary and junior high school students, the leaders of the next generation, on the theme of "War and Peace", as well as historic materials from World War II, including atomic bomb-related posters.

Visit this summer holiday event with your family and make it an opportunity to think together about the meaning of peace.

Date: August 13 (Wed) to 19 (Tues), 9:00~21:00

(A total of 7 days including Sat/Sun)

Place: Akatsuka Branch Office, 1F Gallery (Akatsuka 6-38-1)



Contact: Itabashi City Peace Manifesto Commemorative Project Commission Office
(c/o General Affairs Section, General Affairs Subsection) TEL 03-3579-2052

Event

Science & Education Hall: Planetarium Events Guide



● General Projection: "Black Hole"

Date: August 1 (Fri) to 31 (Sun), 15:30~

Place: Planetarium, Itabashi Science & Education Hall

Target: Elementary School and above

Cost: Adults ¥350, Children ¥120

● Star-gazing Club

Content: An explanation of the stars in the summer night sky in the planetarium, followed by observation using an astronomical telescope in a nearby park.

Date: August 2 (Sat), 23 (Sat), from 19:00~

Place: Planetarium, Itabashi Science & Education Hall and Itabashi Peace Park (Heiwa Koen)

Target: Elementary school and above

Capacity: 197 people

Cost: FREE!

● Take the Challenge! Starry Sky Quiz 2014

Content: Explanation of the night sky with an added quiz! Quiz participants will win a planisphere (an analog device consisting of two disks on a pivot that can be adjusted to display a map of the visible stars for any time and date).

Date: August 1 (Fri) to 7 (Thu), 10:00~

Cost: FREE!

Contact: Science & Education Hall (Tokiwadai 4-14-1, Itabashi) TEL 03-3559-6561

“Disaster Prevention Guide for Foreign Residents”

What would you do in case of an earthquake, typhoon or fire?

At ICIEF, we have created a disaster prevention guidebook with the cooperation of our team of registered Disaster Prevention Language Volunteers to help foreign residents living in Itabashi stay safe in times of disaster. Protect yourself and the people you love by reading this guidebook and getting prepared.

The Guide is available in seven languages: Easy Japanese (simple Japanese with readings above all *kanji*), English, Chinese, Korean (Hangul), Tagalog, Vietnamese, Spanish.

It can be downloaded from ICIEF's homepage: <http://www.itabashi-ci.org/int/> We are also distributing paper copies at our office in Itabashi City Hall (7F, counter #12) so please drop by and pick up a copy in your language(s)!



Free Health Check-ups for Foreign Residents

How are you coping with the hot summer weather?

The Asian People's Friendship Society (APFS) is offering its annual free health checks for foreigners living in Japan. The health check is open to all regardless of status of residence. We would like as many people as possible to participate, so please tell your family, friends and acquaintances about this opportunity!



Date: August 24 (Sun), 2014 10:30~16:00 (Reception closes at 15:00)
Content: Chest X-ray, blood pressure and urine check, physical measurements, consultation with doctor, dentist, nutritionist
Interpreting languages: English, Tagalog, Burmese, Bengali, Nepali, French
Place: High Life Plaza Itabashi, 2F Hall
Access: Itabashi station (JR Saikyo Line), west exit (1 min) or Shin-Itabashi station (Toei Mita line), exit A2 or A3 (3 min)

Host: NPO Asian People's Friendship Society (APFS)
 NPO SHARE (Services for the Health in Asian and African Regions)
 Infectious Diseases Countermeasures Section (Health and Safety Division,
 Bureau of Social Welfare and Public Health, Tokyo Metropolitan Government)



Contact: ASIAN PEOPLE'S FRIENDSHIP SOCIETY (APFS)

TEL 03-3964-8739 FAX : 03-3579-0197 E-mail : apfs-1987@nifty.com

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

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

Admin

2nd Annual Bologna Book Fair in Itabashi!

The Bologna Children's Book Fair is held annually in Bologna in northern Italy. Itabashi organizes a selected exhibition of the best picture books from countries all over the world from among those donated to Itabashi by the Fair's Office.



Date: August 16 (Sat) to 24 (Sun)
(Exhibition closed on August 18 due to scheduled museum closure)
9:00~19:00 (Opens 11:00 on August 17, after opening ceremony)
Place: Narimasu Art Gallery (Narimasu 3-13-1)
Access: Narimasu station (Tobu Tojo Line), north exit (3 min walk), or
Chikatetsu Narimasu station (Tokyo Metro Yurakucho/Fukutoshin Line),
Exit #5 (5 min walk)
※Cost: FREE! All are welcome.

Contact: Itabashi Bologna Children's Book Hall TEL 03-3579-2665

ICIEF

International Exchange Salon: Friendship Club *Nakama*

Enjoy the summer with foreign and Japanese friends!

The International Salon is a place for free interaction held once a month by the volunteer group *Nakama*. Experience Japanese and world culture, make new friends, and practice using foreign languages you've learned. Please drop by! We look forward to seeing you!

Date & Place: 8/9, 9/6 (Sat) 14:30~16:30 Green Hall, Room 504

10/11, 11/8 (Sat) 14:30~16:30 Green Hall, Room 601

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

Cost: ¥200 (includes refreshments) No booking necessary – just turn up on the day!

※Friendship Club *Nakama* has a website with lots of information about its staff and activities. Find it by searching for 「フレンドシップクラブ仲間」 (“Friendship Club *Nakama*”). We also have a Facebook page!



<http://www.geocities.jp/itabashifriendshipclub/index.html>



<https://www.facebook.com/itabashifriendshipclubnakama>

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

“Autumn Jamboree 2014 in Haruna”: International Exchange Tour in Stunning Autumn Foliage!

Enjoy two full days relaxing by Lake Haruna, Gunma prefecture, famous for its fabulous autumn foliage! Overcome language and cultural barriers and enjoy lots of interesting activities while getting to know the other participants!

Date: October 25 (Sat)~26 (Sun), 2014

Accommodation: Itabashi Haruna Forest Academy (板橋区立榛名林間学園), Gunma prefecture

※For details about how to apply etc, see ICIEF Board September edition.