

ICIEF Board

*The Monthly
Living Guide
for the Itabashi
International
Community*

ICIEF

Free Legal Consultation for Foreign Residents

Experienced lawyers will give expert advice on issues that often affect foreign residents, such as visas, immigration, refugee status, divorce, inheritance, labor, etc. Private consultation available.

※ Interpreting available; please ask at time of booking if required.

Time: July 16 (Thurs), Aug 20 (Thurs) 13:30~16:00

Place: Green Hall meeting room (Sakae-cho 36-1, Itabashi)

Cost: FREE (consultation time is limited to approx. 30 mins per person)

To apply/Contact: Apply by email to ICIEF, International Exchange Subsection by three days before each event. (Emails accepted in Japanese, English or Chinese)

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



Free Health Check-ups for Foreign Residents

The Asian People's Friendship Society (APFS) is once again offering its annual free health checks for foreigners living in Japan. The health check is open to all regardless of residence status. Please let your family and friends know about it and get them to come along too!

Time: August 2 (Sun) 10:30~16:00 (Reception until 15:00)

Place: High Life Plaza Itabashi (Itabashi 1-55-16) 1 min walk from JR Itabashi station or 2 min walk from "Shin-Itabashi station" (Toei Mita subway line)

Content: Chest x-ray, blood pressure, urinalysis, physical measurements, private consultations with doctor, dentist and nutritionist

Interpreting (tentative): English, Tagalog, Burmese, Bengali, Nepali, French

Hosts: NPO Asian People's Friendship Society (APFS), NPO SHARE (Services for the Health in Asian and African Regions), Bureau of Social Welfare and Public Health, Tokyo Metropolitan Government

Contact: Asian People's Friendship Society (APFS) E-mail apfs-1987@nifty.com ☎03-3964-8739

Admin

Summer Vacation Activities at Itabashi Recycle Plaza!

Itabashi Recycle Plaza is made up of two facilities: ① Processing Zone, where glass bottles and cans which have been collected in Itabashi are sorted and compressed so that they can be reused; ② Plaza Zone, which provides information on recycling. Each month, Plaza Zone displays and sells 50 items of recycled furniture (by application). During the summer vacation, there will also be a variety of extra events such as Itapura Festival and a chance to try your hand at plastic recycling (by reservation) so please drop by!

Place: Funado 4-16-6, Itabashi ☎03-3558-5374

Access: 20 min walk from Hasune station (Toei Mita subway line)
or Ukima-Funado station (JR Saikyo line)

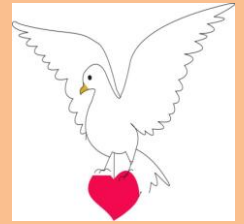
Opening House: 9:00~17:00 (Closed December 29~January 3)

Contact: Garbage Reduction Subsection, Sanitation and Recycling Section
☎03-3579-2258



Itabashi Historical Museum: Planned Exhibition “Peace in Itabashi”

This year marks the 70th anniversary of the end of the Second World War and the 30th anniversary of the Itabashi Peace City Manifesto. The exhibition highlights the dignity and preciousness of peace by showing the horror and misery of war through records and interviews from war survivors with the aim of getting the postwar generation, especially elementary and junior high school students, to inherit the desire for peace.



Period: July 25 (Sat)~August 30 (Sun) **Cost:** FREE!

Opening hours: 9:30~17:00 (last entry 16:30) ※Closed on Mondays

Place: Itabashi Historical Museum (Akatsuka 5-35-25) ☎03-5998-0081

56th Annual Itabashi Fireworks Festival

Over 12,000 fireworks will be launched from both banks of the Arakawa River, including some of the largest fireworks in Tokyo at over 45cm in diameter! Feeling the rumble of the fireworks in your belly from the audience seating at close range is a unique feature of Itabashi’s fireworks display!

