

ICIEF Board

① Free Legal Consultation for Foreign Nationals (Free/No Reservation Required)

Legal Consultation regarding visa status, marriage/divorce, refugee status, inheritance, labor, health insurance, and pension.

To apply: Apply by email to the address below at least 3 days before the event. Please indicate whether you need an interpreter. **Time:** 11/16(Thu) 13:30~16:00 (30 minutes per consultation)

Place: Culture Hall Meeting Room 4 (51-1 Oyamahigashicho)

② International Exchange Salon: Friendship Club Nakama



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

Time: ①11/11 (Sat) 、②2018.1/13 (Sat) 14:30~16:30 **Place:** Green Hall (36-1 Sakaecho)①Room 601 ②Room 504

Fee: ¥200 (Includes refreshments) No reservation required

③ Traditional dance event for foreign nationals

Put on a *yukata* and join us as we perform the traditional Japanese dance "Sakura." Have fun as you learn how to wear a *kimono* and learn about Japanese customs and manners.

Time: 12/11 (Mon) 13:30~15:30 **Place:** Culture Hall No. 1 & No. 2 washitsu

Eligibility: Foreign nationals.

Capacity: 20 (lottery system) **Fee:** Free

Things to bring: White socks ※Come in clothes that are easy to move in.

To Apply: By 11/24 (Fri) send a post card with the following information:

- ① "Traditional dance event application" ② Address ③ Name (*furigana*) ④ Sex ⑤ Age ⑥ Nationality ⑦ Phone number.
- ⑧ E-mail.

④ We want to hear from you! Deliver a speech about your experiences in Japan.

Deliver a speech (in Japanese) about your experiences living in Japan and your interactions with Japanese culture! We would love to hear from you!

Time: 2/24 (Sat) 13:00~16:30 **Place:** Green Hall 2F Hall **Length:** Around 3 minutes per person **Eligibility:**

Itabashi City residents/students/employees **Capacity:** 30 **To Apply:** By 12/15 (Fri) (upon arrival) send an e-mail or postcard with the theme of your speech and the following information: ① Address ② Name (in *furigana*) ③ Phone number ④ Nationality ⑤ Age ⑥ Sex ⑦ How many years you've been studying Japanese

Contact for ①~④:

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

The 40th Itabashi Agricultural Festival: A Green Earth for the Future

This festival is an opportunity to learn about the agricultural work being done in Itabashi City. At the festival you will find on sale the freshest vegetables, fruits, and flowers, as well as loads of events that simulate the senses!

Time: 2017.11/11 (Sat) 11:30~16:00 (Opening parade from 13:00~)、

12 (Sun) 10:00~15:30 (Taiko drums from 9:45~)

※Individual events may be cancelled in case of rain

Place: Around Akatsuka Gymnasium ※Please respect rules pertaining to automobiles and bicycles.

Content: ●Musical parade and a parade featuring the Vegetable Treasure Ship, the symbol of the festival! Also dance events and *mikoshi* processions!

- Exhibitions featuring Itabashi City's finest vegetables and fruits, which will be available to purchase on the 12th.
- Show featuring characters inspired by agricultural and Itabashi City and selling of Itabashi City agricultural products, as well as performances of Itabashi's traditional performing arts.
- Gourmet sale featuring fresh local produce and flowers!
- Interactive agriculture event where you can try kenchin soup made with local produce, for free! Come before it runs out!

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

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 (3 for Hepatitis B)
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 12 months to 3 years	1
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

Science and Education Hall: The 5th Free Research Exhibition

Come and see Summer Research Projects by elementary school students in Itabashi. Outstanding projects that have passed the first stage of the selection process will be displayed.

Exhibition: 10/28 (Sat) ~12/10 (Sun) 9 : 30~16 : 30 (Until 13 : 00 on last day)

Voting period: (10/28 (Sat) ~11/9 (Thu)) Results announced on 12/10 (Sun) 13 : 30~

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>

Autumn Fire Safety Campaign Week: Being Prepared Means Being Considerate

This year's theme by Yohei Mukai, a student from Katsushika Ward.

