

ICIEF Board

*The Monthly
Living Guide
for the Itabashi
International
Community*

① Japanese Language Lessons for Beginners – Apply Now!

ICIEF conducts beginner Japanese language classes for City residents who are new to Japan and/or cannot speak Japanese.

※Please note you cannot bring children to class.

Course/Period: ① Mon/Thu Course (every Monday and Thursday, 10:00~12:00) 4/5 (Thu)—9/27 (Thu)

② Tues/Fri Course (every Tuesday and Friday, 18:30~20:30) 4/10 (Tue)—9/25 (Fri)

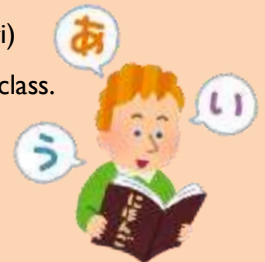
Eligibility: Non-Japanese residents 18 years and older ※Please note you cannot bring children to class.

Place: Green Hall meeting rooms

Capacity: 40 people per course (first-come first-served)

Fee: ¥4,800 (tuition fee) ※Plus separate textbook charge.

To Apply: Send the following information through contact details at the bottom of this page via email, fax, postcard, or through the Foundation website by 3/31 (Sat): ① Preferred course name, ② Address, postcode, ③ Name (*furigana*), ④ Gender, ⑤ TEL, ⑥ Nationality.



② Free Legal Consultation for Foreign Residents (RSVP required)

Topics: Visa status, marriage/divorce, refugee status, inheritance, labor, insurance, and pension

To Apply: Apply by email (Japanese or English) to the Contact overleaf by 3 days before each event.

Time: 2017.3/15 (Thu), 4/19 (Thu) 13:30—16:00 (Consultation Time: 30 minutes)

Place: Culture Hall Meeting Room 4 (51-1 Oyama Higashi-cho)



③ International Exchange Salon: Friendship Club *Nakama*

The International Salon is held once a month by volunteers as a place where foreign people and Japanese people can meet and interact. Discover new cultures, make new friends, and improve your foreign language skills while chatting over a cup of tea! New members are always welcome.



Time: 2/3 (Sat) 3/3 (Sat) 14:30—16:30

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

Fee: ¥200 (includes refreshments) No reservation necessary



① – ③

ICIEF Itabashi Culture & International Exchange Foundation, International Exchange
Subsection (inside Culture & International Exchange Section, Itabashi City Hall 8F,
counter #13) 〒173-8501 Itabashi 2-66-1, Itabashi-ku ☎03-3579-2015 / FAX: 03-3579-2166
E-mail: kkouryu@city.itabashi.tokyo.jp HP: <http://www.itabashi-ci.org/>

Spring Fire Prevention Activities—3/1 to 3/7—

●Itabashi Fire Festival

Time: 3/3 (Sat) 10:00—14:00

Place: Itabashi Fire Station (2-60-15 Itabashi)

Content: Fire station open house, firefighting demonstration, interactive activities (AED, fire extinguishers, etc.)

Contact: Itabashi Fire Station and Prevention Section ☎03-3964-0119

●Komone Fire Festival

Time: 3/3 (Sat) 10:00—13:00

Place: Itabashi Fire Station Komone Branch (2-14-10 Komone)



●Akatsuka Park Fire Fest

Time: (Sat) 10:00—15:00

Place: City Akatsuka Park (3-1 Takashimadaira)

Content: Interactive disaster prevention corners including “quake car,” “smoky room,” fire truck ride, and children’s book and fire truck displays

●Fire Fighting Fest in Seven Town Azusawa

Time: 3/4 (Sun) 10:00—14:00

Place: Seven Town Azusawa (Azusawa 3-9-5)

Content: Mini-firefighter outfit and try-on corner and fire prevention PR corner, children’s book display

Contact: Shimura Fire Station and Prevention Section ☎03-5398-0119



Spring Citywide Emergency Disaster Drill

This drill is based on the premise of an earthquake with an intensity of over 6, followed by fire outbreaks and the destruction of houses. It is important to prepare daily in order to be able to remain calm and minimize injuries when it counts.

