The Newsletter for Foreign Residents

VIVA! ひめじ

vol. 50 51

English

2014.10

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Appendix・・・ Emergency medical services during the night and on National Holidays, the medical information sheet (Cut off these pages and keep them for emergency use.)

春 Spring

March

◆International Exchange Festival

(Egret Himeji)

Various international events will be held.
There will be display booths, cafes and a Japanese speech contest for foreign residents.

April

◆Himeji Castle Cherry Blossom Viewing

(Sannomaru Square, Nishinomaru Garden)

At *Kan-ou-kai* (cherry blossom viewing festival), visitors can enjoy the sound of *koto* harp and *taiko* drum performance and also night-viewing cherry blossoms illuminated after dark.

◆Sen-hime Botan (peony) Festival

(on weekends late April / Sen-hime Botan Garden)

May

◆Himeji Castle Festival

(Otemae Street,Otemae Park)

This is one of the biggest festivals in Himeji. In 1947, local citizens held the first Himeji Castle Festival. The highlights are a parade and an all-performer dance, to the Banshu folk songs. Currently the festival is held in August, but from 2015 onwards, it will be held in May.

◆Aioi Dragon Boat Race

(the last Sunday / Aioi Bay, Aioi City)

＊＊Sekku＊＊

'*Sekku*' means a seasonal turning point. A traditional event is held to pray for health, rich harvest and the prosperity of descendants and to give offerings in the hope of warding off evil spirits.

Hinamatsuri / Mar. 3

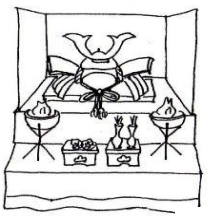
Hinamatsuri is also called '*Momo no sekku*' because peach trees are in full bloom. *Hina* dolls with peach flowers and hishimochi (rice cake) are displayed to wish for healthy growth for girls.

hishimochi

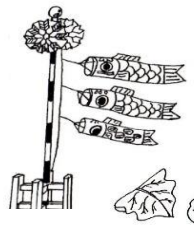
hina dolls

Tango no Sekku / May 5

It is a traditional event to insert iris leaves or mugwort leaves in the eaves of a house for the purpose of warding off evil spirits. *koinobori* (carp streamers) are hoisted on a pole outdoors and *yoroikabuto* (an armor ornament) and warrior dolls are displayed with *kashiwa-mochi* (rice cakes wrapped in oak leaves) as an offering to make a wish for boys' healthy growth for young boys. This day is commonly known as Children's Day (a national holiday), it is also celebrated as *Tango no sekku*.



kabuto



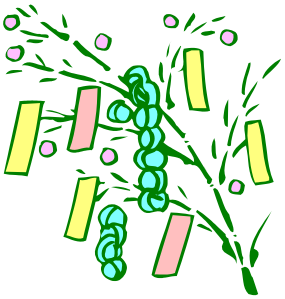
koinobori

kashiwa-mochi

夏 Summer

Tanabata / July 7

Originally it was a Buddhist event held on July 7 (in the lunar calendar) to welcome the *Bon* Festival. People write their wishes on strips of fancy paper, which they put on bamboo branches.



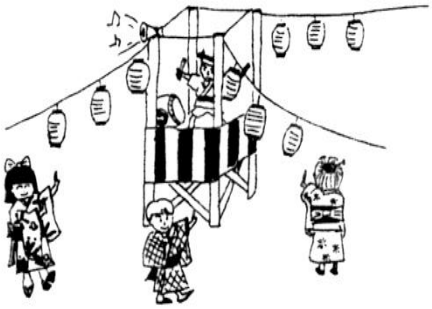
Sasadake
(Bamboo branches)

＊＊*Bon* (the *Bon* Festival)＊＊

During the Bon period (around Aug. 15), Buddhist ceremonies take place in various areas. In some areas, a lantern is lit or a bon fire is made at the entrance to a house to greet the ancestors' souls. It is said the lights enable them to turn their steps homeward.

Bon Dance Festival

Local *Bon* dance festivals take place in various towns and villages. A tower is set up at the center of a square and participants dance to the sound of flute and Taiko drum as they circle the tower.



June

◆Himeji *Yukata* Festival
(June 22-24 / Osakabe Shrine)
This festival has been held annually since 1742. At that time, ordinary citizens in *yukata* started visiting the shrine (once again), as the ban on their worship was lifted.

◆Yasutomi *Ajisai* Festival
(on Sunday late June / Ajisai Park, Yasutomi-cho)

◆ *Wanuke* Festival
(June 30 / Harima no kuni Sohsha)

July

◆Himeji City Pool
(Opening period: the first Saturday in July ~the first Sunday in September)

◆Himeji *Minato* Festival
—Marine fireworks Display
(the last Saturday / Shikama Port)
You can enjoy some 3,000 skyrockets and a parade with water displays on the sea.

◆Ieshima Island Tenjin Festival
(July 24-25 / Ieshima Shrine)

August

◆Boze Peron Race Festa
(the first Saturday / Boze Nishinoura Fishing Port)
It features participation-typed boat races in a regatta. A twenty-seater boat used for the race is called 'Peron or Beron', a corrupted sound form of Chinese character 'Bailong' meaning a white dragon.

秋 Autumn

September

◆Himeji Castle Kangetsu-kai (Moon Viewing Festival)

(Sannomaru Square, Koko-en Garden)

Enjoy the beauty of Himeji Castle in a crystal clear sky setting. You can also enjoy the sounds of the *koto* harp and *wadaiko* drum.