Time: August 1 (Sat) 19:00~20:30 (※Postponed to next day (Sun 3 Aug) in case of bad weather)

Place: Arakawa River south bank, upstream of Todabashi Bridge

~Paid Seating Information~

(1) Type of Seat / Cost

Type	Capacity (persons)	Price (Yen)	Max. no. tickets per purchase per person
Athletics ground with chair	1	3,600	8 tickets
S seat		3,100	
A seat		2,600	
B seat		2,100	
Box seat	4	10,400	2 sets of tickets
Athletics ground, table and chairs		28,000	
Group S seat		24,800	
Group A seat		20,800	
Athletics ground group seat	8	28,800	1 set of tickets
Grass slope group seat		20,800	

(2) Sale Period / Point of Sale

- ① Sale period: NOW ON SALE!
- ② POS: Seven Eleven (24 hours), Circle K Sunkus (5:30-26:00) Itabashi City Tourist Association counter (inside Itabashi Information Processing Center) Weekdays 9:00-17:00

Contact: Itabashi City Tourist Association ☎03-3579-2255

Itabashi Firework Festival official website: <http://itabashihanabi.jp/>

Applications for Tokyo Public Housing

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

Target households: “Families (point system)”, “Singles”, “Silver Peer”

※Point system is limited to households such as single-parent families, elderly people, families with many children, people with disabilities (e.g. wheel-chair users) etc.

Details (application period etc.) will be announced at the end of July in *Koho Itabashi*, *Koho Tokyo* and via the Tokyo Housing Supply Corporation’s telephone service (☎03-6418-5571) and website (<http://www.to-kousya.or.jp/>).

Contact: Tokyo Metropolitan Housing Supply Corporation Center ☎03-3498-8894

Housing Policy Development Group, Housing Policy Section ☎03-3579-2186

● Summer Research Project Festa

~Try out fun science experiments and activities and get inspiration for your summer research project!~

Date: Jul 20 (Mon, nat. hol.)~29 (Wed) 13:00~16:00 ※Closed on July 27 (Mon)

Place: Science and Education Hall, 1F Hall

Target: From 5 years and up (Children under elementary school grade 3 must be accompanied by a guardian)

Reception: From 9:30am on the day; purchase tickets at 1F Reception

● July 20 (Mon, nat. hol.)~July 22 (Wed)

• Make a star sand constellation! **Capacity:** 30 people (5 people/time, 6 times/day) **Cost:** ¥400

• Let's go on a journey to space! Starts at 13:00, go directly to the booth. **Cost:** FREE!

● July 23 (Thur)~July 25 (Sat)

• Make an "iraira" game! **Capacity:** 30 people (5 people/time, 6 times/day) **Cost:** ¥400

• Make a fish mobile! **Capacity:** 24 people (8 people/time, 3 times/day) **Cost:** ¥800

● July 26 (Sun)~July 29 (Wed) ※Closed on July 27 (Mon)

• Make a color-changing paper fan! **Capacity:** 24 people (8 people/time, 3 times/day) **Cost:** ¥700

• Make an ice-cream sundae candle! **Capacity:** 30 people (10 people/time, 3 times/day) **Cost:** ¥500

● Planetarium Special Program "Chibimaruko-chan: Wish upon a Star"

Date: July 19 (Sun)~Sept 27 (Sun) / During summer vacation: 11:00, 13:30 / September: Sat, Sun, nat. hols 13:30

Place: Science and Education Hall Planetarium **Target:** Elementary school and above **Cost:** Adult: ¥350, Child ¥120

Closed on July 27, 30, 31, Aug 10, 17, 24, 31, Sept 7, 14, 24, 28. ※No 13:30 showing on Aug 1.

Contact: Itabashi Science and Education Hall 8Tokiwadai 4-14-1, Itabashi) ☎03-3559-6561

E-mail: itakk@itbs-sem.jp **Homepage:** <http://www.itbs-sem.jp>

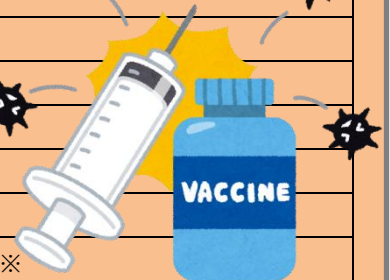
Childhood Vaccinations

Contagious diseases still pose a threat to children's health, but many can be prevented with vaccinations. Protect your child's health by having them vaccinated! 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.

