

ICIEF Board

① Free Legal Consultation for Foreign Residents

Experienced lawyers offer advice on issues that often affect foreign national 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: 9/21 (Thu) 13:30~16:00

Place: Culture Hall Meeting Room 4 (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 International Exchange Salon: Friendship Club Nakama

The International Salon is a place where foreign nationals 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: 9/9 (Sat) 14:30~16:30

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

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



③ Japanese Language Lessons for Beginners – Apply Now!

ICIEF conducts beginning Japanese language classes for foreign national 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, first-served)

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.

① Mon/Thu Course 10:00~12:00
Every Mon and Thu 10/5~ 3/22/2018

② Tue/Fri Course 18:30~20:30
Every Tues and Fri 10/6~ 3/20/2018



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

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.

Date: 10/6 (Fri) ~ 11/26 (Sun) *Check website for event details

Evening festival leading up to the local culture festival

Time: 9/30 (Sat) Open: 13:00; Start: 14:00

Place: Itabashi Culture Hall Large Hall **Fee:** FREE Just go directly to the venue on the day.

Contact: Itabashi Culture & International Exchange Foundation, International Exchange Subsection ☎03-3579-2636
<https://www.itabashi-ci.org/cul/events/785/> (Local Culture Festival)
<https://www.itabashi-ci.org/cul/city-festival/802/> (Evening Festival)



Science Fiesta

Time : 9/16 (Sat) ~ 18 (Mon · public holiday)

For Older elementary school pupils and above ※Children under elementary school Grade 3 must be accompanied by a guardian.



◆ **Ancient fossil specimen**... Make your own fossil sample based on 300,000-year-old fossilized leaf!

Time: 13 : 00, 14 : 00, 15 : 00 (3 sessions per day, 12 participants per session)

Cost: ¥500 ※Tickets sold on day of event from 10:40 on first floor

◆ **Straw Plane**... Make a mysteriously shaped plane that flies!

Time: 13 : 00~15 : 45

Fee: ¥100 ※No RSVP necessary, will end when materials run out

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

※Hours: 9 : 00~16 : 30 E-mail: itakk@itbs-sem.jp <http://www.itbs-sem.jp>

※Closed: Mondays (next day if public holiday); Open 9/18 (Mon · public holiday) ; Closed 9/1 (Fri) and 9/1 (Tue)

4th Itabashi Walking Festival~Call for Participants!~

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

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

Place: Tokumarugahara Baseball Field (8-24-1 Takashimadaira, Itabashi-ku)

Course: A Course (5.0km), B Course (10.3km), C Course (14.0km)

Capacity: 800 people (first come, first served)

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

Application Period: 9/2 (Sat)~10/2 (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*), ④Age/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

Autumn Plant City

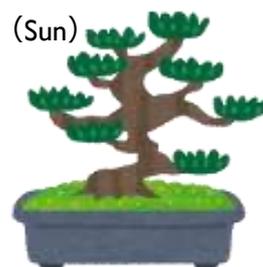
Time/Place: Takashimadaira Green Fountain Plaza (2-34 Takashimadaira) ...10/6 (Fri) ~ 8 (Sun)

• Itabashi City Hall North Building 1F (2-66-1 Itabashi) ...10/10 (Tue) ~ 11 (Wed)

9 : 00~17 : 00 *May be cancelled if it rains

Content: Autumn flowers, ornamental plants, bonsai, and more for sale

Contact : Akatsuka Agricultural Support Section ☎03-3938 - 5114



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 neighboring 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 2018:** children born between Apr. 2, 2011~Apr. 1, 2012

★**Application period:** 9/1/2017~9/30/2017 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 3-9~

◆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.

PC/Smartphone

Cellphone



◆Emergency Hospital Guide (Tokyo Edition)

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

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 2016, in Itabashi 111 people received treatment for TB, of whom 14 were foreign nationals. 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

AIDS Prevention Month is 11/16 – 12/15

When someone becomes infected with AIDS, that person may experience a prolonged period with no symptoms. However, as HIV multiplies and damages the immune system over time, this infection will develop into AIDS. By age, the highest number of people infected with HIV is in the 20~30 age group, and with AIDS 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 (Oyama Higashi-cho 32-15, Itabashi)

Test Dates: ① 11/16 (Thu), ② 12/7 (Thu) 9:00~10:00

Results Dates: ① 11/30 (Thu), ② 12/14 (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 ☎03-3579-232

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.