October

◆Autumn Festivals in Himeji

《Main Festival sites》

☆Ebisunomiya Tenma Shrine (Oct. 8-9)
☆Matsubara Hachiman Shrine (Oct. 14-15)
☆Oshio Tenmangu Shrine (Oct. 14-15)
☆Usuki Hachiman Shrine (Oct. 21-22)

◆Himeji International Exchange Festival (Otemae Park)

This festival is held for the purpose of international and cultural exchange between foreign residents and citizens in and around Himeji. It has been held annually since 1996.

◆Le Pont International Music Festival

(Himeji City, Ako City)

November

◆Taishi-Asuka Furusato Festival

(Nov. 3 / Asuka Hall)

◆Kokoro no Matsuri Festival

(Nov. 11 / various places in Himeji)

◆Shimo-tsuki Grand Festival

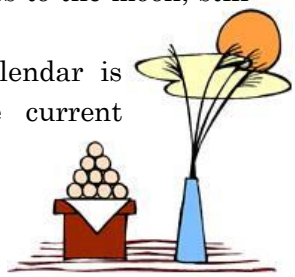
(Nov. 13-16 / Harima no kuni Sohsha)

Shimo-tsuki Grand Festival is also known as "Himeji Festival" and wraps up the festival season in Banshu District.

＊＊*Tsukimi* (Moon Viewing)＊＊

On August 15th – of the lunar calendar (mid-autumn), the full moon is called '*Chushu no Meigetsu*'. An old custom of viewing the moon, and offering *dango* (rice dumplings) with Japanese pampas grass to the moon, still remains to this day.

＊August in the lunar calendar is almost equivalent to the current month of September.



＊＊Autumn Festival＊＊

In October, large-scale autumn festivals take place here and there in Banshu district. The festivals are held to give thanks for a good harvest of rice crops.

＊＊*Shichi-Go-San*＊＊

On November 15, parents take their sons (three or five years old) and daughters (three or seven years old) to the shrine to celebrate their healthy growth.

Winter

＊＊*Omisoka* (New Year's Eve)＊＊

On December 31, it is customary to eat *Soba* (buckwheat noodles) and to pray for longevity.

Most of the Buddhist temples start ringing their bells (108 times) at the stroke of midnight. The 108 peals of temple bell, called '*Joya no Kane*', ring out the old year and greet the New Year in a pure condition.

＊＊*Shogatsu* (Japanese New Year)＊＊

On this special occasion, people express their thanks for the safety and sound health they enjoyed in the preceding year and also wish for a "Happy New Year".

★*Hatsu-mode*

The first visit of the New Year to local shrines or temples.

★*Kadomatsu* & *Shimenawa*

New Year's decorations for the front entrance of a house to welcome the gods.

★*Kagamimochi*

A set of round mirror-shaped rice cakes is displayed as a New Year's decoration. It is considered to be good luck!

★*Osechi* (special selection of dishes for the New Year celebration)

Osechi was originally prepared as an offering to the gods. Many of the delicacies are named. The names reflect hopes for family health, prosperity and good harvest.

December

◆Ako-*gishi* Festival (Dec.14 /Ako City)

◆*Wanuke-shinji* (Shinto ritual)
(Dec. 31 / Harima no kuni Sohsha)

During the ritual, participants jump through a big hoop erected in front of the shrine gate three times and then proceed to the main shrine for worship. This is a traditional ritual to ward off evil spirits in the year.

January

◆*Hatsu Ebisu* Festival
(Jan. 14-16 / Harima no kuni Sosha)

At the festival, people pray for household peace and business prosperity.

◆*Oni-oi* Festival at Shosha
(Jan. 18 / Shoshazan Engyoji Temple)

◆Coming-of-Age Ceremony
(Coming-of-Age Day / the second Monday)

February

◆Setsubun Festival (Feb. 3)
《Main festival sites》
☆Harima no kuni Sohsha
☆Himeji Shrine
☆Hirominesan Hiromine Shrine
☆Shoshazan Engyoji Temple

◆*Oni-oi* Festival
(Feb.11 / Masuiyama Zuiganji Temple)
You can see a powerful dancing by torch-wielding performers disguised red and blue devils.

◆Ayabesan *Ume* (plum) Grove
(Feb. 11~Mar. 21 / Mitsu-cho, Tatsuno City)

If You Have a Baby

●Maternal and child health handbook

This is an important handbook that records health histories of both the mother and baby, including from pregnancy and after childbirth. If you are confirmed pregnant, please apply for this handbook right away. This hand book includes an aid ticket for a pregnancy health consultation.

In order to acquire the handbook (residents of Himeji city)

You can get an application sheet for the handbook at a maternity hospital and submit it to the municipal health center or one of its six branches within the city.

<Office hours> 8:35 ~ 17:20; closed Saturdays, Sundays, National holidays and Dec. 29 through Jan. 3.

＊Only South District center is open on Saturdays.

A handbook in eight foreign languages is available. When you receive the handbook, medical officer directly consult you about your pregnancy or your health condition, so you should attend health center for yourself.

Himeji city pregnant woman health check-up coupon

You can use one aid ticket for consultation at the hospital. The handbook includes one ¥8,500 ticket and thirteen ¥5,000 tickets. If your fee exceeds the value of the ticket, you must pay the remainder yourself. You might not be able to use such tickets in medical facilities not located in Himeji city. In such cases, pay the consultation fee yourself and apply to the following office to get a refund within three months after childbirth. Be sure to keep the receipt issued by the hospital.

<Contact> Health Care Division of Health-care Center 079-289-1641

●Lump- sum allowance for childbirth and nursing system

This is a system that aid pays aid money when the insured or their beneficiary gives birth to a baby.

Aid money amount: ¥420,000. (¥390,000 being applied for births outside medical facilities)

Ask the health insurance office you are associated with about the details of application form, etc.

