

ICIEF Board

*The Monthly
Living Guide
for the Itabashi
International
Community*

① Free Legal Consultation for Foreign Residents

Experienced lawyers offer expert advice on issues that often affect foreign residents, such as visas/immigration, refugee status, divorce, inheritance, labor, etc. Private consultation; by appointment only.

※If you require interpreting, please request at the time of booking.

Time: November 20 (Thu), December 10 (Thu) 13:30~16:00

Fee: FREE ※Consultation time is limited to approx. 30 minutes per person.

Place: Green Hall 11/20: Meeting Room 502; 12/10: Meeting Room 503

To Apply: Apply by email to the address below by 3 days before the event. Emails accepted in Japanese, English or Chinese.



② Funding for International Exchange Projects

ICIEF offers funding for volunteer groups in Itabashi to conduct projects such as international exchange and advisory projects aimed at supporting foreign residents. Application guidelines can be obtained at the ICIEF/International Exchange Subsection counter (see below for address) and Itabashi General Volunteer Center or downloaded from ICIEF's homepage.

Target: International exchange/cooperation projects or foreign resident support projects to be conducted between December 1, 2015 and March 31, 2016

Funding: 50% of total project costs (annual upper limit of ¥200,000 per organization)

To Apply: Submit a completed application form to the address below between November 13 (Fri) and December 15 (Tues) either by mail or in person. Applications are not accepted by email.

③ *Nakama*: International Exchange Salon and Yearend Party

★ **International Exchange Salon** ★ ~Enjoy chatting and make new friends over a cup of tea~

Time: 11/7, 1/9 (Sat) 14:30~16:30 / **Fee:** ¥200 (inc. refreshments) No booking necessary – just turn up!

Place: 11/7: Shimo-itabashi Station Meeting Hall (Itabashi 2-3-1); 1/9: Green Hall Meeting Room 504 (Sakae-cho 36-1)

★ **Yearend Party 2015** ★ ~Packed with must-see live music, lottery, Janken (Rock-Paper-Scissors) contest and more!~

Time: December 12 (Sat) 13:00~16:30 / **Place:** Green Hall, 2F Hall (Sakae-cho 36-1)

Fee: ¥700 (¥500 for elementary school students and under) No booking necessary – just turn up!

38th Itabashi Agricultural Festival: A Green Earth for the Future

Lots of fun attractions for children and adults in order to spread knowledge and awareness of Itabashi's local farming and agriculture, such as sale of fresh fruit and vegetables cultivated in Itabashi. Don't miss the spectacular "Vegetable Treasure Ship", the festival's symbol, at the opening parade!

Time: November 14 (Sat) 11:30~16:00 (Opening parade 13:00~) / November 15 (Sun) 10:00~15:30

Place: Around Akatsuka Gymnasium Road (Please cooperate with traffic restrictions on cars and bicycles!)

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



Contact for ①, ② and ③: ICIEF/International Exchange Subsection, #13, 8F, Itabashi City Hall, Itabashi 2-66-1, Itabashi 〒173-8501 ☎03-3579-2015 Email: kkouryu@city.itabashi.tokyo.jp HP: <http://www.itabashi-ci.org/>

Call for Participants: Itabashi City Marathon 2016



Itabashi City Marathon is the perfect first-time marathon for beginners, and here's why!

- Plentiful food/water service (15 stations)
- Generous time limit (7 hours)
- Flat course with few ups and downs

As a result, the completion rate for first-time runners is very high! Why not start your marathon-running career in Itabashi? The race takes place along the nature-rich riverbanks of the Arakawa River.

Time: March 20 (Sun), 2016 ※No postponement for rain

Place: Purpose-built venue/course along Itabashi Arakawa riverbanks

Categories: Full marathon (19 years and over); 5km (high school and above); Wheelchair 1km (junior high school and above); Junior High 3km; Elementary 500m/1km/1.5km.

Application Periods: ※Applications will be closed once capacity is reached.

Full marathon: Now open!! ~November 25 (Wed) / **All other categories:** Now open!! ~December 21 (Mon)

To Apply: Apply by Internet, mobile phone website or postal transfer form.

※Please enquire directly with the Marathon Office for Wheelchair 1km application or to request a postal transfer form.

Contact: Itabashi City Marathon Office ☎03-3579-2654 **HP:** <http://www.i-c-m.jp/>

Autumn Fire Safety Campaign Week 11/9~15: Be Alert, Avert a Fire!