Name of Vaccine	Timing	No. of Doses
BCG	Up to 1 year old	1
DPT-IPV	From 3 months to 7 1/2 years	4
DT (part 2)	From 11 years to 13 years	1
MR (part 1)	From 12 months to 24 months	1
MR (part 2)	The year before entering primary school	1
Chickenpox	From 12 months to 36 months	2
JE (part 1)	From 6 months to 7 1/2 years	3
JE (part 2)	From 9 years to 13 years	1
HIB vaccine	From 2 months to 5 years	Max. 4※
Childhood pneumococcal infection	From 2 months to 5 years	Max. 4※

※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



Calling Participants! 【 I 】 Pick Your Own Fruit + BBQ Evening

~Try your hand at picking fruit on a local farm and enjoy a BBQ in the garden!~

Date: August 29 (Sat)~30 (Sun) ※Please arrive by 13:00 on 29; events ends after breakfast on 30.

Target: Those living, working or studying in Itabashi (under junior high school age must be accompanied by a guardian)

Accommodation: Haruna Forest Academy (Harunako-machi 845-1, Takasaki City, Gunma prefecture)

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

Cost: Adult ¥6,900, Seniors (over 65) ¥6,500, Child (4-14 years) ¥5,400, Infants (2-3 yrs) ¥900

※Accommodation fee (1 night, 2 meals) and fruit picking fee (pears or grapes) included.

※Depending on the weather, the venue for the BBQ may be moved to an outdoor covered area or the canteen.



【 II 】 Cookery Lessons + Bonfire

~Enjoy an outdoor party around the bonfire with home-made food (pizza, cake etc)!~

Date: Sept 12 (Sat)~13 (Sun) 1 night, 2 days ※Please arrive by 12:00 on 12; events ends after breakfast on 13.

Target: Those living, working or studying in Itabashi (under junior high school age must be accompanied by a guardian)

Accommodation: Haruna Forest Academy (Harunako-machi 845-1, Takasaki City, Gunma prefecture)

Capacity: 25 people (first-come, first-served)

Cost: Adult: ¥5,700, Seniors (Over 65) ¥5,300, Child (4-14 years) ¥4,500, Infants (under 3 years) free

※Accommodation fee (1 night, 3 meals) and cost of cooking ingredients included.

Things too Bring: Apron, bandana/headscarf or similar

※Depending on the weather, the venue for the bonfire may be moved to an outdoor covered area or the canteen.

To Apply/Contact: Apply directly to Haruna Forest Academy from July 1 (Wed) either by telephone (☎027-374-9315, 9:00~17:00) or via its homepage (<http://itabasi-haruna.com/>).

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International Salon Friendship Club Nakama

The International Salon is a place where people can interact freely held once a month by the volunteer group *Nakama*. It's a chance to discover different cultures, make new friends regardless of nationality and brush up on your language skills! Please drop by!

Date: 7/4, 8/1, 9/5 (all Sat) 14:30~16:30

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

Cost: ¥200 (includes refreshments) Just come directly to the venue!

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

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

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

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



Funding for International Exchange and Assistance Projects

ICIEF provides funding for volunteer groups to conduct projects in Itabashi such as international exchange and advisory projects aimed at supporting foreign residents living in Japan. Guidelines for applicants can be obtained at the ICIEF International Exchange Subsection counter (City Hall, North Building, 8F, #13) or Itabashi General Volunteer Center or downloaded from the homepage (<http://www.itabashi-ci.org/int/support/>).

Target: International exchange/cooperative projects or foreign resident support projects to be conducted between August 1 and November 30.

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

To apply/Contact: Submit a completed application form between July 15 (Wed) and August 14 (Fri) either by mail or in person. Applications are not accepted by e-mail.

Contact/Submissions: ICIEF International Exchange Subsection (Itabashi City Hall 8F, #13)
Itabashi 2-66-1, Itabashi 〒173-8501 ☎03-3579-2015