If you give birth in Japan, we have a system where the hospital undertakes application procedures and refunding instead of you. If you use this system, money is paid to a hospital directly, and you do not need to pay the total cost when released. If you want to use this system, apply to your hospital.

●Himeji city holds a conference about pregnancy, delivery, nursing, and so on.

Himeji Wakuwaku Child: http//www.city.himeji.lg.jp/waku2child

When a Baby is Born

●Birth Notice

When a baby is born, you need to have the birth of a child registered within 14 days of birth. The place of submission should be: the municipal office of the parents' legal domicile location, the notifying person's location, or the child's birthplace.

●Acquisition of Nationality

(1) If one of the parents is Japanese: The child can acquire Japanese nationality. If you wish to acquire the other parent's nationality, please contact the embassies or councils of the foreign national parents' country located in Japan for details.

(2) If both parents are foreign nationals: The child cannot acquire Japanese nationality. The procedures are various depending on the laws of their parents' counties, so please check them in advance, at the embassies or councils in Japan. Moreover, if the children with foreign nationals stay in Japan, a status of residence must be applied for. Please take the procedure at the Immigration Bureau of your residential area within 30 days of birth.

<Contact> Osaka Immigration Bureau Himeji Port Branch 079-235-4688

●Child Allowance

An allowance is provided to those who are raising children up until the child's 3rd year of Junior High School. When you have a baby or are moved in from other cities, please apply for this allowance certification.

●Medical Subsidy for Infants and Children (up to the 3rd year of primary school)

Medical care of children can be covered by the national health insurance when they visit hospitals. A medical care certificate is necessary for this, so please apply for it in advance.

<Location>
City Hall・Local Office・Sub-Office (Shisho)・City Hall at the Station・Branch・Service Center

●Health Examination of Infants and Children Free

Baby Visit: Health nurses can visit homes and measure the baby's weight and provide counseling for child care.

Medical Checkups of children who are four and ten months old: A coupon for these checkups will be sent to your child. So, please have a checkup at medical institutions offering medical checkup for the infant within the given time period.

Medical Checkup of children who are 1 and a half years old and 3 years old: You will be notified of the date, time and place for these check ups by postcard. So please take a medical checkup at the designated Health Center or sub-centers.

<Contact> Health Care Division of Health-care Center 079-289-1641

●Vaccination

Vaccination is important for children, so please arrange for vaccinations as early as possible, with reference to your child's age and age period. For free vaccination, you will need vaccination coupons (seals). Vaccination coupons will be sent by your Health Care Center, so please keep them somewhere safe after they arrive.

<Contact> Prevention Division of Health-care Center 079-289-1635

Clean Calendar for General Households for the Year 2014 (April 2014～March 2015)

This calendar is not for food-related businesses.

For enquiries about the waste collecting service, please contact Recycle Promotion Section. ☎221-2404

http://www.city.himeji.lg.jp (For further infomation, please also refer to the contact list for enquiries as shown on the back page.)

●Items the city collects (Domestic garbage) ※Please note that there is no collection for burnable garbage, plastic containers and packs, or paper wastes from May 3 to 5 and January 1 to 3.

Burnable Garbage

Weekly: and

Kitchen garbage
(Please drain as much water as possible from kitchen garbage)
(vegetable garbage, tea dregs, etc.)

Other burnable garbage

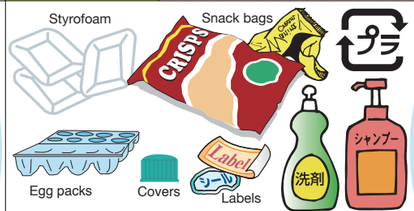
Garbage bag

Shoes, slippers, bags, wood pieces, natural flowers, shells, disposable lighters, cassette tapes, videotapes, stuffed animals, disposable diapers, and non-recyclable paper (e.g., carbon paper), CDs, and MDs.

(Note) **For paper diapers, dispose of filth in a toilet and place the diaper in a plastic bag. Put them out with burnable garbage.**

Plastic containers and packs

Weekly:



Garbage bag

Bags, trays, covers, bottles, packs, nets, wrapping sheets, and Polystyrene .

※Containers and packs with プラ

※Separate the above wastes as burnable garbage if food is attached to the wastes.

※Garbage larger than the bag should go to the plastic items category.

Paper wastes

Week: and

Recyclable paper wastes　Disposal bag

Wrapping paper, paper bags, cartons, paper cans, pasteboard, and recyclable paper wastes other than paper containers and cartons (e.g., notebooks, copy paper, postcards).

※Separate the above wastes as burnable garbage if food is attached to the wastes.

April	July	October	January
th	th	th	th
th	th	th	th
May	**August**	**November**	**February**
th	th	th	th
th	th	th	th
June	**September**	**December**	**March**
th	th	th	th
th	th	th	th

Caution

- When taking out garbage, burnable garbage must be in designated garbage bags for burnable garbage, plastic containers and packs must be in designated garbage bags for plastic containers and packs and paper wastes must be in paper bags.
- Take your garbage to the burnable garbage collection spot in your area.
- Garbage must be taken out before **8 a.m.** on each collection day.(By **10 p.m.** for nighttime collection districts.)

It is generally **PROHIBITED** by law to **INCINERATE (BURN)** waste materials **OUTDOORS**. Do not burn garbage and cause smoke in the neighborhood.