Itabashi Fire Station: Fire Safety Gathering

Time: November 11 (Wed) 13:30~15:40 / **Place:** Itabashi Culture Hall, 2F Hall (Ohyama Higashi-cho 51-1, Itabashi)

Content: Awards ceremony for fire safety operations allies and a public lecture by popular actor, celebrity and ghost story teller Junji Inagawa!

Contact: Fire Safety Management Subsection, Fire Prevention Section, Itabashi Fire Station ☎03-3964-0119

Shimura Fire Station: Fire Safety Gathering

Time: November 11 (Wed) 14:00~16:00 / **Place:** Narimasu Act Hall (Narimasu 3-11-3, Itabashi)

Content: Awards ceremony for fire safety operations allies and a fire safety concert by the very popular and in-demand Tokyo Fire Department Band!

Contact: Fire Safety Management Subsection, Fire Prevention Section, Shimura Fire Station ☎03-5398-0119



November is Child Abuse Prevention Promotion Month: Help Save a Life

Child abuse is a problem that can affect anyone. As a parent or guardian, it is understandable to sometimes feel irritated, frustrated or unable to cope. Together, we can find solutions to end the suffering of children and their parents/guardians. Itabashi reviews and provides necessary services and assistance as well as referrals to appropriate consultation organizations (see below). Itabashi's Children and Family Support Center also provides advice and consultation about child rearing as well as recording incidents of child abuse. Confidentiality is strictly observed, so please don't feel afraid to seek advice. You could help save a child's life.

<Consultation Services>

Children and Family Support Center, Child Abuse Consultation Helpline ☎03-3579-2658 Mon~Sat 9:00~17:00

Ask Anything Child Consultation ☎03-3579-2656 Mon~Sat 9:00~17:00

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

Child Consultation Center National Helpline ☎189 ☎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

All Itabashi welfare offices and health and welfare centers as well as local child welfare volunteers and social workers also offer advice and consultation on child abuse.

Contact: Children and Family Support Center ☎03-3579-2658

Has Your Child Missed Any Vaccinations?

Contagious diseases still pose a threat to children's health, but many can be prevented with vaccinations. Protect your children's health by having them vaccinated! Timing/ages for scheduled vaccinations are determined by law. A vaccination coupon issued by City Hall is necessary in order to receive vaccinations.

Name of Vaccine	Target Age	No. of Doses
BCG	Up to 1 year old	1
DPT-IPV (part 1)	From 3 months to 7½ 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 elementary school	1
Chickenpox	From 24 months to 3 years	2
JE (part 1)	From 6 months to 7½ years	3
JE (part 2)	From 9 years to 13 years	1
HIB vaccine (Haemophilus influenza type B)	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, Health Center ☎03-3579-2318 or your local health and welfare center

Let's Enroll in the National Health Insurance!

Non-Japanese residents who fulfill certain requirements for residency period and residence status, who are listed on the Basic Resident Register (i.e. 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 (NHI) program. Under NHI, everybody pays monthly insurance premiums which cover 70% of the cost of medical fees when receiving treatment at the hospital or other medical facility (i.e. the patient pays the remaining 30%). Those with the following residence status cannot enroll in NHI, even if they have completed resident registration:

- ① Those entering or residing in Japan for the purpose of medical care under the "Designated Activities" (*tokutei katsudo*, 「特定活動」) status (or accompanying persons)
- ② Those who are resident for a period of less than 1 year for the purpose of tourism, recuperation and other similar activities (or their spouses)
- ③ Those whose residence status is "Temporary Stay" (*tanki taizai*, 「短期滞在」) cannot enroll, no matter how many times they extend their residency period

To Enroll: Please bring your Resident Card and passport to the counter below.

Premium Costs (per person): The base annual premium is ¥44,700 (or more, dependent on income)

※Premiums vary according to previous year's income and number of enrolled dependents.

※Those aged 40~64 pay an additional ¥14,700 per year of nursing care insurance, a total of ¥59,400 per year.

Contact: Qualification Assessment Subsection, NHI and Pension Section, Health and Livelihood Division (#23, 2F, City Hall South Building) ☎03-3579-2406

Itabashi Social Education Facilities: Guide to Use

Itabashi's two social education facilities are located in rich natural surroundings and can be used by anyone living, working or studying in Itabashi as a venue for a range of activities, from sports and cultural activities to corporate training.