Time: 3/11 (Sun) Time differs depending on region. Visit the City homepage for details.



Region	Venue	Region	Venue
Itabashi	Higashi Itabashi Park Little League Baseball Ground (Itabashi 3-50-1)	Nakadai	Wakagi ES (Wakagi 1-14-1)
Kumano	Itabashi 9 th ES (Oyamakanaicho 31-1)		Shimura 5 th ES (Nishidai 3-38-23)
Nakajuku	Itabashi 3 rd JHS (Hikawa-cho 22-3)	Hasune	Shimura 6 th ES (Sakashita 2-18-1)
Nakacho	Yayoi ES (Yayoicho 19-1)	Funado	Funado ES (Funado 3-6-15)
Fujimi	Itabashi Friend Center (Fujimi-cho 3-1)	Maeno	Maeno ES (Maenochi 6-40-1)
Oyaguchi	Oyaguchi ES (Oyaguchi Kita-cho 21-1)	Shimoakatsuka	Shimo-akatsuka ES (Akatsuka 6-14-1)
Tokiwadai	Peace Park (Tokiwadai 4-3)	Narimasu	Akatsuka 2 nd JHS (Narimasu 3 18-1)
Shimizu	Shimura 1 st ES (Izumicho 17-1)	Tokumaru	Akatsuka 1 st JHS (Tokumaru4-13-1)
	Shimura 2 nd ES (Shimura 1-7-1)		Kobai ES (Tokumaru 8-10-1)
	Shimura 3 rd ES (Shimizucho 83-1)		Kitano ES (Tokumaru 3-23-1)
Shimurasakaue	Azusawa Park Baseball Field (Azusawa 3-8)		
		Takashimadaira	Tokumarugahara Park Baseball Ground (Takashimadaira 8-24)

Main contents of disaster drill: (※Other training will be held as appropriate for each local area.)

- Evacuating when your house or local area has become uninhabitable or dangerous
- Setting up an evacuation centre ready to receive evacuees, first-line firefighting to prevent spread of fire damage
- Rescuing people trapped under collapsed buildings, Emergency aid for injured people

Contact: Regional Support Group, Regional Disaster Prevention Support Section, Crisis Management Office ☎03-3579-2152

Discount Coupons for Acupuncture, Moxibustion, Massage,



Period of validity: 2018.4/1(Sun) to 2019.3/31 (Sun)

Target: A) Those aged between 65 and 75 years old (born between April 2, 1943 and April 1, 1954), enrolled in the NHI system in Itabashi, with no outstanding premium payments

B) Those with a registered address in Itabashi, enrolled in the Latter-Stage Elderly Healthcare System, with no outstanding premium payments

No. of coupons: 7

To Apply: Send the following information by postcard between 2018.4/1 (Sun) — 2019.2/28 (Wed) (postmarked):

① "2018 Treatment Coupons Application", ② Address & postcode, ③ Name (*furigana*), ④ DOB, age, ⑤ TEL, ⑥ (A)

NHI Card or (B) Latter-Stage Elderly Healthcare Card number. Send to 〒173-8501 (no address required)

To apply in person: From 2018/4/2 (Mon.) — 2019/3/29 (Fri.) bring you National Health Insurance Card or Latter-Stage Elderly Care Insurance Card to the National Health Insurance & Pension Section (City Hall South Building 2F) or the Latter-Stage Elderly Healthcare Section (City Hall North Building 2F Window 13).

Contact: (A) Administrative Subsection, NHI & Pension Section ☎03-3579-2401

(B) Administration & Payments Group, Latter-Stage Elderly Healthcare System Section ☎03-3579-2327



Hot spring discount coupons



Because of its health benefits, many hot springs are offering special discounts for people enrolled in the National Health Insurance or Latter-Stage Elderly Healthcare System.