Large Garbage (Twice a Month)

April	May	June	July	August	September	October	November	December	January	February	March
th	th	th	th	th	th	th	th	th	th	th	th
th	th	th	th	th	th	th	th	th	th	th	th

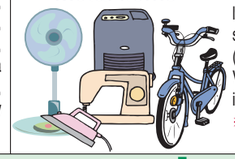
Caution

- Put out your large garbage to the large garbage collection spot in your area.
- By **8 a.m.** on the collection day.
  (Take note that you may be required to put your garbage out before 8 A.M., depending on the decision of your self-governing council.)

Wood items (broken, in bundles)

Wood items (desks, chairs, beds, drawers, etc.), wood pieces, wooden boxes, fusuma doors, reed screens, items composed mainly of wood.

Metal items



Bicycles, steel products, metal screens, long metal pieces, metallic doors, irons, sewing machines, electric fans, heaters (fuel drained and batteries removed), Video decks, CD players, air purifiers, items composed mainly of metal

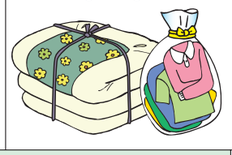
※For edged tools, please wrap newspaper around the blade, etc. before discarding.

Plastic items

Plastic pipes, hoses, helmets, clocks, items composed mainly of plastic, lighting fixtures, large styrofoam, Portable fuel tanks (with contents removed)

※If the garbage comprised only of plastics and can fit in a designated garbage bag, place in a burnable garbage.

Bedding / rugs (Tie the top well with strong string)



Carpet, mattress, blanket, robe, spring-incorporated mat, curtain, electric carpet, cloths/clothing.

※Dispose clothes in a bag that allows the contents to be seen.

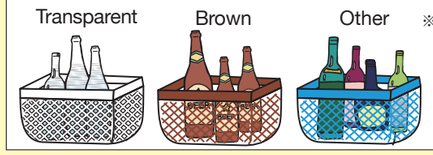
China and porcelain (ceramics)/glasses other than empty bottles used to contain beverages and foods (in a sturdy bag)

Mirrors, flowerpots, sand for pets, teacups, horticulture earth and sand, heat-resistant glass, sheet glass, Clothes drying platforms, opalescent glass (cosmetic bottles, etc.), glass tumblers

※Contact Recycle Promotion Section for household articles containing asbestos. (☎221-2404)

Food and beverage containers

Empty bottles (emptied, caps and lids removed, and taken out of bags)



※Glass bottles that contained materials other than drink or food, are made of heat resistant glass (glass pots and covers) and glass cosmetics bottles must be categorized as ceramics for garbage disposal.

Plastic bottles (Wash, remove covers and labels, crush.)

PET
Garbage with the "Material Indication Mark"

※Take off covers and labels, and throw them out as plastic container packages.

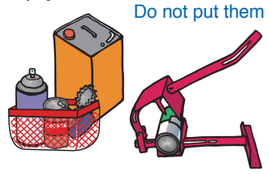
Paper cartons (washed, open and dried)

Paper packages of 500ml or bigger

※Throw paper package of less than 500ml in size as a "mixed paper".

※When the inside of a package is brown or contains aluminum foil, treat it at burnable garbage.

Empty cans (Contents must be emptied. Remove the caps and covers. Do not put them in plastic bags when throwing them away)

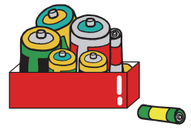


Empty cans less than 20 liters in size.

※Spray cans and gas cylinders for home cooking can cause explosions and/or fire. Make sure you use up the contents and punch a hole in each can before throwing them away.

Dry batteries

Return rechargeable batteries to shops for recycling.



●Used paper (Lend cooperation to local collection centers. However, for districts with no local collection agencies available, dispose of them as Large Garbage.)

Newspaper (including advertising leaflets)　Magazines (including books)　Corrugated cardboard

In order to conduct a stable recycling system which is not affected by the market condition of used paper products (newspapers, magazines, cardboard), Himeji City has a financial incentive (5 yen/kg) system for the neighborhood collection of used papers. Residents' associations, children's support groups and PTAs that collect used paper can receive financial incentives.

Profits earned from used paper collection with the cooperation of these groups can be applied to group activity costs of such groups as well as being a valuable financial resource for the city. Please support the city by using this financial incentive grant system (issued twice a year) to recycle used papers.

For more information, please contact: Recycling Promotion Section (221-2406)

- Residents living in areas conducting group garbage collection: Please dispose of garbage at the designated place on the designated days for your area.
- Residents living in areas not conducting group garbage collection: Please take your garbage out on "Large Size Garbage Disposal Day".
- Please separate paper products into "newspaper", "magazines" and "cardboard" and tie them crosswise with strings/ropes.

●Items sold locally (Sell these items to recycling traders.)

Aluminum made materials, etc.

- Put same items together and take them to the designated place on the designated days in your neighborhood.
- If you cannot sell them to local collection agencies, treat aluminum materials as "cans".

●Items the city does not collect (These cannot be put out at garbage collection spot.)

Designated Home Electric Appliances

Televisions (including liquid-crystal TV and plasma TV), refrigerators, freezers, washing machines, clothes dryers, air conditioners (including outdoor equipment) cannot be collected as large garbage or taken to the city's large garbage handling center. Please ask a retail store or handling agency near you. (See the back page.)

Personal computers for home use

For collection of used PCs, please contact PC manufacturers, etc.

※For further information, please contact PC 3R Promotion Association http://www.pc3r.jp (TEL: 03-5282-7685). (See the back page.)

Dangerous garbage, etc.

These items should be returned to the shop or store where the item was purchased.

Gas bottles, scuba bottles, fire extinguishers, tires, batteries, residual paint, kerosene, poisons, tatami mats, safes, pianos, and Motorbikes, etc.

Excessive amount of garbage

Massive amounts of waste that are the result of moving, objects 50kg or heavier, and large amounts of wood waste or pruned tree branches cannot be taken to regular garbage disposal sites.

