

PEOPLE <Interview> Remy Mukendi Nkongolo (from the suburbs of Kinsasha, Congo)	P1
Introduction to the Health Centers No.2	P2-4
Event information	P5
Information about the Himeji International Association	P6

<People>Interview Mr. Remy Mukendi Nkongolo (from the suburbs of Kinsasha, Congo)

Question: What were the events that led up to your coming to Japan?

Mr. Nkongolo: I came to Japan as a missionary eighteen years ago. I studied Japanese in Osaka for two years. When I was at Sophia University, I lived in Tokyo. I've also lived in Kurashiki and Hiroshima.



Question: Please briefly tell me about the language and culture of the Congo.

Mr. Nkongolo: We use French there. Children officially study French from elementary school. The most popular sport in the Congo is football (soccer). Our staple food is bread made of corn flour. We season meat, fish and vegetables with salt. We use nothing special. It is very simple.

Question: What did you study in the Congo?

Mr. Nkongolo: I studied philosophy and theology. My thesis was on Eastern philosophy.

Question: What activities have you taken part in Japan?

Mr. Nkongolo: I have worked as a temporary worker for the Himeji International Association where I have been requested to give lectures about the Congo. I have also participated in the International Friendship Festival. When I was studying at Sophia University, I obtained a Japanese teacher's license. I can translate and interpret French. I have now set up my own office.

Question: Speaking of the Congo, Mr. John Muwete Muluaka is famous in Japan.

Mr. Nkongolo: Yes, I know him personally. We are the same age.

Mr. Nkongolo has his own homepage. Please take a look at it. You can get to know more about Mr. Nkongolo. <http://www.HeartySpirit.com>

# Introduction to the Health Centers No.2



## 1 When you get pregnant

- Maternal and Child Health Handbook and Vaccination & Childcare Handbook

When you become pregnant, please obtain the Maternal and Child Health Handbook to keep a record of you and your baby's health during pregnancy and after childbirth.

The Vaccination and Childcare Handbook that is issued with the Maternal and Child Health Handbook is necessary when your child is vaccinated. Please take good care of these handbooks as your child grows. The Maternal and Child Health Handbook is available in English, Korean, Thai, Tagalog, Portuguese, Indonesian and Spanish. They can be found at the Health Centers, the Citizen's Section of the City Hall, and at the alien registration counters at branch offices in Shikama, Hirohata, Aboshi, Shirahama, Ieshima, Yumesaki, Kodera and Yasutomi.

- How to obtain these handbooks

Please fill out a report form at the Health Centers, the Citizen's Section of the City Hall, or at the Health and Welfare Service Center or branch offices.

The report form is available at obstetrician clinics and the above-mentioned municipal offices. Please keep your Vaccination & Childcare Handbook in a safe place until your child turns 13 years of age. The handbook is only written in Japanese, but leaflets are available in English, Chinese, Portuguese, Spanish, Korean, and Tagalog.

## 2 When you have a baby

- Home Visit by Nurse

Please fill out a notification form when you have the birth of your child registered. Within 28 days after your child's birthday, a nurse will visit you at home to answer questions and give advice on child care.

- Health Counseling for Infants

If you are concerned about child care or you want to make friends, please contact the Health Centers or the Health and Welfare Service Center for information relating to a baby's growth, child care, nutritional diet, and so on. This counseling service is not available every day, so please call at each office to make sure when the service is available.

- Health Checkup for children

In Himeji City, infants have to undergo four health check-ups. Please make use of these opportunities to ensure your child's health and to use child-care counseling services.

	Occasion	Checkup Items	Date & Place	Fee
For 4 month-old baby	By the day before the 5 month birthday	Doctor consultation, height and weight measurements, child care counseling	Please make a reservation at a pediatric clinic after you get a notice from Himeji City.	Free of charge with presentation of a voucher*
For 10 month-old baby	By the day before the 11 month birthday			
For 18 month-old infant	Before your child turns 2 years old	Doctor consultation, height and weight measurements, dental checkup, childcare counseling	Please come to the Health Centers or the Health and Welfare Service Center on the	Free of charge at these public health centers with presentation of a voucher*

For 3 year-old infant	Before your child turns 4 years old	Doctor consultation, height and weight measurements, dental checkup, childcare counseling, urine test, audiovisual test**	designated date by Himeji City.	You will have to pay the total cost of the checkup at other pediatric clinics.
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\* Himeji City will send you a voucher for a checkup and an interview sheet before your child has to come to a checkup. Please fill out the interview sheet in advance and bring your Maternal and Child Health Handbook, the voucher, and the interview sheet on all occasions.

\*\* Infants for a 3 year-old checkup receive a urine test and you must also bring the interview sheet.

### 3 Vaccinations

#### (1) Measles and Rubella

Due to the revision of the Preventive Vaccination Law, children are required to be vaccinated twice against rubella and measles with a mixed vaccine since April 1, 2006.

