

The city where everyone wants to live

広報 ひこね (英訳版)

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Multicultural Coexistence
Human Rights Policy Division
Hikone City Hall

Community

Newsletter

Tel:

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Human Rights Policy Division

HIKONE

2018.03

FEATURES

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- Vaccination for Children Week
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- Natalia's Room (P 14)



(Abridged Edition) <http://www.city.hikone.shiga.jp/english/index.html>

Name of Division	Telephone Number
Hikone City Hall (Representation)	0749-22-1411 (Main Number)
Hikone City Hall (JINKEN SEISAKU KA) 彦根市役所 (人権政策課)	0749-30-6113 (Direct Number) 直通番号

You can ask English Interpreter Service at the reception in Hikone City Hall.

Please say “English Interpreter please” in Japanese, “EIGO TSUUYAKU ONEGAI SHIMASU”.

●Koho Hikone “foreign language version” is issued every month.

This newsletter is available at:

- | | |
|----------------------------------|----------------------------------|
| * Shiga University | * Welfare Center |
| * University of Shiga Prefecture | * Shiga Bank (Oyabu Branch) |
| * Seisen University | * “Gyomu Super Market”(Toga-cho) |
| * Hikone City Hall 3F | * Beisia Hikone |
| * AEON TOWN Hikone | * Hikone City Hospital |

Various Services

●Interpreters are available if you request this service at the reception desk.

Please say this Japanese sentence “*eigo-tsuuyaku-onegai-shimasu.*”

(It means “please get me an English interpreter”.) えいご つうやく おねがいします。

We might change the interpreter’s availability.

Hikone City Hall: Weekdays 8:30 a.m.to 12:00 p.m. 1:00 p.m. to 5:15 p.m.



Japanese Language Classes



Day	Hour	Location, Place	Organization Name to Contact	Cost
Wednesday すいようび	7:00 p.m.to 8:30 p.m.	Shimin kaikan 市民会館	Hikoneshi Kokusai Kyoukai 彦根市国際協会 Tel (0749)-22-5931 (Not available from Dec. to Feb.)	100yen / lesson 100 円 / 1 回
Saturday 土ようび	2:00 p.m. to 4:00 p.m.	Naka-chiku Kouminkan 中地区公民館	Hikone Kokusai Kouryu-kai VOICE ひこね国際交流会 VOICE なえむらさん(NAEMURA) Tel 090-7118-5250	100yen / lesson 100 円 / 1 回
Sunday にちようび	10:00 a.m. to 11:30 a.m.	Nishi-chiku Kouminkan 西地区公民館	Volunteer Nihongo Kyoushitsu SMILE ボランティア日本語教室スマイル よしおかさん (YOSHIOKA) Tel (0749)-24-7241	100yen / lesson 100 円 / 1 回
Monday~ Friday (Except for holidays) げつようび~きんようび	①9:30 a.m. to 10:50 a.m. ②11:00 a.m. to 12:20 p.m. ③1:30 p.m. to 2:50 p.m. ④3:00 p.m. to 4:20 p.m.	Innovation Office “NAYASHICHI” Shiro-machi1-7-16	“Smile s Satellite”(Weekday Class) NAYASHICHI Tel.(0749)-46-5377 or みずのさん(MIZUNO) Tel 070-5661-7345	200yen / lesson 200 円 / 1 回

【Hikone International Lounge News】

Computer use is free in the Hikone International Lounge. We are waiting for your use!!

INFORMATION

☆Bicycles Will Follow the Traffic Rules!

Bicycles should ride on the road when there is no bicycle lane.

Keep left on the road.

Children have to wear a helmet.

Pedestrians have the right of way on the sidewalk.

Not two people on the bike.

Be sure turn on the light at night.

Laws according to promote the safety and proper use of bicycles in Shiga

Obligation to have bicycle liability insurance.

Check out a bicycle regularly and take measures against crime.

Be sure to wear a helmet especially for children, students and senior citizens.

Please Obey the Traffic Rules for Cyclists



☆Bicycle Liability Insurance Mandatory

Bicycle liability insurance has been obliged since October, 2016. You have to sign up the insurance just in case. Even a child or senior citizen is liable for damages caused from the accident by bicycle.

An example of compensation for ¥9.5million

A 5th grade elementary school student went down a slope by bike and ran slap into a woman taking a walk. She hit her head hard and was unconscious in critical condition.

The accident was due to inattention on the part of the boy who didn't wear a helmet. The court ordered his mother to pay ¥9.5million for lacking of parental guidance and supervision.