1. Sort and take them directly to **Eco Park Aboshi**. (See the back of this paper for the address and a map) For more details, please contact Eco Park Aboshi at 272-5540.
2. Or, request a collection business designated by the city to collect these items. (Charged service) For more information, please contact: Recycling Promotion Section (221-2404)

Industrial garbage

According to the law, it is the responsibility of each industry to dispose of their own industrial garbage.

1. Try to recycle/return items back to resources.
2. Dispose of the item by yourself.
3. Ask city approved garbage collection dealers to dispose of the item. (for a fee)

2014 Archive Version

【Resources When Classified, Garbage When Mixed】

※See the back as well.

Preparing for Disasters

We do not know when and where disasters will occur. Before crisis occurs, it is important that we get the right information and take the right action. For that moment, you always need to be prepared.

Let's Learn Japanese words!

The Meteorological Agency officially announces some weather advisories or warnings in case of bad weather and disasters such as, heavy rain, strong winds, tsunamis and earthquakes. In accord with the announcement, the mayors of cities and villages relevant to the local areas convey the information to the residents.

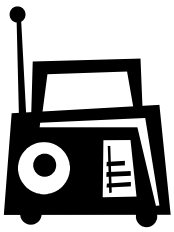
★警報（けいほう）（*Keiho*, "Warning"）・・・Warnings issued by Japan Meteorological Agency when there is a possibility that a serious disaster occurs.
★避難勧告（ひなんかんこく）（*Hinan Kankoku*, "Evacuation Advisory"）・・・To advise residents to evacuate or find shelter.
★避難指示（ひなんしじ）（*Hinan Shiji*, "Evacuation Order"）・・・This is announced when there is an imminent threat of disaster. This order is used with more reservation than the *Hinan Kankoku*.

These are related to life-threatening situations, so please remember the Kanji along with its pronunciation.
In any case, prompt measures should be taken if you feel like you are in danger.

<Web site related to disaster>

Japan Meteorological Agency	http://www.jma.go.jp/jma
Himeji Disaster Reduction Plaza	http://www.city.himeji.lg.jp/syoubou/plaza
Disaster Prevention Website of Himeji City	http://www.city.himeji.lg.jp/bousai
Disaster Reduction and Human Renovation Institution	http://www.dri.ne.jp

You can receive an e-mail magazine called "Himeji bousai net bin" which has free information on earthquakes, evacuation orders and weather information by registering on the Himeji City Disaster Prevention website.



Thunder and Lightning

If the sky becomes dark with thick heavy clouds and you hear the rumbling sound of thunder, there is a possibility of lightening striking. Evacuate to a building or other safe place, and take as low a posture as possible. Taking shelter near trees is dangerous, so keep away from them. Also, do not use an umbrella.

Be Aware of Disaster Prevention in Everyday Life!

1. Obtain local information provided by the FM radio station Genki (79.3 MHz).
2. Frequently check out the information magazines such as "VIVA!ひめじ" and others published by various organizations.
3. Participate in Japanese lessons and obtain various types of information from teachers, such as key terms to know during an emergency.
4. Take part in the events of your local resident's association and build a relationship with your neighbors in order to support each other in case of emergency.
5. Share information with a lot of people by participating in the international exchange events.

Let's Prepare Our Family!

★Where will we put our disaster kit? Who will take what?
Place [ ] Who [ ]
★Where is the evacuation place and how do we get there?
[ ]
★Prioritised meeting points!
1. [ ] 2. [ ] 3. [ ]
★If the family is separated, how will we get in contact with each other?
[ ]

(Reference: Junisai karano hisaishagaku NHK Publish)

※For information of evacuation site・・・Kiki Kanrishitsu (Crisis Management Room) 079-221-2200

※For confirmation of family member's safety ・・・Disaster Emergency Message Dial 171

Emergency Pack

In order to evacuate lightly, put everything you need in a bag like a backpack, which keeps your hands free, and place it where you can find it easily.

Drinking Water・Portable Radio・Clothes・Food・Valuables・Flashlight ・Residence Status Certification etc.

Prepare supplies according to the number of your family members.

Tornados

Violent winds from tornados can destroy buildings in an instant and can cause cars, debris, etc. to be thrown into the air. Pay attention to thunder, clouds and sudden changes in wind, and if cumulonimbus (large) clouds appear, evacuate to a strong building or underground.

Earthquakes / Tsunamis

Japan is a country that has many earthquakes. After earthquakes occur, tsunamis may strike coastline areas. In order to keep damage to a minimum, please follow the instructions below.

① When an earthquake strikes, first take shelter in a safe place in the house. Protect your head with a cushion from falling objects. If you are outside when it strikes, be careful of falling objects such as roof tiles and signboards as well as concrete block walls, etc.

② After the shaking stops, switch off cookers and heaters to prevent fires.

③ After an earthquake there is the danger of tsunami and after-tremors. Listen to the radio or watch TV to get current information on the disaster situation.

④ If necessary, evacuate to a nearby disaster shelter. If you do not know where your evacuation shelter is, ask where it is at the city or town office.

Evacuation Building

Evacuation site

Typhoons, Torrential Rain, Sediment Disasters

In Japan, there are many typhoons in August, September and October. These sometimes cause floods, landslides and other serious disasters.

① When typhoons approach, listen carefully to the weather forecast and refrain from going out. Close all windows, shutters, etc.

② Prepare for an electricity blackout by having candles (or a torch) and portable radio ready.

③ If a warning or advisory to evacuate is announced, evacuate to the nearest evacuation shelter as quickly as possible.

