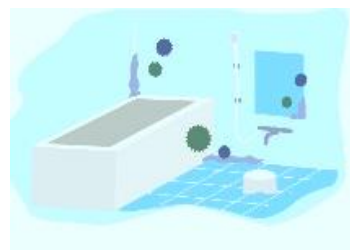


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Himeji Cultural and International Exchange Foundation  
– newsletter editing volunteers

## Mold Season Has Arrived

During the rainy season, it rains for days on end. Humidity builds up inside the house, and if you don't take measures to prevent it, mold will grow. Especially in the corner of rooms, the bathroom, the kitchen, the closet, etc. being careful is required. Mold causes allergies such as bronchial asthma and rhinitis. Know the environment where mold grows, and take care to control the humidity to prevent mold from an early stage.



### Environment where mold likes

Mold grows at room temperature around 25°C and humidity above 60%. It picks up dirt such as dust and skin oil.



dehumidifier (※1)

### To prevent mold from growing

- Regularly clean up.
- Use a dehumidifier or air conditioner to lower the humidity (60% or less).
- Ventilate and refresh the air. The steam in the kitchen and bathroom should be immediately released outside.
- Dry the *futon*.
- Place anti-moisture goods in shoe boxes and closets.

(Dehumidifier(※1), grates (※2), dehumidifier mat under the *futon*, charcoal, newspaper, etc. We can get them at home centers and 100 yen shops.)



grates (※2)

### If mold grows

Use rubbing alcohol, bleach, or a commercially available mold remover to remove it. While removing, wear rubber gloves and a mask, and open the window to refresh the air.



## Taxes and Other Payments Are More Convenient

Tax payment by QR code has started nationwide. It can also be paid at financial institutions, Japan Post Bank, and post offices in the Kinki region where it could not be paid before.

### ▼Himeji City Taxation

Division website



### Available taxes and Premiums, etc.

Municipal Inhabitant tax(ordinary collection), Property tax, City planning tax, Light vehicle tax(classified by subject)

Premiums (Premiums for national health insurance, Premiums related to the medical care system for elderly in the latter stage of life, Premiums for long-term care insurance)

Nursery school fees, (Nursery school fees/Supplementary food expense, After-school children's club fees)

The image shows a sample of a Japanese tax payment slip (納付書) for Himeji City. It includes fields for the taxpayer's name (納税者氏名), address (住所), and the amount to be paid (納付額). The slip is marked with an "eL mark" (eLマーク) and a QR code (eL-QR). The amount to be paid is 123,000 yen. The slip is dated June 30, 2023 (令和 5年 6月30日).

※Payment can be made on payment slips with the “eL mark” and “QR code”. The payment amount cannot be more than 300,000yen.

Below are the new payment methods. You can make payments 24hours a day from your home or elsewhere.

- Using a smartphone payment app(electronic bill payments).

The payer's barcode is read by the respective app and the payment can be made.

- Using Internet banking and direct payment.

It can be done by “the local tax payment site.” Receipts will not be issued.

It also can be paid by conventional payment method.

- It can be paid at financial institutions and Japan Post Bank nationwide.(The number of convenience stores where payments can be made has increased)
- Payment by credit card.



## SDGs That We Can Do ~Let's Practice the 3Rs~

3R is an initiative to reduce waste in order to protect the environment. The three Rs are Reduce, Reuse, and Recycle. Let's practice the 3Rs to reduce the burden on the environment and shift to a "Recycling Society".

○Reduce: Not wasting things to reduce the amount of garbage.

Ex1: When shopping, bring your own bag and choose products with simple packaging.

Ex2: Utilize rental and sharing systems.

○Reuse: Repeatedly using something that can still be used.

Ex1: Select and purchase refill products.

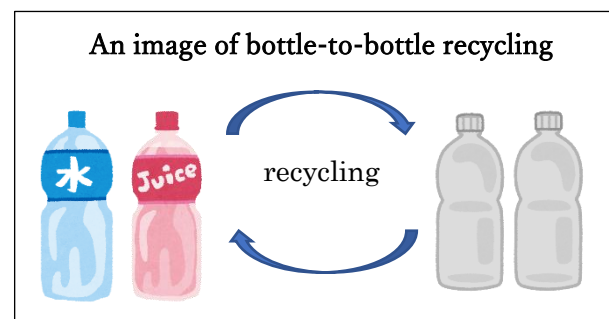
Ex2: Give each other unnecessary items. (Utilizing flea markets)

○Recycle: Reusing garbage as a resource.

Ex1: Separate garbage properly.

Ex2: Willing to use recycled products.

Himeji City has started a bottle-to-bottle recycling business in cooperation with local companies. Repeatedly recycling PET bottles helps reduce waste. It is expected to reduce greenhouse gas emissions by about 60% compared to making a new one.



### Let's get to know SDGs' Goals!



#### 12. Responsible Consumption and Production

Produce and consume only what we need and only in the quantities we need. And minimize negative impacts on nature in the process of material procurement, production, and disposal.



#### 13. Climate Action

Take urgent action to slow the pace of climate change in all countries, and create a society that can flexibly respond to disasters.

## What Is *Sentei Ryouyo Hi*?

Yesterday, I ate too much and got a stomachache. So, I went to XX hospital. They asked me to pay extra on top of the examination fee and the cost of the medicine. Why?