☆Weekend Customer Service at Citizens' Affairs Division

Customer service desks of the Citizens' Affairs Division are open on March 25 (Sun), 31 (Sat) and April 8 (Sun) between 9:30 a.m. and 1:00 p.m.

Types of Available Services

- Issuance of such certificates as the Resident Certificate, Koseki (Family Register) Certificate, etc.
- Moving-out and moving-in(within Japan only) procedures, changing addresses within Hikone.
- Inkan (personal name seal) Registration and issuance of the Inkan Registration Certificate.
- Registration of Notification Service to Prevent the Third Party from Acquiring Personal Info
- Issuance of My Number Card

Note: There are some administrative procedures that cannot be carried out.

The moving-out procedures that involve an electronic chip of a plastic version of My Number Card or Jyumin Kihon Daicho Card cannot be carried out.

Please contact the security office for the registration of family register and application for a permit of cremation.

Inquiries: Citizens' Affairs Division
Tel:0749-30-6111, Fax: 0749-22-1398

☆Register or Cancel Registration of Vehicles Do it quickly!

Owners of regular cars, small engine cars and motorcycles are subject to the car tax. The tax for the fiscal year of 2018 will be payable by the owners as of April 1, 2018. If you no longer use your registered car or if you have transferred it to another person, please report it to the appropriate office by April 1, 2018. The disused car is to be reported within 30 days and the change of a titular is to be reported within 15 days.

Inquiries: 1. About tax of **Small Engine Cars**: *Zeimu-ka* (City Tax Division Tel 0749-30-6140 Fax 0749-22-1398)

2. About each vehicle: **Regular Cars & Motorcycles (126 CC and over)**

Kinkiunyokyoku-shigaunyu-shikyoku (Shiga Land Transportation Bureau Tel 050-5540-2064)

Small Engine Cars

Keijidosha-kensakyokai-shiga-jimusho (Small Engine Car Inspection Association Shiga Office Tel 050-3816-1843)

Motorcycles (125 CC and less) or small and special vehicles (Transporters, Tractors, Combines, etc.)

Zeimu-ka (City Tax Division, Tel 0749-30-6140 Fax 0749-22-1398)

☆Please Get the Useful "My Number Card"

"My Number Card" is to confirm "my number" and it is the "personal identification". You can use it as your ID card (bearing your photo). You can get certificates and a copy of Residence Record at a convenience store with it. At Hikone Castle, *Genkyu-en* (garden), Hikone Castle Museum and *Yume-Akari-Kan* (building) please show your "My Number Card", if you are Hikone Citizen you can enter for free.

The lower half of the notification card is the application form. In case you change your name, address or staying period please notify of that to the City Office.

You can apply by mail, a smart phone and a personal computer.

Issue:

When your card is ready the Citizens' Affairs Division will send you the issue-notification by mail. You can receive the card at the Citizens' Affairs Division (3F, the temporary building at the west side of Hikone Station) or Inae Branch (Tahara-cho, reservation is required). On getting the card please take with you the issue-notification, the notification card and the document to identify you. As for "My Number Card" for a person younger than 15 years old or for a person with some difficulties please call the Citizens Affairs Division.

For more information: Hikone City Home Page or "My Number" General Site (<https://www.kojinbango-card.go.jp>)

Inquiries: Citizens' Affairs Division
Tel 0749-30-6111, Fax 0749-22-1398

☆System of National Health Insurance Changes in April 2018

• Things Will Not Change

- 1, National Health Insurance (NHI) cards are issued by each local government office.
- 2, Individual NHI premiums are required to be paid to a municipality where your address is registered.
The costs of the NHI are calculated by each local government office.
- 3, Documents related to the NHI are required to be filed to each local government office.
- 4, Services of insurance benefits, such as high-cost medical care expenses, special medical examinations, etc. are offered at a relevant customer service desk of a local government office.

• Things Will Change

- 1, The look of the NHI card will partially change.

Note that there will be some other changes in the system of the National Health Insurance: however, a majority of foreign residents will NOT be affected by these additional changes that are not written here. Should you want to know about these changes in more detail, please kindly get in touch with the relevant division below.

Inquiries: National Health Insurance & Pension Division

Tel: 0749-30-6112, Fax: 0749-22-1398

☆Please Check the National Health Insurance Card

A new NHI card that NHI members can use from April is scheduled to be mailed to every member's registered address by the end of March. To receive the new NHI card, your *Inka* (personal name seal) will be required. In case your new NHI card was not delivered to your registered address, please contact the National Health Insurance & Pension Division.

Effective in April, due to the amendment in the National Health Insurance System, the prefectural government and local governments are going to manage the National Health Insurance, thereby changing the partial design of the NHI card.