Guerrilla Gouu (Guerrilla Downpour)

Guerrilla Gouu (Guerrilla Downpour) occurs when unexpectedly gallons of rain fall, over a short time, in a very narrow area. When you notice the following signs, move to a safe place as soon as possible.

① River water becomes murky and carries debris.

② Cold winds blow suddenly, and the sky gets dark.

③ There is heavy rain and hail.

Japanese Classes for Foreign Residents

※As of October 2014

◆Japanese Classes "Beginner" "Intermediate"

Japanese classes are conducted by licensed lecturers. New students are invited every term (10 lessons, over a 3 month period)

【Location】Egret Himeji 4F 【Course Fee】¥3,000 / 1 term + text charges

【Date】Beginner: Sunday 10:30~12:00・13:00~14:30・15:00~16:30 (choose 1 course)

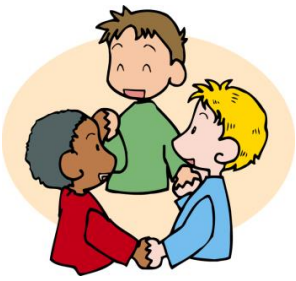
Intermediate: Saturday 10:30~12:00

◆Nihongo Hiroba (Japanese Plaza)

Practicing Japanese conversation in small groups with volunteer lecturers

【Location】Nihongo Hiroba Corner, Egret Himeji 4F 【Course Fee】free

【Date】Thursday, Friday, Sunday



【Information】Himeji Cultural and International Exchange Foundation

079-282-8950

E-mail: info@himeji-iec.or.jp Web: http://www.himeji-iec.or.jp

Another Japanese Course

Group Name	Hours and Dates	Contact
Hello Nihongo	Sunday 13:30～15:30	Tel. 080-1409-4244 (Ms. Okada)
Joto Class	Thursday 19:00～20:30	Tel. 079-223-0970 (Himeji Dokkyo University Ms. Yamasaki)
Joto Terakoya	Saturday 13:30～15:30	Tel. 079-238-3442 (Mr. Nakanishi)
Joto-cho supplementary lesson	Saturday around 13:30～15:00	Tel. 079-282-0921 (Higashi elementary school Ms. Kanagawa)
Japanese Salon "Wa"	Friday 19:00～20:30	Tel. 079-282-8950 (Himeji Cultural and International Exchange Foundation)
Ganbaro Nihongo	Sunday 14:00～16:00	Tel. 090-2194-3102 (Ms. Matsuda)
Vietnam in Himeji	Sunday 19:30～21:00 (first Sunday is no class)	Tel. 079-238-3027 (Mr. Matsuba)
Himeji Human Rights Network Foreign Language Course	Second and fourth Friday 19:00～21:00	Tel. 090-1134-2861 (Ms. Kaneda)

Information and consultation services

Organizations	Consultations	Phone	Business hours and days	Languages
Himeji International Exchange Center	General affairs	079-287-0820	Everyday 8:35～17:20	English
Himeji Cultural and International Exchange Foundation	Administration procedures	079-221-2107 (Inside Citizen's Consultation Center, Himeji City Office)	Tue 13:00～16:00	Portuguese Spanish, Chinese
Refugee Assistance Headquarters Kansai Branch, Foundation for the Welfare and Education of the Asian People	General affairs ＊For refugees and their families only	079-221-2759 (Inside Citizen's Consultation Center, Himeji City Office)	2nd and 4th Tue 10:00～12:00 13:00～16:00	Vietnamese
		078-361-1720	Mon-Fri 9:30～12:30 13:30～17:00	Vietnamese English
Information and Advisory Service center, Hyogo International Association	General affairs Legal issues	078-382-2052	Mon-Fri 9:00～17:00 Legal consultation available on Mondays. Reservation required 13:00～15:00	English, Chinese Spanish, Portuguese
Kobe International Community Center, Kobe International Center for Cooperation and Communication	General affairs Specific consultation services (immigration, visas, administration procedures)	078-291-8441	Mon-Fri 10:00～12:00 13:00～17:00 (Reservation required for Specific consultation)	English(Mon-Fri) Chinese(Mon-Fri) Korean(Fri) Portuguese (Tue/Thu) Vietnamese (Mon/Wed) Spanish(Tue/Thu) Filipino (Wed)
Employment service corner for Non-Japanese Workers, Himeji Public Employment Security Office	Employment Services	079-222-4431	Mon-Fri 8:30～12:00 13:00～17:15	English, Spanish Portuguese Mon/Wed 10:00～12:00 13:00～17:00 Chinese 1st ,3rd ,5th Thu 13:00～16:00 Vietnamese 2nd ,4th Thu 13:00～17:00
Immigration Information Center Kobe	Immigration, visa	0570-013904 (Call 03-5796-7112 From IP phones, PHS and abroad)	Mon-Fri 8:30～17:15	English, Chinese, Portuguese, Spanish Korean
NGO Network for Foreigners' Assistance KOBE	General affairs	078-232-1290	Fri 13:00～20:00 13:00～18:00 (Chinese)	English, Spanish Portuguese, Tagalog Chinese
Center for Multicultural Information and Assistance-Hyogo	Medical and health issues	078-453-7440	Fri 13:00～18:00	Portuguese, Spanish English, Japanese

Life Consultation in Multiple Languages by "Himeji-hatsu Sekai"

Date: The second and fourth Sunday of every month　14:00～17:00
Place: Consultation room (back of library), 4F Egret Himeji
Languages: English, Chinese, Spanish, Portuguese, Vietnamese, Japanese
Tel: 079-287-0821 (only on consultation days) E-mail: fromhimeji@msn.com
Charge: free
If necessary, we could accompany you to administrative institutions, hospitals, etc and introduce you to an attorney.