	Eligible Group
First vaccination	Children who are over 1 and less than 2 years old. Children who haven't been vaccinated against either measles or rubella by March 31, 2006.
Second vaccination	Children who are over 5 and less than 7 years old before entrance into an elementary school. (Vaccination is available for a year prior to entrance into an elementary school) The second vaccination is intended for children who finished the first vaccination and for children who haven't been vaccinated against either measles or rubella.

#### (2) Types of, and occasions for vaccinations

Himeji City offers free vaccinations for children of the following target age groups. It is recommended that your child be vaccinated as soon as your child reaches the target age. It is desirable that your child receives BCG, DPT and Polio vaccinations before he/she turns 3 years old.

##### ① Individual Vaccinations at medical clinics offering vaccinations

- BCG Standard Age: 3 to 6 months old (available for 0-6 month-old baby)

- DPT Vaccine (against Diphtheria, Pertussis, Tetanus)

First Stage: standard age is 3 to 12 months old (available for 3 to 90 month-old children)

Second Stage: standard age is 12 to 18 months after the first vaccination (available for 3 to 90 month-old children who received the first vaccination more than 6 months prior)

\*The second stage vaccination is supplementary to the three vaccinations at the first stage. Please get the second stage vaccination after a 12 to 18 month interval.

- DT Vaccine (Diphtheria, Tetanus)

Second stage: standard age is 12 years old (available for 11 and 12 year-old children)

- Measles and Rubella

First vaccination: standard age is 12 to 24 months old

Second Vaccination: standard age is 5 to 7 years old (available for a year before entrance into elementary school)

- Measles

Standard Age: 12 to 24 months old (available for those who have caught rubella or finished a rubella vaccination)

- Rubella (German measles)

Standard Age: 12 to 24 months old (available for those who have caught measles or finished a measles



vaccination)

\* A rubella vaccination is free of charge for children of 1 to 7 1/2 years old from April 1, 2006 to March 31, 2007.

● Japanese Encephalitis

Japanese Encephalitis vaccinations have been suspended since May 30, 2005.

② Group Vaccination

● Polio Conducted around May and October

Standard Age: 3 to 18 months old (available for 3 to 90 month-old children)



For inquiries, please call the Disease Control Section at the Health Centers at 079-289-1635.

#### 4 AIDS

AIDS patients and persons infected with the HIV virus are increasing. However, it is possible to prevent infection with caution as HIV virus is not highly infectious. The Health Centers have launched activities meant to promote preventive education against AIDS and to eliminate discrimination and prejudice against AIDS patients and HIV carriers.

- The test is free and can be done anonymously.
- Please get tested more than 12 weeks after the event of a possible infection. (The test will not be accurate within 12 weeks of the possible infection.)

	Date and Time	Place	Test Result
Daytime Checkup	Thursdays, 9:00 to 11:00 No reservation is necessary. Not available on holidays and Dec. 29 to January 3.	Himeji Health Center, West Building, 2nd floor	The test result will be notified to the patient at the test site on the following Thursday between 9:00 to 11:00.
Night time Checkup	The following Wednesdays: 18:30 ~19:30 <2006>May 17, July 19, Sep.20 November 15, <2007> January 17, March 14	Himeji Health Center, West Building, 2nd floor	The test result will be notified to the patient at the test site 30 minutes after the test.
Holiday Checkup	July 2 and December 23, 2006 For reservations, please call 079-289-1635. You can keep your anonymity at the time of the reservation.	Egret Himeji, Seminar Room on the 4 <sup>th</sup> floor	The test result will be notified to the patient 30 minutes after the test.

- Telephone Counseling Service for Foreigners in English, Chinese, Spanish and Portuguese Tel.:  
078-382-2052

Date and time: Monday through Thursday, 13:00~17:00 (except holidays)

The Health Centers offer services such as providing information on outbreaks of infectious diseases as well as counseling on physical and mental disorders as well as incurable diseases.

## ~Event Information ~ Summer Festivals

### Summer Festival at the Sosha Shrine

Date and Time: July 10<sup>th</sup> and 11<sup>th</sup> (Mon & Tue), 2006

Starts at 5:00 p.m.

Venue: Harimanokuni Sosha Shrine

\*The traditional purification ceremony to avoid sickness and misfortune, *yudate*, will be held on the 11<sup>th</sup> at 7pm. Water is boiled in an iron pot and a *miko* (Shinto priestess) will sprinkle this water using bamboo sticks. It is believed that being exposed to this water will keep you in good health for a year.

\*There will also be karaoke and a summer dance to add to the festivities.

### Minato Matsuri (Port Festival)

Date and Time: scheduled for the end of July (it was held on July 30<sup>th</sup> at 7:30 p.m. last year)

Venue: Himeji Port (free bus available from Shikama Sanyo train station)

\*Firework show with thousands of fireworks.

\*There will be no car parking around the port area.

### Himeji Castle Festival (*Himeji Oshiro matsuri*)

Date and Time: August 5<sup>th</sup> & 6<sup>th</sup> (Sat & Sun), 2006

Venue: Sannomaru Ground, Otemae Street

\*The biggest festival in Himeji city with a parade. Guests are invited to take part in a summer dance.

