

# ICIEF Board

## ① Free Legal Consultation for Foreign Residents

Experienced lawyers offer advice on issues that often affect foreign residents, such as visas/immigration, insurance/pension, refugee status, marriage/divorce, inheritance, labour, etc.

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

**Date:** 15/9/2016 (Thu), 10/20/2016 (Thu) 13:30~16:00

**Place:** Culture Hall Meeting Room 2 (51-1 Oyama Higashi-cho, Itabashi-ku)

**Cost:** FREE ※Consultation time is limited to approximately 30 minutes per person.

**To Apply:** By appointment! Apply by email (Japanese, English) to Contact overleaf by 3 days before each event.



## ② Japanese Language Lessons for Beginners – Apply Now!

ICIEF conducts beginning Japanese language classes for foreign residents in Itabashi who are new to Japan and/or cannot speak Japanese.

**Place:** Green Hall meeting rooms

**Capacity:** 30 people per course (first come basis)

**Fee:** ¥4,800 ※Plus separate textbook charge

**To Apply:** Send the following information to the Contact overleaf via postcard, fax or email:

- ① Beginning Japanese Language Class (初級日本語教室申込),
- ② Preferred course (Choose from ①~③), ③ Address, ④ Name (with furigana), ⑤ Gender, ⑥ TEL, ⑦ Nationality

※No classes on national holidays and Yearend/New Year holiday period. Children cannot be brought to class.



**Course/Period:**

**① Mon/Thu Course** 10:00~12:00  
 Every Mon and Thu 3/10/2016 ~ 16/3/2017

**② Tues/Fri Course** 18:30~20:30  
 Every Tues and Fri 4/10/2016 ~ 17/3/2017

## ③ International Exchange Salon: Friendship Club *Nakama*

The International Salon is a place where foreign and Japanese people can meet and interact freely over a cup of tea held once a month by volunteers. A chance to discover new cultures and make friends from all around the world!

**Time:** 3/9/2016, 8/10 (Sat) 14:30~16:30

**Place:** Green Hall (36-1 Sakae-cho, Itabashi-ku) 9/3: Meeting Room 509, 10/8: Meeting Room 601

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



### Contact for ①-③:

ICIEF Itabashi Culture & International Exchange Foundation, International Exchange Subsection (inside Culture & International Exchange Section, City Hall, 8F, #13) 2-66-1 Itabashi, Itabashi-ku 〒173-8501 ☎03-3579-2015/FAX 03-3579-2166

## Admission of Foreign National Children to Itabashi Schools!



If you wish to enroll a foreign national child in an Itabashi City elementary school, please bring the child's passport and complete enrollment procedures at the Educational Affairs Section. If you can, please bring someone with you who understands Japanese. In Itabashi, as a rule children attend an elementary school in the school district where they live. However, choice of a school in a neighbouring district may be possible with good reason. If you wish to change the choice of school, please ask when you apply.

★ **Eligible to start school in 2017:** children born between 2/4/2010~1/4/2011

★ **Application period:** 1/9/2016~30/9/2016 Mon~Fri 9:00~12:00, 13:00~17:00

**Contact:** Educational Affairs Subsection, Educational Affairs Section  
(Itabashi City Hall North Building 6F, #14) ☎03-3579-2611



## ~Medical Emergency Awareness Week is September 4-10~



Should I go to the hospital? Should I call an ambulance?

What should I do in case of a sudden injury or accident?

### ◆ Call the Emergency Consultation Center 《24 hours a day, 365 days a year》

A medical consultation team made up of experienced medical professionals such as doctors, nurses and paramedics is on hand to respond to your call. From mobile phone, PHS, or touch-tone telephone, call #7119. From dial telephone, from Tokyo 23 Wards call 03-3212-2323 or from Tama area call 042-521-2323.

### 《Main Services》

- First Aid advice
- Symptoms-based advice on whether it is an emergency
- Advice on whether you need to visit a hospital
- Hospital recommendations

For example...

>**Non-emergency** ⇒ You will be offered hospital recommendations.

>**Emergency** ⇒ You will be advised to call an ambulance and transferred to the emergency operator.

>Non-emergency-related advice ⇒ You will be put in touch with the welfare and health service department.

### ◆ Emergency Hospital Guide (Tokyo Edition)

You can also check symptoms yourself using your computer, smartphone or mobile phone.

From computer or smartphone:

<http://www.tfd.metro.tokyo.jp/hp-kyuuumuka/guide/main/>



From mobile phone:

<http://www.tfd.metro.tokyo.jp/hp-kyuuumuka/guide/m/00kiyaku.html>



If the result of the check is “**high degree of urgency**”... ⇒ You will be advised to call an ambulance and redirected to the 119 call screen from where you can do so with one touch of a button.

**Please use ambulances responsibly so that they are available for people who urgently need them.**

**Contact:** Emergencies Subsection, Defensive Measures Section, Itabashi Fire Station ☎03-3964-0119

Emergencies Subsection, Defensive Measures Section, Shimura Fire Station ☎03-5398-0119

## ~Tuberculosis (TB) Prevention Week is September 24-30~

In 2015, in Itabashi 115 people received treatment for TB, of whom 9 were foreign residents. Many of the latter were diagnosed during routine health checks at their Japanese language schools or visits to medical facilities. Six of them moved into Itabashi while still under treatment. Initial symptoms of TB are often not very pronounced. If cold-like symptoms such as cough, phlegm, lethargy etc. persist for 2 weeks or more you should suspect TB.