"Himeji-hatsu Sekai" is an NPO organization, which has been concerned with life consultation and support for foreign residents for over 20 years. Their Motto is "Think globally, act locally."

Examples of Consultation

○Explanation on bureaucratic information etc, and help to submit documents
○Information about visa status, marriage, divorce, medical and health insurance, the social security system, etc.
○Consultations for job accidents, procedures of unemployment, seeking work (information on position offers and explain how to write resumes.)
○School Admission Procedures, Counseling for going to high school, Advice about Japanese classes

Seeking Volunteers

Consulting volunteers for foreign residents are needed.
You can make use of your ability and interests, you can spend meaningful time helping others, and you can also learn and grow yourself.

<Contact> "Himeji-hatsu Sekai" Representative, Toshio Takashima 080-5360-4297

The next issue of "VIVA! ひめじ No. 52" will be out in March. Please look forward to it! Your opinions and comments are always greatly appreciated. Please contact us at the office, noted on the last page.

Translation assistants and native proofreaders

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Portuguese: Yu Kunimitsu, Lúcia M. M. Shimizu, Eni Takinami, Misaki Nagao, Seiji Osato
Spanish: Coronado Hashizumi Lucrecia, Takeshi Sonoda, Saori Horii, Shizuka Yoshii
Vietnamese: Hoang Nam Phuong, Huynh Tien Thong, Phan Thi Minh Xuan, Trinh Xuan Truong, Tran Thi Gai, Pham

Only names permitted are carried. Thank all of you for your cooperation!

*Cut off this page and the medical information sheet. Keep them for emergency use.

Emergency Medical Services during the Night and on National Holidays

Internal medicine/pediatrics/ ophthalmology/otorhinolaryngology (ear, nose, throat) *You can see how many patients are on the waiting list on the Internet at: http://www.neconome.com/110310	Emergency Medical Center for Holidays/Night time TEL 079-298-0119 Night time 21:00~6:00 (internal medicine, pediatrics) Sundays, National Holidays, 8/15, 12/31~1/3 9:00~18:00
Dentistry	Health Center of Oral Cavity Dentistry & Medical Association of Himeji City TEL 079-288-5896 Sundays, National Holidays, 8/14~8/15,12/30~1/3 9:30~12:00
Orthopedics	Orthopedists work in turn during Sunday daytime. Call the Emergency Medical Center (above) to know which doctors are on duty.
Telephone counseling (pediatrics) *When your children get sick and you aren't sure if they are serious enough to see a doctor, call the telephone counselor.	Emergency Medical Telephone Counseling TEL 079-292-4874 Monday ~ Saturday 20:00 ~ 24:00 Sunday, National Holidays 9:00~18:00, 20:00~24:00 Hyogo Emergency Medical Telephone Couseling for Children TEL #8000 (or 078-731-8899) Monday ~ Saturday 18:00~24:00 Sundays, National Holidays, New Years holiday 9:00~24:00
Internet search	"Hyogo medical institution information system" Helps you to find the nearest hospital or clinic.

*When you attend a clinic, remember to bring the following things with you:
Health insurance card / receiver certificates (infants medical care, the aged medical care)
Medicine handbook (the list of medicines you take)
Mother & baby health hand book/vaccination handbook/child rearing handbook (to see pediatricians)

"Call 119 in Case of Emergency ! ! "

Stay calm and give the following information:
Your current location (if possible, the address), your phone number and the patient's condition. To help you explain the condition, you can use the "medical information sheet for emergencies" ①～③

ウィアー ゴーイン トゥ チェック ユア ボディー コンディション アン トランスポート ユー トゥ ザ ホスピタル

We are going to check your body condition and transport you to the hospital.

これから体の状態を確認して、病院に搬送します。

ウィ チェック ユア コンディション オブ インジャリー オア ディズィーズ ユージング ディス シート オブ ペイパー

We check your condition of injury or disease using this sheet of paper.

この用紙を使ってあなたのけがや病気の内容を確認します。

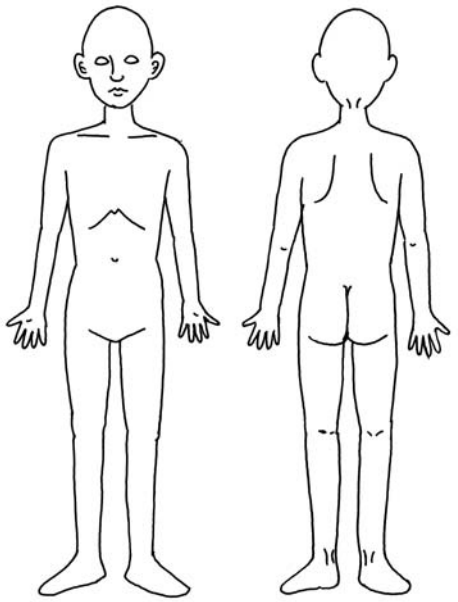
プリーズ ライト ユア アンサー トゥ イーチ クエスチョン オア ポイント アット ディ アイテム アプリカブル トゥ ユア シチュエーション

Please write your answer to each question or point at the item applicable to your situation.
必要な事項を書くか、指さしてください。

What happened to you？　何がおこりましたか。

Injury　けが

- ☐ falling　ころんだ
- ☐ falling from the high place　高いところから落ちた
- ☐ hit strongly　強く打った
- ☐ cut　切った
- ☐ stuck　ものが刺さった
- ☐ burn　やけどをした
- ☐ others　その他