Ex: the word “滋賀県(Shiga Prefecture)” is imprinted on the card.

For more information, please read a notification that comes with your new NHI card in the mail.

When You Join a Company's Social Insurance

You need to return your NHI card and fill out NHI cancellation forms at the city hall immediately after you receive a company's social insurance card. **Note that NO companies are legally demanded to notify a local government office regarding an individual employee's National Health Insurance status or company's social insurance status.**

Please bring required items, such as your NHI card, company's social insurance card and My Number Card with you. When you want to cancel your family member's NHI card in his/her stead, you need to bring that person's required items.

Change in Costs of Hospital Meals for Inpatients from April

Due to the partial amendment in the National Health Insurance Law, starting in April, the costs of hospital meals increases from 360 yen to 460 yen per serving.

Inquiries: National Health Insurance & Pension Division

Tel: 0749-30-6112, Fax:0749-22-1398

☆ Physical checkup and medical checkup of the brain

National Health Insurance supports a part of the consultation fee.

Eligibility: A person covered by National Health Insurance

※ Those who fail to pay an insurance fee cannot get subsidy.

※ A person covered by latter-stage elderly healthcare system cannot get subsidy.

Subsidy: two third of your medical expenses for checkup (less 20,000 yen)

Application: The Health Insurance and National Pension Division, branch office

You can apply by Hikone-city web site

Necessity for application: National Health Insurance Card, HANKO

When you apply to the checkup after June, please take the Medical Treatment Card for a special checkup that we will send around the end of May.

Period of application: March 1 Wed ~June 29 Friday

Way of consultation: After your application, we will send a ticket for subsidy

Please take the ticket and have a checkup from April 2018 to February 2019.

Please make an appointment at the hospital you want.

For details ask the hospitals.

Inquiry: The Health Insurance and National Pension Division

Tel:0749-30-6112 Fax: 0749-22-1398

☆Medical institutions and checkups covered by National Health Insurance subsidy

*the way of stomach checkup: X: x-ray / C: stomach camera / XC: you can choose

Type of medical checkup	the way of checkup of stomach	Total sum	Subsidy
Hikone Municipal Hospital Tel 0749-22-6058			
One day medical checkup	X C	40,900 yen	20,900 yen
Overnight medical checkup	X C	61,700 yen	41,700 yen
Overnight medical checkup(at hotel)	X C	61,700 yen~	41,700 yen~
Brain checkup A	—	29,300 yen	9,800 yen
Brain checkup B	—	35,300 yen	15,300 yen
Brain checkup C	—	42,100 yen	22,100 yen
Hikone Chuo Hospital Tel 0749-27-6515			
Half day medical checkup	X C	30,000 yen	10,000 yen
One day medical checkup	X C	50,000 yen	30,000 yen
Overnight medical check up	X C	170,000 yen	150,000 yen
Yujin Yamasaki Hospital Tel 0749-23-1929			
One day medical checkup	X C	39,960 yen	19,960 yen
Overnight medical checkup	X C	66,744 yen	46,744 yen
Brain checkup	—	49,032 yen	29,032 yen
One day medical checkup and brain checkup	X C	70,740 yen	50,740 yen
Overnight medical checkup and brain checkup	X C	97,524 yen	77,524 yen
KKC wellness Hikone physical checkup clinic Tel 050-3541-2265			
One day medical checkup	X C	41,040 yen	21,040 yen
Wellness medical CT checkup for men	X C	51,408 yen	31,408 yen
Wellness medical CT checkup for women	X C	60,048 yen	40,048 yen
Toyosato Hospital Tel 0749-35-3001			
One day medical checkup	X C	35,000 yen	15,000 yen
Brain checkup	—	46,000 yen	26,000 yen
One day medical checkup and brain checkup	X C	57,000 yen	37,000 yen
Shiga pre. Welfare Farmers' Cooperative Union Tel 0749-28-7860			
JA method medical checkup	X	18,600 yen	6,200 yen
Medical checkup for women	X	24,800 yen	8,300 yen
Medical checkup for men	X	21,600 yen	7,200 yen
Otsu Red Cross Hospital Tel 077-522-5165			
One day medical checkup	X C	41,040 yen	21,040 yen
Overnight medical checkup	X C	65,880 yen	45,880 yen
Nagahama Red Cross Hospital Tel 0749-68-3305			
One day medical checkup	X	38,720 yen	18,720 yen
Overnight medical checkup	X	65,880 yen	45,880 yen
Nagahama City Hospital Tel 0749-68-2335			
One day medical checkup	X	40,060 yen	20,060 yen
Overnight medical checkup	X	68,900 yen	48,900 yen
Brain checkup	—	82,180 yen	62,180 yen
Overnight medical checkup and Brain checkup	X	113,070 yen	93,070 yen
Notogawa Hospital Tel 0748-42-1333			
One day medical checkup	X C	38,880 yen	18,880 yen
Brain checkup	X C	36,720 yen	16,720 yen
One day medical checkup and brain checkup	X C	68,040 yen	48,040 yen