Period of validity: 2017.4/1(Sun) — 2018.3/31 (Sun)

	Facility Name	Discount Price	(Standard Price)	Address	Contact
①	Natural Hot Spring Spadio	¥1,780	¥2,200	49-4 Miyamoto-cho, Itabashi-ku	☎03-3967-1126
②	Tokyo Somei Hot Spring Sakura	¥1,080	¥1,296	5-4-24 Komagome, Toshima-ku	☎03-5907-5566
③	Times Spa Resta	¥2,500	¥2,750	Times Station Ikebukuro (Reception 11F), 4-25-9 Higashi-ikebukuro, Toshima-ku	☎03-5979-8924

※①② Price for JHS and over. Contact each facility for price for ES and under.

※② Weekdays only.

※③ Age 17 and over only. Extra charge applies on late night, special days, weekends and national holidays.

To Apply: Fill out a discount coupon at NHI & Pension Section (City Hall South Building 2F), Latter-Stage Elderly Healthcare System Section (City Hall North Building 2F, #13), or any Residents' Office and take it with you when you go to the facility.

Contact: Administrative Subsection, NHI & Pension Section ☎03-3579-2401

Administration & Payments Group, Latter-Stage Elderly Healthcare System Section ☎03-3579-2327



Itabashi Performing Arts



There are numerous performing arts in Itabashi City which are officially recognized as intangible cultural properties.

Five of these will be demonstrated at this event. Guests from Nerima-ku are also being invited.

Time: 3/24 (Sat) Open 12:30 / Start 13:00

Place: Narimasu Act Hall (3-11-3-405 Narimasu) Tobu Tojo Line (Narimasu Station) Near North Exit

Performers: Tokumaru Kitano Shrine Ta-asobi Preservation Group, Daimon Yotsutake-odori Preservation Group, Akatsuka Suwa Shrine Lion Dance Preservation Club, Narimasu Satokaguraku Preservation Club, Sekimachi Bayashi Preservation Club (guest performance)

To apply: No application required (Limited seats available)

Capacity: 450

Cost: Free

Contact: Lifelong Learning Cultural Property Section ☎03-3579-2636



Experience Japanese Culture! Now recruiting for interactive origami and karate session

Time: 3/19 (Mon) 10:00~14:30 ※Cancelled in case of rain

Content: Interactive origami (includes origami strap souvenir) and learn about the history and forms of karate at Seishindo

Eligibility: Foreign Nationals (there will be an English language interpreter)

Capacity: 20 (lottery system)

Cost: ¥50 (accident insurance)

To apply: Make sure the following information arrives by 3/8 (Thu) via email: ①"Interactive origami and karate tour"

②Address ③Name (furigana) ④Age ⑤Sex ⑥Nationality ⑦Phone Number. Send to email address indicated below.

Contact: Lifestyle and Tourism Section ☎03-3579-2251 Email address: kb-kankou@city.itabashi.tokyo.jp



Sakura Matsuri

Let's enjoy the blooming cherry blossoms with friends and family!

	Time	Place	Region/Contact
3/25 (Sun)	11:00~15:00	Itabashi 5 th JHS School Grounds ☆Cancelled in case of rain	Itabashi ☎03-3963-5049
	10:00~15:00	Peace Park ☆Cancelled in case of rain	Tokiwadai ☎03-3559-6560
3/31 (Sat)	9:20~14:00	Itabashi Kotsu Park ☆Cancelled in case of rain	Nakacho ☎03-3958-1101
	10:00~13:30	Sakuragawa ES School Grounds ☆Postponed in case of rain— 4/1 (Sun)	Sakuragawa ☎03-3974-3180
4/1 (Sun)	10:00~15:00	Azusawa Park Baseball Field ☆Cancelled in case of rain	Shimurasakae ☎03-3969-7577
		Johoku Park Baseball Field ☆Held in Hasune Regional Center in case of rain	Hasune ☎03-3969-5723
	10:00~15:30	Ukima Park ☆Cancelled or downsized in case of rain	Funado ☎03-3558-4193
	11:00~15:00	Ecopolis Center ☆Cancelled or downsized in case of rain	Maeno ☎03-3969-0307
	11:00~15:00	Nishitoku Daiichi Park ☆Cancelled in case of rain	Tokumaru ☎03-3932-5370

Contact: Local Regional Center