### **[When are people susceptible to TB?]**

You are more likely to develop the disease if you inhale the TB bacterium when your body's immunity is low, such as when you are habitually fatigued or keeping irregular hours. Those with impaired immune systems, such as people with diseases such as diabetes or HIV or who have been under severe psychological stress should take extra care.

### **[Prevention and Early Detection]**

Maintaining a healthy immune system is vital for preventing TB. Eating a balanced diet, getting enough rest and moderate exercise are important, as is a yearly health check. If you or anyone you know experiences coughing and phlegm that last for 2 weeks or more, you should see a doctor right away.



### **[If you are Diagnosed with TB...]**

TB is curable if you take your medicine properly. Itabashi offers consultation for patients on assistance with treatment and medication, and a program to apply for help with costs of medical treatment. Please inquire for details.

**Contact:** Disease Prevention Section, Itabashi Public Health Center ☎03-3579-2321

## Event

### ~Science and Education Hall: Guide to Events~

#### ● Planetarium Special Screening: "Harvest Moon"

**Date:** 9/10 (Sat), 11 (Sun) 15:30~16:20

**Content:** First half: explanation of that night's stars, latter half: explanation of the harvest moon and the custom of "moon-viewing" (*otsukimi*).

**Cost:** Adult ¥350, High school and below ¥120

※Group discount for groups of 20 or more people, discounts for senior citizens (65 and over; bring proof of age), people with disabilities (bring the relevant certificate)

**Target:** Elementary school Grade 5 and above

**Capacity:** 197 people (first come basis) ※Just go directly to the venue on the day.

#### ● Science Fiesta

**Target:** Older elementary school pupils and above

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

**Date:** 9/17 (Sat)~9/19 (national holiday)



◆ **Make Your Own Chalk:** Make your own original chalk using plaster, colored water, and a silicon mould.

13:00, 13:30, 14:00, 14:30, 15:00 (5 times per day, 10 people per time)

**Cost:** ¥500 ※Tickets go on sale from 10:40 on the day at IF Reception.

◆ **Make a Simple Anime:** The illustrations on both sides look like a single sheet due to residual image effect.

13:00~15:45 **Cost:** ¥100 ※No application necessary. Just go directly to the booth!

**Contact:** Itabashi Science and Education Hall (4-14-1 Tokiwadai, Itabashi-ku) ☎174-0071

☎03-3559-6561 Email: [itakk@itbs-sem.jp](mailto:itakk@itbs-sem.jp) See homepage for more details: <http://www.itbs-sem.jp>

## 3<sup>rd</sup> Itabashi Walking Festival~Call for Participants!~

Enjoy the various events along the course route while walking through the relaxing autumn scenery of Itabashi.

**Date:** 3/11/2016 (national holiday) 9:00 (Reception from 8:00~) ※No postponement in case of rain.

**Place:** Former Takashimadaira 7<sup>th</sup> Elementary School  
(3-13-3 Takashimadaira, Itabashi-ku)

**Course:** A Course (5.0km), B Course (9.2km), C Course (14.4km)

**Capacity:** 800 people (first come, first served)

**Cost:** ¥500 (free for preschool-age children)

**Application Period:** 9/3 (Sat)~10/3 (Mon)

**To Apply:** Apply in person at the counter, using the online form (see Itabashi City homepage), or by return postcard, with the following information: ①Preferred course (A, B or C above), ②Address, ③Name (with *furigana*), ④ Age/school grade, ⑤Gender, ⑥TEL. ※If applying for multiple people, write the information for each person.

**Contact:** Sports Promotion Second Group, Sports Promotion Section (Itabashi City Hall 8F) ☎03-3579-2652



## Itabashi Local Traditional Performing Arts

Itabashi has many local traditional performing arts which are designated as Intangible Folk Cultural Assets by the City or the government, and are being carefully preserved by societies. Performances of five of these arts will be held in autumn, traditionally Japan's cultural season. This year's performance will feature guest performers from Taito City.

**Date:** 1/10/2016 (Sat) Doors open: 12:30 Performance starts: 13:00

**Place:** Narimasu ACT Hall (Narimasu 3-11-3-405) Tobu Tojo line "Narimasu station" North Exit

**Performers:** Akatsuka Suwa Shrine Ta-asobi Preservation Society, Tokumaru Kitano Shrine Lion Dance Preservation Society, Tokumaru Yotsutake-odori Preservation Society, Kanda-style Shinmei-bayashi Preservation Society, Sagami-style Hagiwara Masayoshi troupe staff Edo Daikagura Preservation Society (special guest performers)

**Capacity:** 470 people **Fee:** FREE Just go directly to the venue on the day. ※Entrance may be refused if venue is full.

**Contact:** Cultural Properties Subsection, Lifelong Learning Section ☎03-3579-2636



## Halloween Special Event!! "Eco Haunted House 2016"

This year too Ecopolis will be transformed into a terrifying haunted house for one night only!

Practice your Halloween fancy dress outfit before the big night itself!

For details and to apply see Ecopolis Center homepage: <http://www.itbs-ecopo.jp/>

**Date:** 9/10/2016 (Sun), 10/10 (Mon, nat. hol.)

**Place:** Ecopolis Center (4-6-1 Maeno-cho, Itabashi-ku)

**Target:** Children aged from 4 years old to elementary school Grade 6.

※Grade 2 and under must be accompanied by a guardian.

※For night-time sessions all children must be accompanied.

※Guardians can join in for FREE (if they are not too scared, that is...!)

**Fee:** ¥500 per child (FREE for accompanying guardians)

**Contact:** Ecopolis Center (Closed every 3<sup>rd</sup> Mon)

☎03-5970-5001 Email: [info@itbs-ecopo.jp](mailto:info@itbs-ecopo.jp)