☆March is Reinforcement Month for Suicide Prevention Policy

‘Please talk. Your trouble’

Inquiries: City Disabled People’s Welfare Division Tel 0749-27-9981 / Fax 0749-26-1767

Information Center for Suicide Prevention	Tel 077-566-4326	Every day 9:00 ~ 21:00
Telephone Counseling ‘Shiga Inochi no Dennwa’	Tel 077-553-7387	Every Fri. ~ Sun. 10:00 ~ 22:00
Telephone Counseling for mental problem ‘Kokoro no Dennwa’	Tel. 077-567-5560	Every Mon. ~ Fri. (exc. Holidays) 10:00 ~ 12:00 / 13:00 ~ 21:00
Hikone Public Health Center	Tel 0749-21-0283	Every Mon. ~ Fri. (exc. Holidays) 8:30 ~ 17:15
Disabled People’s Welfare Division	Tel 0749-27-9981	
Community Activity Support Center ‘Mana’	Tel 0749-21-2192	Every Mon. ~ Fri. 10:00 ~ 17:00 Every Sat. 10:00 ~ 13:00 (exc. Holidays)

☆Promotion of Low Carbon Society – Tips to Purchase Eco-friendly Home Appliances

For the structure of low carbon society, it is important to cut down on the amount of carbon dioxide through energy-saving.

In this article, we introduce you some tips for a choice of eco-friendly home appliances.

• **What home appliances consume a lot of energy?**

A refrigerator, light, television and air conditioner combined account for about 40% of the total energy usage at a typical household. Upon replacing any of them with a brand-new one, it will be wise of you to buy a model with high-energy efficiency.

• **What is the Energy Efficiency and Labelling Project?**

This is the project to indicate whether home appliances on the market have met the criteria of Japan’s energy efficiency standards. The higher the numbers of “Achievement Rate of Energy Efficiency” in the label are, the better energy-efficient functionality each product has. Please use the labels as a rough indicator when you make a choice.



• **You Can Save Both the Earth and Money**

Purchasing energy-efficient appliances or replacing old ones will not just lower your electricity bills, but also make a contribution to reduction in carbon dioxide.

EX. If you replace an incandescent light (60 W) with a LED light.....

You can reduce 50.8 kilos worth of CO2 and save around 2,410 yen on a yearly basis.

• **The Advancement of Energy-efficient Technology is Eye-catching**

The recent advancement of technology in electronics has been remarkable, and the levels of energy efficiency are becoming greater every year. So, why not do some research on which appliance is more environmentally friendly as well as cost-saving in order to choose the best one to yourself?

**Inquiries: Living Environment Division
TEL: 0749-30-6116, Fax 0749-27-0395**

☆How to Reduce Shopping/ Wrapping Waste

When we give a gift to others, we oftentimes choose to convey our feelings in the way we wrap the gift in order to be formal or just to be appreciative. When gifts are nicely wrapped, you can add a little extra joy to a receiver's feelings.

However, since wrapping materials are mostly single-use, you have found all the wrapping materials a bit wasteful before, haven't you? The following tips will come in handy when you want to give a gift or shop as waste-free as possible.

• Do You Know Eco-friendly Wrapping?

In the time of *Obon* and *Ochugen* (Japanese traditional gift-giving seasons), some stores engage in eco-friendly gift-wrap. So what is eco-friendly gift-wrap? For instance:

- 1, No double wrapping
- 2, Partial gift wrapping
- 3, No extra gift-wrap materials, such as ribbons.

You have a choice of how to wrap a gift every time you want to give a gift to others. So please take the eco-friendly gift-wrap technique into account while keeping the traditional importance of giving a gift unchanged.

• Let's Think about How Wasteful Wrapping Can be.

When we have a look at a wide range of products around us, it dawns on us that each consumer product is packaged with multiple layers of wrappers – in each product there are unnecessary pieces of plastic around each little component.

It is advisable to buy consumer items wrapped in less or zero packaging, especially when you open them as soon as you get back home.

• Shopping Plastic Bags are One of the Most Common Shopping Waste

At supermarkets, a commitment to reduce the amount of plastic bags and stop offering plastic bags free of charge has been promoted. When you go grocery shopping, please bring a reusable bag with you to reduce the unnecessary use of plastic bags. At the same time, think about wasteful wrapping materials, too.