A



B

XX hospital offers specialized treatment. If many people with mild symptoms go there, the doctors cannot see people who need the treatment. So, when you go to a big hospital directly, you must pay the special fee (*Sentei ryouyo hi*). But if you bring a letter of reference with you, you don't have to pay it.

What is a letter of reference?



A letter explaining your symptom/condition and the prescribed medicine. Your family doctor writes the letter to a specialist at the hospital so that the treatment can continue.

So, when I have mild symptoms, I will go to a nearby clinic and ask for a letter of reference, if necessary.



If you feel it is difficult to explain your symptoms, you should prepare a letter written in Japanese.

A letter of reference

Examination

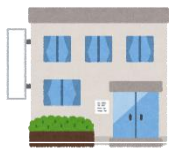
specialized treatment

Examination (without a letter of reference)

→ cost *Sentei ryouyo hi*

Examination (with a letter of reference)

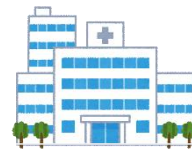
→ not cost *Sentei ryouyo hi*



Family doctor

Offer reference information

Report medical condition

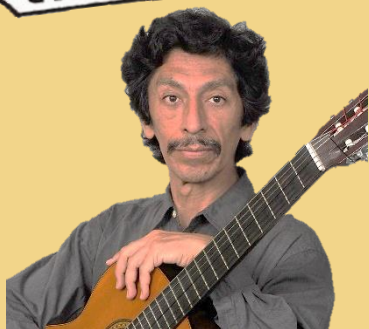


Hospital requiring *Sentei ryouyo hi*

The following are hospitals in Himeji city that require *Sentei ryouyo hi*. The first visit cost is ¥5,500 for Dentistry and ¥7,700 for others.

○Himeji St.Mary's Hospital    ○Japanese Red Cross Society Himeji Hospital    ○Tsukazaki Hospital  
○Harima Himeji General Medical Center    ○Himeji Medical Center

## People Interview



### Mr. Miguel Ponce (Peru)

Miguel is from Pacasmayo, about 800km from the capital city Lima, in the northern part of Peru.

He came to Japan in 1982 because he met a Japanese woman when he studied abroad in France. He is active in various fields, such as a translator, language teacher (Spanish, English, French, German, Italian), musician, movie creator etc.

**Q** Tell us about Peru.

**A** In Pacasmayo, children dive into the sea to catch fish from a young age. They boil the fish with vegetable, indica rice, sweet potatoes, etc and they eat it as a stew. The weather is warm all year long and it never snows. It is well known that Machu Picchu and the Amazon jungle are sightseeing spots in Peru. I have been a tour guide there. Mt. Misti is in Arequipa. Misti is an old word meaning white. It represents the whiteness of snow piled up on the top of the mountain. When I saw Mt. Fuji in Japan for the first time, I remembered Mt. Misti and I felt nostalgic.

**Q** Tell us about your impression of Japan.

**A** I had been interested in Japan since my friend in Paris told me that *shakuhachi* (Japanese bamboo flute) is similar to QUENA (Peruvian flute). There are many kinds of fish meals in Japan and they are very delicious. I had difficulty eating *natto* for the first time but now I can eat it. I eat *natto* with rice. I sometimes eat *natto* with raw eggs. My favorite Japanese foods are *okonomiyaki* and *sashimi*. I eat *sashimi* with *wasabi* and soy sauce. We have horse radish in Peru but it has a different flavor from Japanese *wasabi*.

**Q** Tell us about your future dream.

**A** I'd like to hold mini concerts in Akashi, Kakogawa, Kobe and so on. Also, I'd like to have events where people can enjoy American and French music casually with my performance. Moreover, I'd like to take pictures of old towns in Kyoto and great nature in Hokkaido to have a solo photo exhibition in Himeji. That's why I always bring a camera, so that I don't miss any photo opportunities.



QUENA



## Be Careful of Food Poisoning

In summer, foods are more likely to spoil, and bacteria and viruses are more likely to multiply. Cook only the necessary amount and if there are leftovers, cover them with wrap and store them in the refrigerator as soon as possible. When purchasing food, consider freshness, expiration date, and best before date, and dispose of food that has passed its expiration date.



Food poisoning can occur for various reasons, so be sure to take precautions to prevent it, such as washing your hands properly before eating.

### Disaster Prevention Vocabulary of This Issue

ちゅういほう

注意報 (*Chyu-i-ho*) advisory:

A forecast for when there is a risk of disaster occurring due to heavy rain or other factors.

Ex.) つなみちゅういほう

津波注意報 (*Tsunami Chyu-i-ho*) *tsunami* advisory:

A forecast issued when the occurrence of a disaster caused by a *tsunami* is expected.



The sunlight is starting to get stronger. When

you're outside, make sure to stay hydrated and be careful of sunburn and heatstroke. If you start feeling sick, be sure to take a break in the shade right away.

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You can read previous issues of "VIVA! ひめじ" on the website of Himeji Cultural and International Exchange Foundation International Exchange Section.

The next issue will be available in September, 2023.

We welcome your comments and suggestions. We are also looking for translators and native speakers to assist us with translating and proofreading upcoming editions. If you are interested, please contact us at the address on the right.



Website

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