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Himeji Cultural and International Exchange
Foundation – newsletter editing volunteers
<http://www.himeji-iec.or.jp/>

<People> **Ms. PUTU KARTIKA CHANDRA LESTARI**

Ms. Kartika is from Bali Island, Indonesia and came to Japan as an international student in 2017. She won second place in the 14th Japanese Speech Contest held this past March. She has liked anime since she was a child and grew to have an interest in Japan, so she studied Japanese culture and language at the department of Japanese education in her local college.



Q: Can you tell us about Bali Island?

A: Indonesia is an island country with a lot of islands. In the past, each island had its own kingdom. Even now, each island has its own language and culture. Our traditional clothing is also different on different islands. Although our national language is Indonesian, my family and the people who live on the same island tend to talk to each other in that island's language. Bali Island has beautiful scenery and traditional culture, which explains why the tourism industry is very big. Also, names are distinctive. We do not have surnames, and PUTU is the name given to the first-born child.

Q: Can you tell us about living in Japan?

A: When I first came to Japan, I had no friends. I did not understand the rules about trash and got yelled at by the landlord. Also, when I had a part time job, I noticed a lot of differences in the work culture of Japan versus Indonesia, which stressed me out. After half a year, I started working in a nursing home. Although the unique dialects elders use was difficult to understand, it was so much more fun to talk with them. They always listened to my problems, and we became close. They were like family. Also, every month I participated as a volunteer in an English Camp for elementary students.

Q: How about in the future? What are your plans?

A: Although I am going to work at a front desk in a hotel in Okinawa, I want to go back to Indonesia and teach Japanese and English in the future.

★★How to make a 119 call in an emergency★★

119 is the phone number used to call for an ambulance or a fire engine in an emergency such as a fire, traffic accident, medical emergency or natural disaster.

How to dial 119:

When you dial 119 on your home phone or cell phone from Himeji City, Ichikawa-cho, Fukusaki-cho, or Kamikawa-cho, you will be connected to the Himeji City Fire Department. If you don't understand Japanese, tell the staff, "Nihongo ga hanasemasen (I don't understand Japanese)" or "Watashi wa xx jin desu (I am from the country xxxx)."

The Himeji City Fire Department supports you 24 hours a day, seven days a week in 16 languages including English, Chinese, Korean, Portuguese, Spanish, French, Thai, Vietnamese, Indonesian, Tagalog, Nepalese, German, Italian, Russian, Malay, and Burmese. Speak calmly and slowly on the phone. Do not hang up the phone even if there is a short wait before you are connected to the multi-lingual call center.

When you hear sirens approaching, go outside and wave to get the emergency response team's attention. If the emergency is not in an obvious location, be prepared to go out to a main street or other open area and guide the team to the site. The injured person(s) should be accompanied on the ambulance by their family or friends. Preparing the health insurance card and the medicine handbook of the injured person(s) will be convenient for needed examinations. Make a memo to use for a 119 call just in case. Follow the format provided.

Call 119 !

Is it a fire or a medical emergency?

For a fire

- 1, Location: If it is an apartment, be as detailed as possible with the street address and city, the name of the resident, the apartment names and other information.
- 2, Landmarks to help find the location: Names of intersections, etc.
- 3, Details about the situation: What is burning, how large is the fire, and whether there are any people trapped inside the building or structures.
- 4, Name and telephone number of the caller: "I am xxxx." "My phone number is xxx-xxxx."

For a medical emergency

- 1, Details about the accident site or the address of the site: "xx intersection at xx", "xxxx city."
If the place is difficult to find, be prepared to go outside and guide the emergency response team.
- 2, Is it a sudden illness or an accident? : If it is a traffic accident, describe the accident with as much detail as possible.
- 3, Details about illness, injury, and other important information: "The passenger has a forehead injury and is bleeding," "A male, about 50 years old," etc.
- 4, Name and the telephone number of the caller: "I am xxxx." "My phone number is xxx-xxxx"

119 Information Sheet (For Emergencies)

Address (and building name)	
Landmarks	Landmarks are any large buildings that stand out, well known places, public buildings, etc.
Name	
Telephone Number	

Public Holiday and After Hours Emergency Care

Internal Medicine Pediatrics	Holiday and after hours emergency center: ☎079-298-0119 (connected after Japanese guidance) ●Inquiries are accepted from 8:30pm to 5:30am of the following day for after hours examinations and from ●From 8:30am to 5:30pm on Sundays, public holidays, Aug. 15, and Dec. 31 to Jan.3.
Ophthalmology Otolaryngology (ENT)	Holiday and after hours emergency center: ☎079-298-0119 (connected after Japanese guidance) ●From 8:30am to 5:30pm on Sundays, public holidays, Aug.15, and Dec. 31 to Jan. 3.
Dentistry	Oral Health Center of Himeji City Dental Association: ☎079-288-5896 ●From 9:30am to 12:00am on Sundays, public holidays, Aug.14 and 15, and Dec. 30 to Jan.3

If you want to know how crowded a clinic is, you can check on the internet.