**Inquiries: Living Environment Division
Tel 0749-30-6116, Fax 0749-27-0395**

☆Recall: Old Fire Extinguishers and Fire Extinguishing Aerosol Sprays

Around last fall, one resident bought a broken spray to the Consumer Affairs Centre and told us, "This fire extinguishing aerosol spray that I left by the window of my house has blown up."

According to the resident's account, it took a lot of time to clean up fragments and agents of the fire extinguishing spray, but fortunately, no one got hurt. When we checked the product number of the broken spray, it was manufactured well over 15 years ago and subject to the company's voluntary recall. In case you have any old fire extinguishers, please appropriately dispose of them.

A List of Recall Products (Voluntary Recall)

- Yamato Boy KT
- FM Boy K

Inquiries: Yamato Pro-Tech Corp, Customer Service Number: 0120-801-084

In addition, old fire extinguishers cause sudden explosions due to corroded parts. Fire extinguishers usually last from 8 to 10 years, and therefore please check the manufacturing date of your fire extinguisher(s) on a regular basis. When you wish to dispose of an old fire extinguishing item, please contact the following number.

Inquiries: Recycling Fire Extinguishers Promotion Centre Tel: 03-5829-6773

☆To Prevent the Troubles When You Leave a Rental House

Ministry of Land, Infrastructure and Transport shows burden division, ratio and range in 「Obligation to restore site to its original condition」 Basically natural consumable such as the fading color of the wall or tatami mats, trace of furniture, a burn mark of electronic appliances is the expenses spent by an owner. On the other hand deterioration such as child's graffiti or a flaw from carelessness is the expenses spent by a borrower.

To prevent these troubles, it is important to discuss the details of repairing and expenses with a presence of an owner and a borrower.

Hikone Consumer Affairs Center:

Tel 0749-30-6144 (9:00~12:00 13:00~16:15 on weekdays)

* For future reference, we will ask you personal information like name, address, gender, age, job. Please tell us the information above if you don't mind.

Consumer Hotline: No area code 「188」

* Please enter the area code after following information. You can put it through the nearest consultation desk.

EVENTS

☆HIKONE AREA JOBS FAIR 2019

Blue-chip companies in Hikone area will be participating

Admission free • No application required

The personal management officer of each company will expand on the job description.

Please visit the website (<http://www.hikone-kotaikyō.jp>) to check which companies are participating.

Date & Time: 【Hikone Venue】 Thursday, March 8 14:00~16:30 (Acceptance 13:30~15:00)
【Kusatsu Venue】 Friday, March 16 14:00~16:30 (Acceptance 13:30~15:00)
Place: 【Hikone Venue】 MARIAGE HIKONE (Ekihigashi-cho)
【Kusatsu Venue】 KUSATSU SHIRITSU— MACHIZUKURI Center (Kusatsu-shi Nishioji-cho)

Eligibility: Those who will graduate University, Graduate college, Junior college, Technical college, Specialized Training College in March 2018 and those who have graduated within the last three years.

Inquires: • Hikone council employment policy division (Located in Hikone Chamber of Commerce & Industry)
Tel 0749-22-4551
• Hikone public employment security office (HelloWork) Tel 0749-22-2500

☆“HIKONE DE ASAICHI” (The Fresh Morning Market in Hikone)

Selling local fresh vegetable, bean curd, local lake sea foods, local *SAKE*, and handcrafted general goods, under the concept "Safety food" "Local production for local consumption" "Handmade".

Date & Time: Sunday, March 18 8:00~12:00

Place: GOKOKU- JINJYA (shrine) (Osue- cho)

Inquiries: “HIKONE DE ASAICHI” Executive Committee Tel 0749-24-4461 hikonedesaichi55@gmail.com

☆Events at The Children’s Center

♪Family Concert

Date & Performer: Sat. March 10 Hikone juvenile chorus
Sat. March 17 Inae juvenile chorus
Time: 1:30 p.m. ~2:00 p.m. and 3:00 p.m. ~3:30 p.m. /each day
Fee: Free

◆Let’s Make a Speaker of Your Own and hear Your Favorite CD

Date & Time: Sat. March 24 1:30 p.m. ~ 3:00 p.m.
Capacity: 10 students of elementary school or Jr. high school (first come, first served)
Participation Fee: ¥300
What to bring: CD you want to hear if you have

Application Period: Sat. March 10 ~ Wed. Holi. March 21 at the Children’s Center window or by phone



