

September, 2018



ICIEF Board

Japanese Language Lessons for Foreign Residents (Beginners): Apply now for the second half of the Year 2018!

Courses: A. Mon. & Thu. Course, 10:00-12:00, Every Mon. & Thu. Oct. 11 to Mar. 25, 2019
B. Tue. & Fri. Course, 18:30-20:30, Every Tue. & Fri. Oct.9 to Mar. 22, 2019

Eligibility: Foreign residents aged 15 and above *Children are not allowed to the class.

Venue: Meeting Room, Green Hall, 36-1, Sakae-cho

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

Tuition: ¥4,800 *Textbook fee is not included.

To apply: Please send the following information to ICIEF below via the application form on the website, Email, Postcard or FAX

①Name of the Course(A or B), ②Address, ③Name with Hiragana, ④Gender, ⑤Phone, ⑥Nationality.



Intercultural Understanding Volunteer Instructors

Why don't you introduce your home country's culture in the class at the elementary school or junior high school?

Topics : Your home country's culture, customs, languages, food, games

Place : Elementary schools or junior high schools in Itabashi city

Time : Approx. 1 hour sometime between 9 a.m. and 5 p.m. Mondays to Fridays

Honorarium: 6,500 yen (each time)

To apply: Download an application form from the ICIEF's website, fill it out and submit it either through the website or by email



Title	Time & Place	Content
Free Legal Consultation for Foreign Residents	<ul style="list-style-type: none"> ●Sep. 20(Thu.)、 Oct. 18(Thu.) 13:30~16:00 (30 min. a session) ●Culture Hall (Bunka Kaikan) 51-1, Oyama-Higashi Cho 	Visa status, marriage/divorce, labour, insurance, refugee status, inheritance, pension, etc Reserve by email or through the homepage at least one week before the session.
International Exchange Salon: Friendship Club Nakama	<ul style="list-style-type: none"> ●Sept. 8 (Sat.) 14:30~16:30 ●Green Hall, 36-1, Sakae-cho 	Why not enjoy a chat in Japanese over a cup of tea. Great opportunity to make new friends! No reservation is required. The fee is 200 yen.

Contact: Itabashi Culture & International Exchange Foundation (Itabashi City Office 8F#13)

〒173-8501 2-66-1, Itabashi

☎03-3579-2015 FAX 03-3579-2166

Email kkouryu@city.itabashi.tokyo.jp

Website



Facebook @itabashi.icief

Twitter @itabashi_bk_zai

Itabashi Cultural Festival Starts (Oct. 6, Sat. to Nov. 25, Sun.)

There are many opportunities for you to experience such Japanese traditional culture and art as displays and exhibitions of paintings, Japanese calligraphies, Ikebana flower arrangement and performance of Japanese traditional dance. Please visit the website below for detail.

Evening Festival leading up to the Itabashi Cultural Festival!

Traditional cultural performances at a time & at a place! Please enjoy Awa Odori dance, Japanese Taiko, Drum, concert by children, "Folk dance for the Tokyo Olympics 2020" performed by the Folk Dance Association members.

Date: September 30, Sun. 2018, 13:00 Gate opens, 14:00 Program starts

Venue: Large Hall, the Culture Hall, 51-1 Oyama Higashi cho

Admission: Free

Inquiries: Culture & International Exchange Section, City Hall, ☎03-3579-2018

Itabashi Culture Festival: <https://www.itabashi-ci.org/cul/events/3174/>

Evening Festival: <https://www.itabashi-ci.org/cul/city-festival/2755/>



"Experience Karate" program for foreign residents

Won't you join us and experience a Japanese martial art, Karate?

Anyone from foreign countries can participate.

Time: 13:00-15:00, September 29, Sat., 2018 *Rain-or-Shine

Venue: Seishindo Honbu Dojo, 101 Joimu Bldg., 38-5 Oyamakanai-cho

Maximum number of participants: 20, chosen by lot **Fee:** ¥50

To apply: Email by Sep. 21 with ①Application to "Experience Karate" program, ②Address, ③Name, ④Age, ⑤Gender, ⑥Nationality, ⑦Phone number

Inquiries: Life style & Tourism Section, ☎03-3579-2251 ✉kb-kankou@city.itabashi.tokyo.jp



5th Itabashi Walking Festival

Enjoy various events along the routes while walking through the autumnal scenery of Itabashi!

Date: November 3, Sat, 2018, registration starts at 08:00am, program starts at 09:00am *Rain-or-Shine

Assembly point: Tokumarugahara Baseball Field, 8-24-1 Takashimadaira

Courses: Course A (4.6km), Course B(9km), Course C(12.5km)

Maximum participants: 800 people (first-come, first-served basis)

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

Application period: by October 9, 2018

To apply: Sports Promotion Section, Itabashi City website form or Reply-Paid Postcard with information of: ①Preferred course(A, B or C), ②Postal code, ③Address, ④Name with Hiragana, ⑤Age with school grade, ⑥Tel. & Fax.

*In case you apply for more than two persons, write the detail for each person.

Inquiries: Sports Promotion Second Group, Sports Promotion Section, 8F Itabashi City Hall, ☎03-3579-2652



Autumnal Plants Market

Venues & Dates

①Itabashi City Hall, 1F North Building, 2-66-1 Itabashi: Oct. 12 Fri. to 14 Sun.

②Takashimadaira Green Fountain Plaza, 2-34 Takashimadaira: Oct.9 Tue. & 10 Wed.
09:00 to 17:00, *May be cancelled in case of rain

Contents: Sale of autumnal flowers, ornamental plants, bonsais, garden trees and more

Inquiries: Urban Agriculture Section, Akatsuka Branch Office ☎03-3938-5114



Itabashi Dietary Education & Health Promotion Fair with the cooperative shops

September is the Month of “Dietary Improvement & its Promotion Movement”.