If you want to look for a hospital or a clinic nearby,

ひょうごけんいりょうきかんじょうほうしすてむ
兵庫県医療機関情報システム
 (Hyogo Medical Information)

search



→You can search in English. Click the link “Search by English”

If you don't know whether you should go to the hospital by yourself or call an ambulance, you can consult this guide.

ひめじしきゅうきゅうじゆしんがいで
姫路市救急受診ガイド
 (Himeji City Emergency Guide)

search

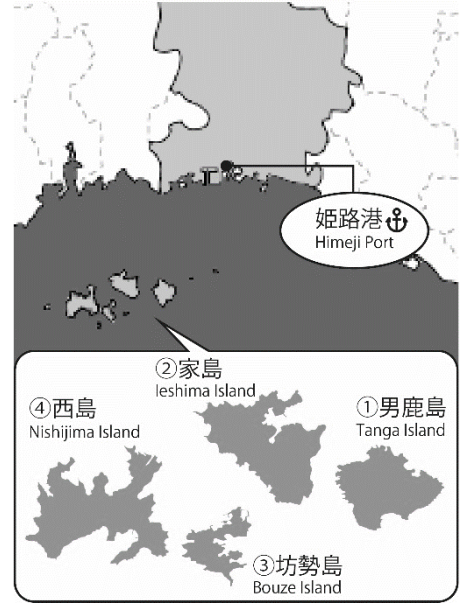


※There are no multilingual services offered. Please go to be examined with a person who can explain your symptoms in Japanese.

※When you feel poorly, please see a doctor quickly.

~Let's enjoy this summer on Ieshima Islands,
30 minutes from Himeji Port by boat~

The Ieshima Islands consist of 44 islands which float in the Seto Inland Sea southwest of Himeji City. Ieshima Island, Tanga Island, Bouze Island, and Nishijima Island are the 4 islands that are inhabited. It takes 30 minutes by liner to reach them from Himeji Port. Let's go out on a day trip! You can travel from one island to the next.



◆Enjoying Sea bathing in the beautiful sea

In the Ieshima Islands, surrounded by clear water and containing many sandy beaches, there are five sea bathing areas where you can enjoy marine sports and sun bathing.

① Tanga Island	Tate-no-hama sea bathing area Aoi-no-hama sea bathing area
② Ieshima Island	Shimizu-no-hama sea bathing area
③ Bouze Island	Bouze Island sea bathing area
④ Nishijima Island	Hyogo Prefectural Ieshima Nature Experience Center sea bathing area

◆ Enjoying the fresh sea food at hotel

It's nice to take it easy and let yourself relax by staying in a hotel or guest house near a sea bathing area. There, you will get a taste of fresh seafood harvested locally. You can enjoy the delicious food even if you are not staying overnight, but please make a reservation beforehand.



◆ Experience nature

On Nishijima Island at the Hyogo Prefectural Ieshima Nature Experience Center, you are not only able to experience marine sports such as canoeing and sea kayaking but you can also enjoy a barbecue while staying in a lodge or tent. Moreover, a guided observation of sea-shore wildlife is led by expert guides during summer vacation and on public holidays.



〈Hyogo Ieshima Island Nature Experience Center〉 <http://www.shizen-ieshima.com/>

◆Enjoy tours or events

There are few directional signs in the Ieshima Islands. You can enjoy the full experience of the Ieshima Islands best by joining a tour or experience event.

〈Ieshima Islands Sight Seeing Activity Union〉 <http://h-ieshima.jp/>

〈Ieshima Islands Concierge〉 <http://ieshimacon.com/>

※There are only a few restaurants and no convenience stores in Ieshima Islands. Please be advised and take caution.

