

ICIEF Board

*The Monthly
 Living Guide
 for the Itabashi
 International
 Community*

ICIEF

Make-up Techniques for Job Hunting for Foreign Students

Make-up techniques are different in each country, but first impressions are equally important. Depending on the country, your make-up can easily end up looking too dull or too flashy, especially when job hunting. Your make-up and general appearance could be a deciding factor in whether or not you fit the company's image. In conjunction with Shiseido Beauty Academy, we will hold a hands-on seminar where you can learn how to apply suitable make-up for job interviews at Japanese companies. We hope you will participate and bring all your friends!

Date November 26 (Wed) 10:00~12:00

Place Make-up classroom, Shiseido Beauty Academy (2-15-1 Kaga, Itabashi)

Target Female foreign university students

Capacity 30 people (Lottery held if over-subscribed)

Lecturer Shiseido Beauty Academy beauty teacher

Lecture Style Learn by doing with personal instruction by current Shiseido students so you can apply the techniques at home. ※Lecture language is Japanese but ICIEF staff will be on hand to give interpreting help in English/Chinese as required.

Fee ¥1000 (for make-up techniques for job hunting text)

To Bring Any of your own make-up products (e.g. foundation for your skin color) (any brand OK, optional)

To Apply Apply with your name, address, age, TEL number, nationality by email, FAX or postcard, by November 14 (Fri).

Contact ICIEF Itabashi Culture & International Exchange Foundation Itabashi 2-66-1 〒173-8501

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



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, so that he or she can grow up healthily. Timing and ages for scheduled vaccinations are determined by law. Registered residents of Itabashi require a vaccination coupon issued by 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

BCG⇒Up to 1 year old (1 dose)／DPT-IPV (part 1)⇒From 3 months to 7 1/2 years (4 doses)／DT (part 2)⇒From 11 to 13 years (1 dose)／MR (part 1)⇒From 12 to 24 months (1 dose)／MR (part 2)⇒From 5 to 6 years (the year before entering primary school) (1 dose)／Varicella (chicken pox)⇒From 1 year to 3 years (2 doses)／JE (part 1)⇒From 6 months to 7 1/2 years (3 doses)／JE (part 2)⇒From 9 years to 13 years (1 dose)／Hib vaccine (Haemophilus influenza type B)⇒From 2 months to 5 years (max. 4 doses※)／Childhood pneumococcal infection⇒From 2 months to 5 years (max. 4 doses※)

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

Contact Disease Prevention Section, Healthcare Center ☎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 & Welfare Center ☎03-3969-3836, Takashimadaira Health & Welfare Center ☎03-3938-8621



The 37th Itabashi Agricultural Festival!

The Itabashi Agricultural Festival aims to spread knowledge and familiarity of local agriculture and farming in Itabashi. There will be lots of fun attractions, including fresh fruit and vegetables on sale cultivated right here in Itabashi!

① **Theme** **Fresh Discovery! Itabashi Agriculture ~See, Know, Taste~**

② **Date** November 8 (Sat) 11:30~16:00 (Opening parade from 13:00~) / November 9 (Sun) 10:00~15:30

③ **Place** Around Akatsuka Gymnasium Road

④ **Attractions**

● In addition to the parade of the festival's symbol, the "Vegetable Treasure Ship", there will be traditional Japanese floats, dancing, and a musical parade by local residents.

● Fruit and vegetables carefully cultivated by farmers in Itabashi will be on display, with a sale on Sunday.

● Other attractions include a show of mascot characters related to Itabashi and agriculture, an "auction" of farm products manufactured in Itabashi, and a performance of Itabashi local performing arts.

● The festival will be jam-packed with various shops and stalls selling fresh fruit and vegetables grown in Itabashi, "Itabashi *ippin*" (local delicacies chosen by Itabashi residents), and gourmet foods from Itabashi's exchange cities.

● Farming Experience Corner: Saturday: Try your hand at pulling up carrots and Japanese *daikon* radishes! Sunday: free tasting of *kenchinjiru* (tofu and vegetable broth) – get it before it's gone!