To live long and healthy, it is essential “to eat good and well-balanced food”.

Let's try to eat much vegetables, milk and dairy products regularly, and less salt.

Date: 10:00-15:00, September 11, Tue. to 14 Fri. *Display only for Sep. 13 & 14.

Venue: Event Space and Information Space, 1F, Itabashi City Hall

Programs: Panel displays of dietary education, counselling on nutrition, sale of light meals and refreshments by cooperative shops

Inquiries: Nutrition Promotion Subsection, Health Promotion Section, ☎03-3579-2308

Science Fiesta

*Target participants: older than 5 years old

(a 9 year-old and younger child must be accompanied by a guardian)

September 15, Sat. to 17, Mon. national holiday

① Hunting the Meteor

Let's find a real meteor with metal detector!

*Six sessions a day, maximum five people a session, ¥600 a session

② Colorful Fragrance

Let's make your own fragrance with your favorite color and aroma! *13:00 to 16:00, ¥100 a session

September 22, Sat. to 24, Mon. national holiday

③ Specimen of fossil leaf

Let's make a 300 thousand years old fossil leaf specimen!

*Four sessions a day, maximum 8 people a session, ¥500 a session

④ Tin badge with Insects

Let's make a tin badge designed with familiar insects! *13:00 to 16:00, ¥100 a session

① & ③ :Tickets on sale at 10:00 each day at Reception, 1F

② & ④ :Bookings not required. Program will be finished when all the relevant materials are used.

Inquiries: Science & Education Hall, 4-14-1 Tokiwadai, 09:00-16:30,

☎03-3559-6561, ✉ itakk@itbs-sem.jp <http://www.itbs-sem.jp>,

Closed on Monday (In case a Monday falls on a national holiday, the following day will be closed accordingly)

*Opened on Sep. 17 Mon. and 24 Mon., closed on 18 Tue. and 25 Tue. instead.



Daily life Information



Admission of Foreign National Children to Itabashi Schools

If you wish to enroll a foreign national child in an Itabashi City elementary school, please complete enrollment procedures at the Education Affairs Section. It is very much appreciated if you could accompany anyone who speaks Japanese when come to the office. The school every child goes is designated according to his/her address in Itabashi. It is a matter of principle for every child to go to school in the school zone. It may be permitted, however, to attend adjacent school outside the zone considering the reason explained. Anyone who wish to change the designated school for new enrollment, please consult it at the enrollment counter of the City Office.

Age of the children: Date of birth is between April 2, 2012 and April 1, 2013.

Necessary documents: his/her passport and Resident (Zairyu) Card.

Period of Enrollment: 09:00-12:00, 13:00-17:00, between September 3 and September 28, 2018,
Weekdays only

Office of Enrollment: #14, School Affairs Subsection, Education Affairs Section,

Board of Education Office, 6F City Office North Building, ☎03-3579-2611

Tuberculosis (TB) Prevention Week: September 24 to 30, 2018

In 2017 in Itabashi, those who received treatment for TB, of whom about 14 percent were foreign nationals. Many of them were diagnosed at their early stage during health checks at the Japanese language schools and the rest of them were identified after the condition developed in the hospital.

●What is the symptom of TB?

Initial symptoms of TB are often not very pronounced. If cold-like symptoms such as cough, phlegm, lethargy, etc. persist for two weeks or longer, you should suspect TB.

●When are people susceptible to TB?

You are more likely to develop the disease when your body's immunity is low, such as when you are habitually fatigued or keeping irregular hours. In case you have a close family member or friend who got TB, or you are from a region where WHO designates as TB highly epidemic country, please take an extra care to maintain a healthy condition.

●Early Detection is important.

Please take an annual health check of chest X-ray. If you have no opportunities to have the check-up, please receive "Itabashi City TB Check". You had better go to hospital early in case you have cough and phlegm for longer than two weeks.

●If you are diagnosed with TB

TB is curable if you take your medicine properly. There are some cases the medical treatment cost for TB can be borne by national or municipal government. Itabashi offers various assistances for TB patients. Please inquire for details.

Inquiry: Infection Group, Disease Prevention Section, Itabashi Health Center ☎03-3579-2321

Medical Emergency Awareness Week, September 9 to 15

Emergency Consultation Center is ready to receive any consultations in case you cannot make up your mind if you should call ambulance or go to hospital as you are in a sudden illness or injury. For those need ambulance truly, we appreciate your fair and appropriate use of ambulance.

①**Emergency Consultation Center:** 24/7, all year round, ☎#7119 or ☎03-3212-2323

Experienced medical professionals such as doctors, nurses and paramedics are on duty to give advice as follows:

○Hospital recommendations ○Symptom based advice for First-Aid, emergency level of illness or injury, and advice on whether you need to visit a hospital

②**Tokyo Emergency level check:** You can check the degree of urgency of the illness or injury on the Internet.

From your PC or Smartphone: <http://www.tfd.metro.tokyo.jp/hp-kyuuumuka/guide/main/>
Cellphone: <http://www.tfd.metro.tokyo.jp/hp-kyuuumuka/guide/m/00kiyaku.html>

*In case the result of the check is "high degree of urgency", you will be redirected to the 119 call screen.

Inquiries: Emergencies Subsection, Defensive Measures Section,
Itabashi Fire Station ☎03-3964-0119
Emergencies Subsection, Defensive Measures Section,
Shimura Fire Station ☎03-5398-0119



PC



Cellphone