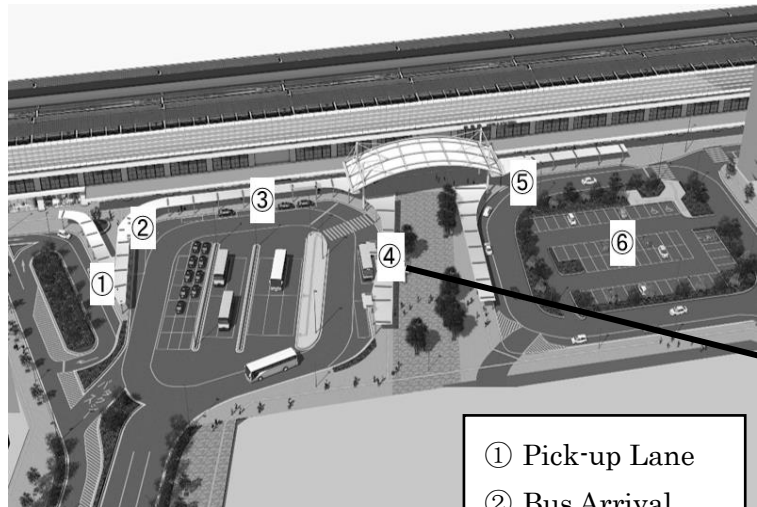
The South Side of Himeji Station

The south side of JR Himeji Station was renovated soon after the north side. It's now very convenient for making transfers between trains, buses, taxis and other vehicles.

On the south side there's now a covered walkway from the station to the traffic circle. This makes it possible to transfer without getting wet in the rain. In addition, a clock and bench were set up to make it convenient for waiting.

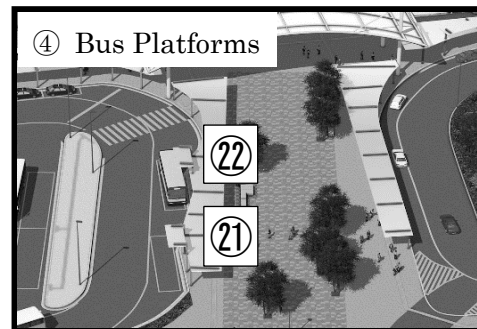
The pick-up lane for cars was widened and runs east to west across the square.

If you need to wait a while to pick someone up, you can use the general parking lot on the east side for up to 20 minutes for free.



- ① Pick-up Lane
- ② Bus Arrival
- ③ Taxi Stand
- ④ Bus Platforms
- ⑤ Pick-up Lane
- ⑥ Parking Lot

Platform	Bus Number	Destination
②①	91	Himeji · Shoda Loop Line
	98	Sanden Shikama St.
	99	City Hall-South
②②	90	Sukoyaka Center~Hinodecho ※Weekdays only
	92	Shirahama Beach
	93	Higashiyama · South exit
		Higashiyama~Sanden Yaka St. ~Matogata Loop Line
	95	Harimakatsuhara St. ~Shimo-oda-kyutaku
	96	Himeji Minami H.S~JR Aboshi St.
97	Tegarayama Loop Line ※Sat, Sun, and public holidays only	



Every bus platform has an electronic bulletin that displays the timetable and destination of the buses there.

To confirm the time and destination of the bus, you can check the following URLs.

Platform ②① : https://navi.shinkibus.jp/snk/html/485_1.html

Platform ②② : https://navi.shinkibus.jp/snk/jikoku_result

☆Announcements from the Himeji Cultural and International Exchange Foundation

■ Let's learn disaster prevention vocabulary

Japan has a lot of natural disasters such as earthquakes, typhoons and volcanic eruptions. It's often difficult for foreigners to understand disaster prevention words during a disaster, even foreigners who have lived in Japan for a long time. This is because these words aren't used often. Therefore, it's useful to study them. By knowing more words, we can also get more information when natural disasters occur. We'll list one disaster prevention word in each volume of "VIVA!ひめじ" from now on.



For example)

けいほう 警報	<i>Keihou</i> : Alert
おおあめけいほう 大雨警報	<i>Ooame Keihou</i> : Storm alert
こうずいけいほう 洪水警報	<i>Kouzui Keihou</i> : Flood alert

◆◆◆Letter from the Editor◆◆◆

It's that time of year when we start getting a bit sweaty. Will you let the extreme heat this year get to you? A firework display and the Yukata Festival will be held in Himeji City. How about having an enjoyable time and forgetting the heat?

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These names are used with the contributors' permission.

Their assistance is much appreciated.

You can read back numbers of "VIVA! ひめじ" on the website of the Himeji Cultural and International Exchange Foundation (International Exchange Section) (<http://www.himeji-iec.or.jp/>).

The next issue of "VIVA! ひめじ" will be available in September. Don't miss it! We welcome your comments and suggestions.

We are always looking for translators and native speakers to assist us with translating and proofreading upcoming editions of "VIVA! ひめじ". If you are interested, please contact us at the following address.

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