

The city where everyone wants to live

広報 ひこね (英訳版)

Community

Newsletter

Koho

HIKONE

No.1399 - 1400

Date: June 1st, 2018

Published by:

Multicultural Coexistence

Human Rights Policy Division

Hikone City Hall

Tel:

0749-30-6113

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VOICE Trans. Group

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Human Rights Policy Division



2018.06

FEATURES

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- Recruitment of Foreign Residents Monitoring Committee (P6)
- Medical Check-ups for Hikone Residents (P11)
- Natalia's Room (P14)



(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 水曜日	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 土曜日	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 日曜日	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)	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
げつようび~きんようび				

【Hikone International Lounge News】

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

INFORMATION

☆Direct Drop-Off of Oversized Trash to the Center

The Center will be carrying out a special collection of oversized household trash on June 23 (Sat) 9:00a.m. ~ noon.

※Please show your driver's license at a gate to check your address.

※Only oversized trash (including small electrical appliances and used fluorescent lights for recycling) will be accepted at this time. Broken lights are not acceptable because those are landfill garbage as usual.

※Drop-off of oversized trash is charged. (*free of charge for a small electrical appliance of shorter than 1m.)

※Recyclable household appliances (TV, air conditioner, refrigerator, washing machine and clothes dryer) are not oversized garbage. Those are not acceptable at the Sanitation Center by law. Please ask the Center or electrical appliances store about collection details.

Personal computers are also recyclable. Please consult with the item's manufacturer about collection details.

※Dropping-off trash is allowed only during the designated time.

Inquiries: The City Sanitation Center Tel 0749-22-2734 Fax 0749-24-7787

☆Add Place for A Convenience Service

The following places were added for the certificate issuance service.

Place: • Viva City Hikone (Takehana-cho)

• AL Plaza Hikone (Daito-cho)

Time: During the business hours of each stores is available.

Inquiries: Citizen's Affairs Division Tel 0749-30-6111 Fax 0749-22-1398

☆Certificate Convenience Store Grant Service starts new stores below

Place: Viva City Hikone (*Takehana-cho*), Al Plaza Hikone (*Daito-cho*)

Hours: Business hours

Inquiries: Citizen's Affairs Division Tel. 0749-30-6111 / Fax. 0749-22-1398

☆Information about Light Motor Vehicle Tax, Fixed Asset Tax and City Planning Tax

Hikone city sends a tax payment notification in May. Be sure to pay above mentioned taxes by their due days.

Reduction of taxes system of the light vehicle tax for the persons with disabilities

Apply to the Tax Division at Municipal Office with required documents by due day.

- *Required documents:
1. Certificate of the Physically Disabled, Certificate of the Mentally Disabled, Certificate of Sick and Wounded Retired Soldiers, Certificate of Special Education
 2. Driver's license
 3. Automobile Inspection Certificate
 4. Tax Notification and Payment slip
 5. Personal seal
 6. Individual Number Card or Notification Card

Inquiries: Tax Division Tel.0749-30-6140 / Fax.0749-22-1398

☆Information from Health Insurance Division About the determination of National Insurance premium/ Nursing Care Insurance premium and payment

Hikone City will send the notice of the determination of National Insurance premium/ Nursing Care Insurance premium and the payment in 2018 to the householder or the insured person on Friday, June 15.

- Please ask to the Health Insurance Division about the Insurance premium rate.
- Hikone City will send the notice of Medical premium for over 75-year-old in the middle of July.
- Beware of Fraud! You can not get the tax return money through ATM.

When you get a phone call from a suspicious person, be sure to call to the Health Insurance Division.

Inquiries: City Health Insurance Division Tel: 0749-30-6145 Fax: 0749-22-1398

☆Take Procedures to Join the National Pension System When You Become 20 Years Old.

In Japan, all citizens aged 20 to 60, including foreign residents, should join the National Pension system. You can receive pension when you get old, if you pay the premiums of National Pension to qualify to receive a pension. Those who paid the premiums can receive a pension when he/she became challenged by an accident. Also when a person died unfortunately by an unexpected accident, his/her dependent family can receive a pension. The system helps to support each member. Half amount of *Kiso-nenkin* (Basic Pension) is paid from the national treasury. Be careful if you fail to take proceedings to join or forgot to pay premiums, you and your family might not have your pension.

For those who find it difficult to pay national pension premiums due to financial reasons such as students and so on, there is an exemption system and grace system special for young people. If you think you are eligible for it, please apply at *Hoken-nenkin-ka* or branch offices for when you take proceedings to join the system

※When you apply an exemption system for young people, you need a copy of student card or a certificate of student registration. For further information, please ask *Kokumin-nenkin-ka* or branch offices for details.