<Youth Outdoor Learning Center Yatsugatake Lodge> ☎0120-988-083 ☎0266-66-2323

<http://www.hoyojo.jp/itabashi-yatsugatake/>

Address: Azahirohara 1-1322, Tatsuzawa, Fujimi-machi, Suwa-gun, Nagano prefecture

Facilities: Guest rooms, tea ceremony room, playroom, outdoor cooking space, campground, tennis courts, etc.

Lodging fee (pppn): ¥1,300 (general), ¥650 (under 15, over 65, those with disabilities)

Meal costs (inc. tax): Breakfast ¥540, lunch ¥594~648, dinner ¥1,296 (adults), ¥864 (children)

<Haruna Forest Academy> ☎027-374-9315 (9:00~17:00) <http://itabashi-haruna.com/> (Continued overleaf...→→→)

Address: Harunako-machi 845, Takasaki-shi, Gunma prefecture

Facilities: Guest rooms (12 x 10 person rooms, 4 x 6 person rooms), multi-purpose hall, meeting room, campfire space, etc.

Lodging fee (pppn): ¥800 (general), ¥400 (under 15, over 65, those with disabilities)

Meal costs (inc. tax): Breakfast ¥540, lunch ¥648, dinner ¥1,188 (adults), ¥864 (children)

Admin

Science and Education Hall: Guide to Events

★Star-gazing Club★ 1st half: explanation of the highlights of that day's night sky inside the planetarium; 2nd half: observation of the stars using a telescope outside in nearby Peace Park with the help of astronomy volunteers.
※In case of rainy/cloudy weather, only the 1st half (approx. 30 mins) will be held.

Time: November 21 (Sat) 18:00~ Approx. 90 minutes

Place: Planetarium, Peace Park (no set ending time; leave when you are ready)

Target: Elementary school and above (elementary school students must be accompanied by a guardian)

★Healing Planetarium: "A Time of Stars and Music"★ A therapeutic program where you can relax and enjoy the night sky to the accompaniment of background music on the theme of "stars".

Time: November 28 (Sat) 18:00~ Approx. 50 minutes / **Place:** Planetarium

Target: Junior high school students and above / **Fee:** ¥350 (adults), ¥120 (high school and below)

※Tickets go on sale from 17:30 from the ticket vending machine next to reception.

★Itabashi Summer Research Project★ Come and see Summer Research Projects by elementary school students in Itabashi (1F Hall). Outstanding projects that have passed the first stage of the selection process will be displayed.

Period: November 7 (Sat)~December 13 (Sun) ※Only until 13:00 on the final day.

Popular vote: November 7 (Sat)~14 (Sat) ※Vote results will be referred to in the second stage of the selection process.

★Awards Ceremony & Science Show★ Certificates and prizes will be awarded to outstanding projects selected by the judging committee. There will also be a science show after the awards ceremony.

Time: December 13 (Sun) 13:30~14:30 (1st half: awards ceremony, 2nd half: science show) **Place:** Planetarium

Capacity: 100 people (first-come, first-served) ※Entry and exit during the event is not permitted.

※Children under elementary school grade 3 must be accompanied by a guardian.

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

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

AIDS Prevention Month is 11/16 – 12/15

In 2014, there were 512 new cases of HIV and AIDS in Tokyo, an increase on last year. 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 HIV/AIDS cannot yet fully be cured, treatments have improved. With early detection and treatment, onset of AIDS can be delayed, and immune capacity can be recovered. HIV/AIDS is a communicable disease that could affect anyone. If you have an STD such as genital Chlamydia then it is easier to get infected with the HIV virus. With everybody's awareness and knowledge, we can take measures to prevent its spread and create a society without prejudice or discrimination against people with AIDS.

<HIV Antibody Testing>

Test Item: HIV antibody test (free, anonymous, by appointment) ※Optional syphilis and Chlamydia test available

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

Test Dates: ①December 3 (Thu), ②December 17 (Thu) 9:00~10:00

Results Dates: ①December 10 (Thu), ②December 24 (Thu) 9:00~10:00

※Results will only be given to the patient in person. No medical certificate etc. will be issued.

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

During AIDS Prevention Month, the South Shinjuku Testing and Counseling Office will also offer testing for HIV antibody as well as other STDs such as syphilis, Chlamydia and gonorrhea (free, anonymous).

Appointments: South Shinjuku Testing and Counseling Office ☎03-3377-0811 Mon~Fri 15:30~19:00

Sat/Sun 13:00~16:30 / **Mobile phone site:** <http://www.tmsks.jp>

※People with hearing or language impairments can also make appointments by FAX: 03-3377-0821.