Sudden illness　急な病気

- ☐ pain　痛み
  - ☐ continuous pain　ずっと痛い
  - ☐ intermittent pain　ときどき痛い
  - ☐ constricting pain　締め付けるような痛み
  - ☐ stabbing pain　刺すような痛み
  - ☐ dull pain　にぶい痛み
  - ☐ painful when moving　動かすと痛い
- ☐ bleeding　出血
  - ☐ much　たくさん
  - ☐ middle　中くらい
  - ☐ a little　少し
- ☐ vomitting　嘔吐
  - ☐ foods　食べ物
  - ☐ blood　血液
  - ☐ others　その他
- ☐ nausea　気分が悪い
- ☐ vertigo/dizziness　めまい
- ☐ diarrhea　下痢
  - ☐ bloody　血がまじっている
  - ☐ not bloody　血はまじっていない
  - ☐ colour　色
    - ☐red 赤　☐black 黒　☐brown 茶色
- ☐ short of breath　息苦しい
- ☐ palpitation　心臓がどきどきする
- ☐ palsy　しびれる
- ☐ spasm　けいれん
- ☐ fever　熱がある

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Basic information of the patient 患者の情報

name
氏名
age (date of birth)
年齢（生年月日）
nationality
国籍
language
言語
Understanding Japanese ☐good できる ☐poor 少しできる ☐no できない
日本語
contact number (phone)
電話番号

Past history これまでにかかった病気など

- ☐ hypertension 高血圧
- ☐ diabetes 糖尿病
- ☐ cancer がん
- ☐ liver disease 肝臓病
- ☐ heart disease 心臓病
- ☐ brain disease 脳の病気
- ☐ asthma 喘息

Family doctor (hospital) かかりつけ医

- ☐ yes ある
- ☐ no ない

Allergy アレルギー

- ☐ yes ある
  - ☐medicaments 薬 ☐foods 食べ物 ☐others その他
- ☐ no ない

Drug currently taken 現在飲んでいる薬

- ☐ yes ある
- ☐ no ない

Females only 女性のみ

- ☐ in pregnancy 妊娠している
- ☐ in the period 生理中である

Treatment 処置

We are going to do: これから、以下のことを行ないます。

- ☐ tracheal intubation 気管内挿管
- ☐ oxygen 酸素吸入
- ☐ artificial respiration 人工呼吸
- ☐ cardiac massage 心臓マッサージ
- ☐ hemostatis 止血
- ☐ drip infusion 点滴
- ☐ immobilization (of fracture) 固定（骨折などの）
- ☐ treatment of wound 傷の処置

シンス ウイー ファインド ザ ホスピタル ザット アクセプツ ユー、ウィ アー ゴーイング トゥ トランスポート ユー トゥー ザ ホスピタル

Since we find the hospital that accepts you,
we are going to transport you to the hospital.
受け入れ病院が決まったので、これから搬送します。

ワン モア パーソン キャン ライド オン ディ アンビュランス ウィズ ザ ペイシェント

One more person can ride on the ambulance with the patient.

救急車には患者さんのほかに、もう一人いっしょに乗ることができます。

ザ パーソン フー キャン エクスプレイン ザ コンディション オブ ザ ペイシェント キャン ライド オン ディ アンビュランス プリーズ

The person who can explain the condition of the patient
can ride on the ambulance, please.
患者さんの状態を説明できる人が乗ってください。

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全身 Whole body

頭	head	胸	chest	性器	genitalia
首	neck	乳房	breast, mamma	そけい部	groin
うなじ	nape	乳首	nipple	脚（下肢全体）	lower limb
肩	shoulder	みぞおち	epigastrium	もも	thigh
腕（上肢）	upper limb	腹	abdomen	膝	knee
上腕	upper arm	わき腹	loin	膝頭	patella
前腕	forearm	へそ	navel	脚（膝から下）	lower leg
ひじ	elbow	背中	back	ふくらはぎ	calf
手首	wrist	腰	lumbar region	すね	crus
わきの下	axilla	尻	hip		

顔 Face

目	eye
鼻	nose
口	mouth
唇	lips
歯	tooth
舌	tongue
耳	ear
あご	jaw

手 Hand

親指	thumb
人さし指	forefinger, index
中指	middle finger
薬指	third finger
小指	little finger
手の甲	back of the hand
爪	fingernail
手のひら	palm

足 Foot

足首	ankle
つま先	tip-toe
足ゆび	toe
足の甲	dorsum of foot
足の裏	sole of foot
かかと	heel

内臓など Inner parts

骨	bone	肺	lung	肝臓	liver
筋（筋肉）	muscle	食道	esophagus	腎臓	kidney
血管	blood vessel	胃	stomach	膀胱	bladder
脳	brain	小腸	small intestine	尿道	urethra
心臓	heart	大腸	large intestine	子宮	uterus
気管	trachea	肛門	anus	膣	vagina

検査 Examinations

体温	body temperature	心電図	electrocardiography (ECG)
脈拍	pulse	超音波検査	echography, sonography
血圧	blood pressure	コンピューター断層撮影（CT）	computerized tomography (CT)
尿検査	urine test	磁気共鳴断層撮影（MRI）	magnetic resonance imaging (MRI)
血液検査	blood test	内視鏡検査	endoscope
X線検査	radiography	カテーテル検査	catheterization

診療科目 Department

内科	internal medicine	産婦人科	gynecology, obstetrics
外科	surgery	泌尿器科	urology
整形外科	orthopedics	脳神経外科	brain surgery
眼科	ophthalmology	精神科（神経科）	psychiatrics
耳鼻咽喉科	otorhinolaryngology	麻酔科	anesthesiology
皮膚科	dermatology	放射線科	radiology
形成外科	plastic surgery	歯科	dentistry
小児科	pediatrics	口腔外科	oral surgery

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