※ Please cooperate with traffic restrictions on cars and bicycles on the day of the festival.

Contact Urban Agriculture Section, Akatsuka Branch Office ☎03-3938-5114



November is Child Abuse Prevention Promotion Month

Child abuse is a problem that can affect anyone. As a parent or guardian, it is understandable to sometimes feel frustrated or unable to cope. In Itabashi, in fiscal year 2013 there were 352 reported cases of child abuse. The Children and Family Support Center provides advice and consultation about child rearing as well as recording reports of child abuse.

<What is "child abuse"?>

It is important to encourage children to learn basic lifestyle habits, social rules and manners etc. However, violence should never be used to enforce obedience. Actions that hurt children physically or mentally, even when carried out with the intention of "disciplining" them, are called child abuse. Under the Child Abuse Prevention Law, the following four types of actions are categorized as child abuse. In many cases they overlap or occur simultaneously.

① **Physical abuse:** Physical violence such as punching, kicking, hitting, wringing the neck, shaking violently, burning with cigarettes, shutting outside for long periods of time, etc.

② **Mental abuse:** Ignoring, verbal threats, overly critical attitude, discriminatory treatment compared to siblings, being physically violent towards one's spouse in front of children, etc.

③ **Sexual abuse:** Forcing children to watch or participate in sexual acts, child pornography, etc.

④ **Neglect:** Leaving young children alone for long periods of time, failing to provide adequate food, clothes or shelter, to seek medical treatment for illness or injury, to make children attend school, or to prevent child abuse by other adults, etc.

<Finding a Solution Together>

Together, we can find a solution to the suffering of parents and children. Itabashi reviews and provides necessary services and assistance and introduces suitable consultation organizations. Confidentiality is strictly observed, so please don't feel afraid to seek advice.

<Consultation Services>

Children & Family Support Center, Child Abuse Consultation Helpline ☎03-3579-2658

Ask Anything Children's Consultation ☎03-3579-2656

Mon~Fri 9:00~17:00

Tokyo Metropolitan North Child Consultation Center ☎03-3913-5421 Mon~Fri 9:00~17:00

Child Consultation Center National Helpline ☎0570-064-000 ※Not available from PHS and some IP phones.

Itabashi Police Station ☎03-3964-0110 Shimura Police Station ☎03-3966-0110 Takashimadaira Police Station ☎03-3979-0110

※ You can also get advice on child abuse from all welfare offices and health and welfare centers, as well as local social workers and child welfare volunteers.

Contact: Children and Family Support Center ☎03-3579-2656

The Orange Ribbon stands for the prevention of child abuse.



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 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 (※From November 2014 the counter's location has changed to City Hall South Building, 2F, counter no.23).

To enroll: Please bring your Resident (*zairyu*) Card and passport.

※Those whose residence status is "Temporary Stay" (*tanki taizai*) may not enroll in NHI, no matter how many times they extend their residency period.

※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.

Insurance fees: The base annual premium for an individual is ¥43,200 (or more, dependent on income)

※Those aged 40-64 pay an additional ¥15,300 per year premium for nursing-care insurance, a total of ¥58,500 (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 Qualification Assessment Subsection, National Health Insurance & Pension Section, Health & Livelihood Division
☎03-3579-2406



November 16 to December 15 is Tokyo AIDs Prevention Month

In 2013, there were 469 new cases of people with HIV infection and AIDs, the highest number to date. By age, the highest number of people infected with HIV was in the 20-30 age group, and with AIDs was the over 30s age group. While AIDs cannot yet be fully cured, treatments have improved. With early detection and treatment, onset of the disease after infection can be delayed, and immune capacity can be recovered. HIV infection is a communicable disease that could affect anyone. With everyone's awareness and knowledge of the current situation, we can take action to prevent its spread and create a society without prejudice or discrimination against AIDs sufferers. If you have any concerns, please consult an expert or get tested. Itabashi Healthcare Center will offer HIV testing by appointment during Tokyo AIDs Prevention Month as follows. Testing and consultation are free of charge and confidential. Test results are returned one week later.