★The Study of Astronomy and Astronomical Observation

Date & Time: Sat. March 17 2:00 p.m. ~ 3:00 p.m.
Capacity: 10 pairs of 1st ~ 3rd grade students and guardian (first come, first served)
Participation Fee: ¥200/1 pair
Application Period: Sat. March 3 ~ Fri. March 16 at the Children’s Center window or by phone
Application & Inquiries: The Children’s Center Tel 0749-28-3645 Fax 0749-28-3646



Consultation

	Date & Time	Place	Contents
Alcohol Consultation	March 2 (Fri) 14:00 ~16:30 (by reservation)	Public Health Center (Wada-cho)	Issue of alcoholism Tel 0749-21-0283 Fax 0749-26-7540
Consultation for Reclusive and Unsociable People	March 8 (Thu) 15:00 ~17:00 (by reservation)		Helping sufferers 16 years old and over and their families. Tel 0749-21-0283 Fax 0749-26-7540
Consultation for Troubled Minds	March 15 (Thu) 13:30 ~ 15:30 (by reservation)		Medical instruction. Introduction of a medical institution and facilities Tel 0749-21-0283 Fax 0749-26-7540
Human-Rights Counseling	March 7 (Wed) 13:00 ~ 15:00	Consultation Room (AL PLAZA Hikone 4F)	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
Human-Rights Counseling by Multiple Language	Every Mon. ~ Fri. (except holidays) 9:00 ~17:00	Otsu Regional Legal Affairs Bureau	Consulting telephone for the trouble of human rights Exclusive telephone for consultation: 0570-090-911
Child・Family Consultation	Every Mon. ~ Fri. (except holidays) 8:30 ~ 17:15	Consultation Room for Children (Welfare center)	Consultation for Child care issues, child abuse, domestic violence etc Tel 0749-23-7838 Fax 0749-26-1768
Developmental Disorder Consultation	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 16:00 (by reservation)	Welfare Center for the Disabled	4 years old and older person who has a developmental disorder or feels uneasy about it or it's family. Only person living in Hikone. Tel 0749-26-8282 ※Health Promotion Division advises for a child who is 3years old or younger Tel 0749-24-0816
Consumer Life Consultation	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 16:15	City life Environment Division (AL PLAZA Hikone 3F)	Consultation about the trouble of consumer life, contracts, etc Tel 0749-30-6144
Consultation for Bullying/Hot Line	Every Mon. ~ Fri. (except holidays) 9:00 ~ 17:00	School Support Room (Board of Education)	The experienced person in the education advices you *You can consult on the municipal government website Exclusive telephone for consultation: 0749- 24-7977
Synthetic Consultation for Child & the Young	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 17:00	Child & the Young Consultation Center (Welfare center)	Consultation for person 39 years old and younger who has troubles in social life (neet or unsociable person etc). Tel 0749-47-3001 Fax 0749-26-1768
Traffic Accident Consultation	Every Tue. & Thu. ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F	Consultation by telephone is also available from Monday to Friday except holiday Tel 0749-27-2230
Worries Counselor's Office	Every Wed. & Fri. (except second Wed. & holidays) 13:00 ~ 16:00	Welfare Center (Hirata-cho)	Consultation about various worries in your life Exclusive telephone for consultation: 0749-22-0294
	Second Wed. of even month (except holidays) 13:00 ~ 16:00	Northern Elderly Welfare Center (Baba-cho)	
	Second Wed. of odd month (except holidays) 13:00 ~ 16:00	Southern Elderly Welfare Center (Tawara-cho)	

☆Support of German Measles Vaccination Expenses

The person who already received German measles antibody test by Shiga prefecture can get support. **Time limit:** Tuesday, April 5 (Thu)

The amount of support: half of the amount of the charge is supported

※Please apply to the Health Promotion Division Tel: 0749-24-0816 Fax: 0749-24-5870

If you are pregnant, you are not able to receive the vaccination.

A female person needs birth control for 2months after the vaccination.

German measles antibody test

Target: women who want to have a baby, and their partners

Place: Corporation Medical Institution

Time limit: March 31 (Sat)

Cost: free

Inquire: Shiga prefecture pharmaceutical and infectious disease prevention office

Tel: 077-528-3632

☆Support of infertility treatment expenses

Support of Specific Infertility Treatment Expenses

Eligibility (Those who meet all of the following)

- Husband and wife who live in the city at the time of a medical treatment and application, and are legally married
- Those who have received Shiga specific infertility treatment expense support
- Husband and wife who are not behind with municipal tax

The amount of support : Specific infertility treatment expenses is supported.

The amount of support limit is 50,000yen. Please don't overlap with a Shiga specific infertility treatment subsidy.