\*On the evening of 5<sup>th</sup>, there will be a *Noh* performance in front of the Himeji castle, which will be lit up. No entrance fee for standing guests.

### The 7<sup>th</sup> Himeji Yosakoi Festival

Date and Time: August 5<sup>th</sup> (Sat): Parade and kick-offs.

August 6<sup>th</sup> (Sun): 9:00 a.m. to 9:00 p.m.

Venue: Otemae Street, Shiromidai park and neighboring areas.

\**Yosakoi* is a common Japanese festival that first began in Kochi prefecture

People dance to the rhythm of an instrument called *naruko*. Presently, yosakoi festivals take place all over the country. Some of the local dance teams in Himeji will perform and compete with each other. This year should be particularly festive because it will take place at the same time as the Oshiro Festival.

### The 61<sup>st</sup> National Sports Festival (*Nojigiku Hyogo Kokutai*)

Dates: September 30<sup>th</sup> (Sat) to October 10<sup>th</sup> (Tue)

\*This is the annual National Sports Festival that will be held in Hyogo prefecture this fall. Himeji city will also host some events. Competitors represent the best in their areas, so the events should be fun to watch. No entrance fees.

Events and locations are listed below:

**Basketball (adult males)** Central Gymnasium (*Chuou Taikukan*), October 1<sup>st</sup> (Sun) to October 4<sup>th</sup> (Wed)

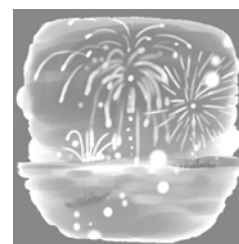
**Tennis (adult males and females)** Hirohata Tennis court, Oct 3<sup>rd</sup> (Tue) & 4<sup>th</sup> (Wed)

**Judo** Kenritsu Budokan, October 6<sup>th</sup> (Fri) to October 9<sup>th</sup> (Mon)

**Rugby (adult and junior male)** Ball Game Center & Athletic Field (*kyugi sports center/rikujo kyugi-jo*), October 5<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup>

**Baseball** Kodera Sogo Koen Sports Center Baseball Field, October 6<sup>th</sup> (Fri) to October 8<sup>th</sup> (Sun)

\*Please confirm details at the Public Relations office.



*Naruko*



☆☆☆ Information about the Himeji International Association ☆☆☆

The Himeji International Exchange Center has a library corner with a collection of books, newspapers, and magazines useful for international exchange and understanding. We also provide Internet services.

- The library is closed on the following days: once a month (on an irregular basis), and during the year-end and New Years holidays (Dec. 28<sup>th</sup> to Jan. 4<sup>th</sup>).
- A library card will be issued to those who live, work, or study in Hyogo. (Present your alien registration card or driver's license when you apply. Identity will be verified when you apply in person)
- You can browse through foreign press such as The Japan Times (English), International Press (Portuguese and Spanish), HIEP HOI (Vietnamese), etc.
- Free Internet service: Limited to one hour per day.  
Access to inappropriate websites or the use of games is prohibited.
- Lending and return: up to five books and magazines per person for two weeks.



Place: Egret Himeji 4F 268-290, Honmachi, Himeji  
Tel: 079-287-0820 URL: <http://www.himeji-iec.or.jp>

News: FM Genki(79. 3MHz) started a Vietnamese radio program in June  
Every Sunday, 15:00~15:05. They offer information on daily life and events in Himeji.

\*\*\* Editor's Postscript \*\*\*

Was the information about the public health centers useful? We dealt with it in the last two issues. It will be a good opportunity to visit a health care center when you think about the health of yourself and your children. There will be various festivals held in July and August in Himeji. Festivals are fun for both adults and children. Please find the festivals listed in Event Information and attend them. The next issue of 「VIVA ! ひめじ」vol.18 is scheduled to be out in October. Don't miss it!

If you have any questions or comments, please contact us at the following address and number provided below. We **will be** happy to hear from you.

*Translation assistants and native proofreaders*

English: Yoko Yamaguchi, Megumi Tuji, Satoko Izumi, Miharu Nagao, Kathy Wakamatsu

Chinese: Li Jilin, Chen Jie, Tsogt, Sun Chuanxi

Portuguese: Kozue Higashimura

Vietnamese: Ken Ishida, Nguyen, Hiroko Kajiwara

Spanish: Aki Saito, Toshiyuki Hotta, Tomoko Hamada, Saori Horii, Tomoko Watanabe,  
Alicia Ohtani

*All volunteer names are printed with their permission. We appreciate all your help.*

We always invite translation assistants and native proofreaders for 「VIVA ! ひめじ」.

Contact Office  
Himeji International Association  
Egret Himeji 3F 68-290, Honmachi, Himeji, 670-0012  
TEL: 079-287-0820 FAX: 079-287-0824  
Mailto: [kokusai@city.himeji.hyogo.jp](mailto:kokusai@city.himeji.hyogo.jp)