●Itabashi Fire Station: Fire Safety Gathering

Time: 11/9 (Thu) 13:30~15:40 **Conferment Ceremony:** 13:00~15:30 **Lecture:** 14:40~15:30

Content: Conferment ceremony for those who have assisted with fire prevention and lecture by Airaku Sanyutei

Place: Itabashi Culture Hall, 2F Hall (Ohyama Higashi-cho 51-1, Itabashi)

●Shimura Fire Station: Fire Prevention Gathering

Time: 11/19 (Wed) 14:00~16:00 **Place:** Narimasu Akuto Hall (3-11-3 Narimasu)

1st Part: Conferment ceremony for those who have assisted with fire prevention

2nd Part: Tokyo Fire Department Musical Ensemble – Fire Prevention Concert

●Fire Prevention Festival

Time: 11/5(Sun)10:00~14:00 **Place:** Seven Town Azusawa (3-9-5 Azusawa)

Content: Firetruck display and opportunity to try on firefighter outfit

●Shimura Fire Station Open House

Time: 11/10(Fri)10:00~15:00 **Place:** Shimura Fire Station Shimura Murasakaue (1-10-15 Shimura)

Content: Experience riding a firetruck, try on a mini firefighter outfit, and participate in smoke drill

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



Recruiting participants for 2018 Itabashi City Marathon

The Itabashi City Marathon is an easy-to-run course officially recognized by the Japan Association of Athletics Federation. The marathon will last up to seven hours. Many participants successfully finish the marathon, and the course is a good course for beginners as well as experienced runners who want to improve their best time.

There are 15 water and food stations on the course.

Time: 2018.3/18 (Sun) ※Cancelled in case of rain

Place: Arakawa Todabashi Athletics Stadium (3-20 Funado)

Types of races: Full marathon (19 years and older) , 5 k m (High school students and older) , Junior High students 3km, 1st-2nd year elementary school students 500m, 3rd-4th year elementary students 1 km, 5th-6th year elementary students 1.5 k m, Wheelchai 1 km (Elementary school students and older)

【Application deadline】 ※Until full capacity is reached

Full marathon

For members of Japan Association of Athletics Federation: Until 11/30 (Thu)

Non-members (19 years or older and in good health) : Until 12/20 (Wed)

Other events: Until 12/20 (Wed)

To Apply: Apply through the event homepage, the mobile page, or with application form

For details, visit the event homepage at <http://www.i-c-m.jp/>

※For application forms and applications for wheelchair participants, contact us using the information below.

Contact: Itabashi City Marathon Office ☎03-3579-2654



Itabashi Social Education Facilities Guide: Youth Outdoor Learning Center Yatsugatake Lodge

Itabashi City residents, commuters, and students can use the following educational overnight facilities. These facilities are surrounded by nature, and as the seasons change, so do their activities. Please consider using them for company sponsored outings or sports and cultural activities.

Youth Outdoor Learning Center Yatsugatake-so ☎0120-988-083☎0266-66-2323】

<http://itabashi-yatsugatake.com/> **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://itabasi-haruna.com/>

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)

How to reserve : Please make a reservation two months prior (on the first of that month) to your desired date (three months prior for groups of 30 or more). Please reserve by phone or through the respective website. Due to facility inspections, some dates may be unavailable.

Contact: Lifelong Learning Section 03-3579-2633

Movement to Prevent Violence Against Women: November 12~ December 25

Violence, sexual assault, sexual harassment, and acts of stalking committed by one's spouse or partner infringe on the human rights of all women. Violence against women is an important issue that must be addressed in order to bring about an equal society. The Itabashi support center for victims of domestic violence provides confidential consultation for those suffering from domestic violence inflicted by their spouse or partner.

Domestic Violence Consultation Center ☎ 03-5860-9510

For consultation : Gender Equality Advancement Center ☎ 03-3579-2188

Tokyo Women's Plaza☎03-5467-2455 / Tokyo Consulting Center for Women ☎03-5261-3110

Tokyo Metropolitan Police Department Consultation Center ☎03-3501-0110

Enroll in the National Health Insurance

Non-Japanese residents who fulfill certain residency criteria and who have completed resident registration should enroll in the National Health Insurance program (NHI) unless otherwise covered by workplace health insurance. NHI covers 70% of medical fees at hospitals or other medical facilities. Those with the following residence status cannot enroll in NHI, even if they have completed resident registration: ①Those 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)②Those who are resident for a period of less than 1 year for the purpose of tourism, recuperation and other similar activities (or their spouses)③Those 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 ¥49,500 (or more, dependent on income) (can pay by paper slips or through bank transfers) ※Premiums vary according to previous year's income and number of enrolled dependents.※Those aged 40~64 pay an additional ¥15,600 per year of nursing care insurance, a total of ¥65,200 per year. Contact and procedures: Qualification Assessment Subsection, NHI and Pension Section, Health and Livelihood Division (#23, 2F, City Hall South Building) ☎03-3579-2406