The age of wife at the first treatment	The times of support
Under 39 year old	Maximum of 6 times
40~42 year old	Maximum of 3times
Over 43 year old	Not covered

In the following cases, 25,000 yen should be supported.

*embryo transplantation by using frozen embryo

*When treatment is stopped because patients cannot get egg in spite of ovulating.

☆**Application limit:** within 3months from the date of Shiga prefecture decision

Support of Artificial Insemination Expenses

Eligibility (Those who meet all of the following)

- Husband and wife who live in the city at the time of a medical treatment and application, and are legally married
- Husband and wife's income in the last financial year is less than 7,300,000 yen.
- Husband and wife who are not behind with municipal tax

The amount of support : Half of the amount of the charge is supported.

For a total of two-years, the amount of money is 50,000 yen.

Time limit: March 30 Friday, 2018

When you get the treatment in March, you can apply until April 27 Friday 2018.

Application and determination: please apply to The Health Promotion Division.

※Please ask for details. Tel 0749-24-0816 / Fax 0749-24-5870

☆Habitual Abortion More than 80 %can be cured.

Habitual abortion means more than two times of miscarriage, or several times of neonatal death (less than one week).

A half of the cases of habitual abortion are coincidental miscarriage due to the chromosome aberration of fetus; patients don't need any treatment. Another half of the cases have each causes.

A woman who already has a child and repeats miscarriage need a check and cure.

It is possible for more than 80%of women suffering from habitual abortion (including coincidental miscarriage) to have another baby.

The Health Promotion Division provides detail information about habitual abortion with a homepage, and public-health nurses give counsel.

More specific medical advice by doctors and midwives regarding habitual abortion is available as follows.

Infertility advice center, Shiga Prefecture (at the Hospital of Shiga Medical University)

Over the telephone: please call 077-548-9083 (9:00~16:00, from Monday through Friday, except holidays)

By meeting: please make a reservation first by telephone or e-mails.

e-mail: <http://www.sumsog.jp/consulting-a-doctor/advice-for-sterility>

*consulting will only be in Japanese.

☆ Vaccination for Children Week March 1~March 7

Has Your Child Received Every Vaccination?

Please check your maternity passport if you forget to receive any vaccinations for your child before entering school or kindergarten. You can make a reservation for vaccination as early as possible in order to have resistance to illnesses and to prevent becoming ill.

You check the eligible age and make a reservation in advance for Individual regular vaccinations such as Hib vaccine, Pediatric

Pneumococcal Vaccine, Hepatitis B Vaccine, DPT-IPV, BCG, MR, Chicken Pox, Japanese Encephalitis, DT.

Fee: Free of charge (It costs you when you are over the recommended age)

Things to bring: Maternity passport, medical questionnaire.

Notice

The 2nd term of MR (Measles and German measles)

Eligibility: pre-school child (For those born between April 2, 2011 and April 2, 2012)

The 2nd term of DT (Diphtheria and Tetanus)

Eligibility: The 6th grade student (For those born between April 2, 2005 and April 2, 2006)

They were already notified and received the documents.

※ Vaccination period is up to March 31, 2018.

※ Medical questionnaire above is not available at these medical institutions. Please contact the Health Promote Division if you lost it or moving-in.

Japanese Encephalitis

Those who were born between April 2, 1997 and April 1, 2007 are an exceptional age group for Japanese Encephalitis.

You are required to have shots for a total of 4 times against Japanese Encephalitis. If you haven't received them yet, you can catch up the rest of them by the age of 20.

※Please consult with the Health Promote Division if you are not sure about the vaccination conditions.

☆Baby Salon

Date & Time : Tuesday, Mar 6 10:00~11:30 (acceptance 9:45~10:00)

Place: Children's center multi-purpose room

Eligibility: 2~6-month old infants & their guardians

Things to bring: A bath towel

Contents: Exchanging experiences about child-raising and making friends

Inquiry: Children's center

Tel 0749-28-3645 Fax 0749-28-3646

☆Weaning Period Consultation

* Let's give food twice a day.