<Tokyo AIDs Prevention Week HIV Testing>

Test: HIV antibody test (by appointment, confidential, free of charge)

* Optional syphilis and Chlamydia test available

Place: Itabashi Healthcare Center (32-15 Ohyama Higashi-cho, Itabashi)

Date: ①December 4 (Thu), ②December 18 (Thu) 9:00~10:00

Results: ①December 11 (Thu), ②December 25 (Thu) 9:00~10:00

* Results will only be given to the patient in person on results day. No medical certificate etc. will be issued.

Telephone appointments: weekdays 9:00~17:00 ☎03-3579-2321 (Itabashi Healthcare Center)

* HIV antibody testing is normally offered twice a month on Thursday mornings (by appointment). Consultation is also offered on an as-needed basis.

◇ During AIDs Prevention Month, the South Shinjuku Testing and Counseling Office will also offer testing for HIV antibody and other STDs (syphilis, Chlamydia). Confidential, free of charge, open on holidays.

Appointment reception times: Mon~Fri 15:30~19:00 / Sat, Sun, hols 13:00~16:30

For appointments: 03-3377-0811 / **Mobile phone site:** <http://www.tmsks.jp>

* People with hearing and language impairments can also make appointments by FAX: 03-3377-0821

* Telephone appointments can be made in English, but please bring somebody who speaks Japanese with you to the test.

Contact: Disease Prevention Section, Itabashi Healthcare Center ☎03-3579-2321



City Hall Counter Relocations on Completion of New South Building

With the completion of the new South Building of the City Hall in October, sequential relocations to the new building will start from November. Dates for the closing of old counters and the opening of counters at the new locations are as shown below. Furthermore, the following repair and improvement works on the North Building will start in November and continue until the end of March, 2015:

- Repair and improvement works on the 1F, 3F, and 4F of the North Building (Nov to Dec)
- The waiting area for the Family Registration Section (South Building, 1F) will be smaller than usual (until end of Dec)
- Use of the South Building car and bicycle parks is scheduled to start from April 2015. Until then, visitors should continue to use the temporary visitor car and bicycle parks.

【Relocations in November 2014】

No.	Name of Department	Current Location	Old Counter Closes (5pm)	New Location	New Counter Opens (8:30am)
1	Disaster Prevention & Crisis Management Section	N BLDG 3F	Nov 7 (Fri), 2014	S BLDG 4F	Nov 10 (Mon), 2014
2	Disaster Prevention Planning Promotion Section				
3	Residents' Disaster Prevention Support Section				
4	Human Resources Section				
5	General Affairs Section				
6	Contracts, Property & Management Section	N BLDG 4F	Nov 7 (Fri), 2014	S BLDG 5F (temp.)	Nov 10 (Mon), 2014
7	Health Promotion Section				
8	Childcare Services Section				
9	Children's Policy Section				
10	Children's Policy Section (Child Subsidies & Medical Care Subsection)				
11	Mayor's Office	N BLDG 6F	Nov 14 (Fri), 2014	S BLDG 5F (temp.)	Nov 17 (Mon), 2014
12	Environmental Preservation Section				
13	Environmental Strategy Section				
14	Sanitation & Recycling Section				
15	Family Registration Section	N BLDG 1, 2F	Nov 21 (Fri), 2014	S BLDG 1F	Nov 25 (Tues), 2014
16	National Health Insurance & Pension Section	N BLDG 5F		S BLDG 2F	

※ 【KEY】 N BLDG=North Building, S BLDG=South Building, temp.= will undergo further relocations once the refurbishment of the North Building is complete.

※The relocation schedule for December onwards will be announced at a later date.

Contact Government Building Management & Construction Section, South Building Renovations Adjustment Group ☎03-3579-2125



International Exchange Salon: Friendship Club *Nakama*

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

Date & Place: 11/8, 1/10, 2/21, 3/21 (all Sat) 14:30~16:30 Green Hall Room 601 (※1/10 only Room 504)

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

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

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

※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>