Date & Time: Friday, Mar 2 10:00~11:30 (Acceptance 9:45~10:00)

Place: *Kusunoki* Center 2F (Next to Hikone Municipal Hospital)

Eligibility: 7~8 months old infant & their guardians

Things to bring: your Maternal and Child Health Handbook

☆Health Check-ups for Infants

March

Kusunoki Center 1F(Next to Hikone Municipal Hospital)/ 13:00~14:00

4-Month-Old Babies	13(Tue)	Born between Nov 1 and 15, 2017
	20(Tue)	Born between Nov 16 and 30, 2017
10-Month-Old Babies	7(Wed)	Born between May 1 and 15, 2017
	14(Wed)	Born between May 16 and 31, 2017

Kusunoki Center 1F(Next to Hikone Municipal Hospital) / 13:00~14:00

18-Month-Old Babies	9 (Fri)	Born between Aug 1 and 15, 2016
	16 (Fri)	Born between Aug 16 and 31, 2016
2-Year & 6-Month-Old Children	8(Thu)	Born between Aug 1 and 15, 2015
	15 (Thu)	Born between Aug 16 and 31, 2015
3-Year & 6-Month-Old Children	5(Mon)	Born between Aug 1 and 15, 2014
	12 (Mon)	Born between Aug 16 and 31, 2014

*As individual notification of Health Check-ups is for 4 month-old babies only, please check the Suku-Suku book for what contents and items to bring.

*For Health Check-ups for 18- month-old-babies, a toothbrush is necessary. There will be a class on the correct way of brushing your child's teeth.

*For Health Check-ups for 2-years & 6-month –old children, please fill out the result of hearing test to the questionnaire.

*For Health Check-ups for 3-years& 6 –month-old children, there is a urinalysis. Please bring a first morning urine sample in a clean bottle.

* If you are unable to come on the date specified or if you have any questions about the Health check for infants, contact The Health Promotion Division Tel: 0749-24-0816、 Fax: 0749-24-5870

☆NYUYOJI KOBETSU SODAN (Individual consultant for infants)

Please bring your Maternal and Child Health Handbook,

●Date & Time : Thursday, Mar 8 & 22 9:30~11:00

Place: *Kusunoki* Center 1F (Next to Hikone Municipal Hospital)

*Consultation by a nutritionist is available on Thursday, Mar 22

☆Rakuraku Kin-en (Quit Smoking Easily) Consultation

A smoking habit is nicotine dependence. If you try to quit smoking, we support your challenge.

Date & Time: Wednesday, Mar 14 9:00~ 10:00~ 11:00~

Place: *Kusunoki* Center 2F (Next to Hikone Municipal Hospital)

Capacity: 1 person / each time slot (Reserved)

Contents: • Check for your lung's contamination (Measure the carbon monoxide density in your exhalation.)

• Check for your addiction to cigarettes (Measure nicotine density in your urine)

• Consultation on how to quit smoking

Inquiry: The Health Promotion Division

Tel: 0749-24-0816 Fax: 0749-24-5870

Japanese-style Bathroom



There was one thing I found surprising about how the Japanese take a bath lately. When I stayed at my Japanese friend's place, there was a small stool for the shower. When I questioned the friend about the small stool, she said "We (Japanese people) usually take a seat while taking a shower." Until that moment, I never had a clue that Japanese people do not stand, but sit on a bath stool to take a shower.

Before this, I actually saw the Japanese washing and taking a shower while sitting when I went to an *ONSEN* place. At that time, however, I associated it with a social etiquette on account of the fact that Onsen places and public baths are communal facilities and are used by many people. For this, I had no idea that even at my friend's place, sitting on the bath stool while taking a shower is a normal thing.

Including me, almost all foreigners I know take a shower standing. It does not take much time to finish a shower if you stand. Of course, there are exceptions for those who have a chronic pain in the back or some other different reasons. Nevertheless, unless you have a certain reason, standing while taking a shower is a quintessential way to me.

When I thought about why there was such a unique cultural difference from various angles, I drew a conclusion that it is not wise for people in some foreign countries to spend too much time taking a shower due to having only shower rooms instead of spacious bathrooms, water restrictions, etc.

On the one hand, bath time is seen as a relaxing time by a great many people in Japan, yet on the other hand, the purpose of taking a bath/shower varies from country to country. To cite an example, people in tropical countries take a quick shower a few times in one day simply because this is a better way to wash out some sweat and get cool compared to taking a bath at the end of the day like most Japanese people do.

Some Japanese may have a hard time comprehending why foreigners like to stand while taking a shower. With that being said, some foreigners may be wondering why the Japanese sit on a bath stool while taking a shower in spite of the fact that standing is time-saving.

All in all, manners and customs with respect to a bath/shower are different from each other. Even so, I think that taking a bath or shower as a good hygiene habit is unarguably an etiquette from the hygienic point of view.

"Natalia's Room" is a monthly column published in the Japanese version of Koho Hikone Newsletter since June 2014. Natalia is from Brazil and has been working as Coordinator of International Relations of Hikone since coming to Japan in 2014. This column features topics related to multicultural coexistence, such as differences in cultures and living in Japan as a foreigner.