Inquiries: Hikone Nenkin-jimusho (*Kokumin-nenkin-ka*) Tel 0749-23-1114, Fax 0749-23-9033

☆Renewal for Child Allowance (*Jidou Teate*)

Those who live in Hikone City and receive Child Allowance need to report the present situation to renew the allowance eligibility. The city will send an application form to those who are eligible in early June.

Please be sure to fill out the form and mail it back to the city office by Friday, June 30.

- 1 If an eligible person is a public servant, please apply at the office.
- 2 We can accept the form after the deadline but please note the allowance might be delayed.
- 3 Extra documents are needed for those who live apart from their children or moved to Hikone City on January 2, 2018 or after. Please check the application form sent by Hikone City for further information.

Application: National Health Insurance and Pension Division and branch offices

- Please use the envelope enclosed for an application by mail.

☆Application for Municipal Housing

Apartment houses for rent:

- | | |
|-------------------------------------|--|
| ① Nakayabu Danchi apartment house | One room (for a family) |
| ② Serigawa Danchi apartment house | Two rooms (for a family) |
| ③ Inae Nishi Danchi apartment house | One room (for a single) |
| ④ Baba Danchi apartment house | One room (for a person in a wheel chair) |

Application form will be available from June 4 (Mon)

Application period: June 11(Mon) ~20(Wed)

Acceptance date: the beginning of August

Move-in date: after the middle of August

The application to the division in charge of municipal housing must be done by an applicant or registered family member.

Inquiries: Architectural Administration Division TEL: 0749-30-6123 / FAX: 0749-24-8517

☆The Renewal Procedure of Welfare Medical Support (except for babies & preschool children)

---Be sure to apply by Friday, June 30---

Current Welfare Medical Support Tickets (*Fukushi Iryohi Jukyuken*) for severely mentally or physically challenged residents and patients who go to a psychiatric hospital for mental healing (except for babies and infants) are renewed on Tuesday, August 1. If you would like to continue receiving the medical support, you need to complete the procedure for renewal. Application for babies and infants who have a welfare medical support ticket is not necessary this time.

The Schedule for the Renewal

- 1 We will mail you the necessary documents for renewal at the beginning of June.
 - 2 Please submit the renewal application by Friday, June 29 (Fri).
 - 3 We will make an examination of your income and all details included.
 - 4 We will mail the Welfare Medical Support Tickets around Friday, June 20 to the people who are eligible from August 1.
- If you don't submit the renewal application, you will not be able to receive the support.
 - If your previous year's income exceeds the allowed limit at the result of examination, you will not be able to receive the support.

In Hikone City, Welfare Medical Support (*Fukushi Iryo Josei*) is given to babies and infants, to elementary school & junior high school children, to severely mentally or physically challenged people, to single parents & their children (under 18 years old), to women who have lived by themselves for more than one year and will continue the current life-style (under 65, and 65~74 years old), to the seniors (65~74 years old) with mental or physical challenge or with lower income. If you think you are applicable, please inquire to the City National Health Insurance and Pension Division.

- Hikone City assigns a limit to the amount of the previous year's income.

Inquiries: National Health and Pension Division TEL:0749-30-6136 / FAX: 0749-22-1398

☆Afterschool Children's Club during the Summer Vacation.

• Target Age Group

Elementary students whose guardians do not stay at home by day due to work, etc.

Note that when a number of children reaches the capacity of Afterschool Children's Club, your child/ren will not be accepted.

• Club Hours and Period

8:00 a.m. to 6:30 p.m.

July 21st through August 27th

• Location

Afterschool Children's Club in Each School District

• Application Period

June 1st to 14th

• Entry & Inquiries

Please fill out a necessary application form available at an Afterschool Children's Club in your school district, and submit it with required documents. For more information, please contact the Life Learning Division at 0749-24-7974 (Tel) or 0749-23-9190 (Fax).

☆A low-carbon Society Topic

Carbon dioxide emissions from re-delivery trucks influence our environment. Receive your package one time to delivery. For re-delivery reduction,

1. Ask to deliver at the appointed time
2. In case of absence, receive a package at convenience store and post office
3. Use the communication tool to receive a package efficiently

Inquiries: Consumer Affairs and Environment Division Tel.0749-30-6116 / Fax. 0749-27-0395

☆Recruitment of Hikone Foreign Residents Monitoring Committee Members

• What the Committee Does

With the aim to create the city where foreigners, people with foreign roots and Japanese residents can thrive together, the committee hosts meetings to exchange opinions on decided topics.

• Terms of Committee Members

From the time when recruited through the end of March 2020

• Qualifications

- *Foreign residents and residents with foreign roots who are 20 years or older.
- *Having a good command of Japanese
- *Being able to read and understand documents written in simple Japanese.
- *Being able to participate in meetings held twice or three times a year.

• Number of Applicants to Recruit

Five

• Application Period

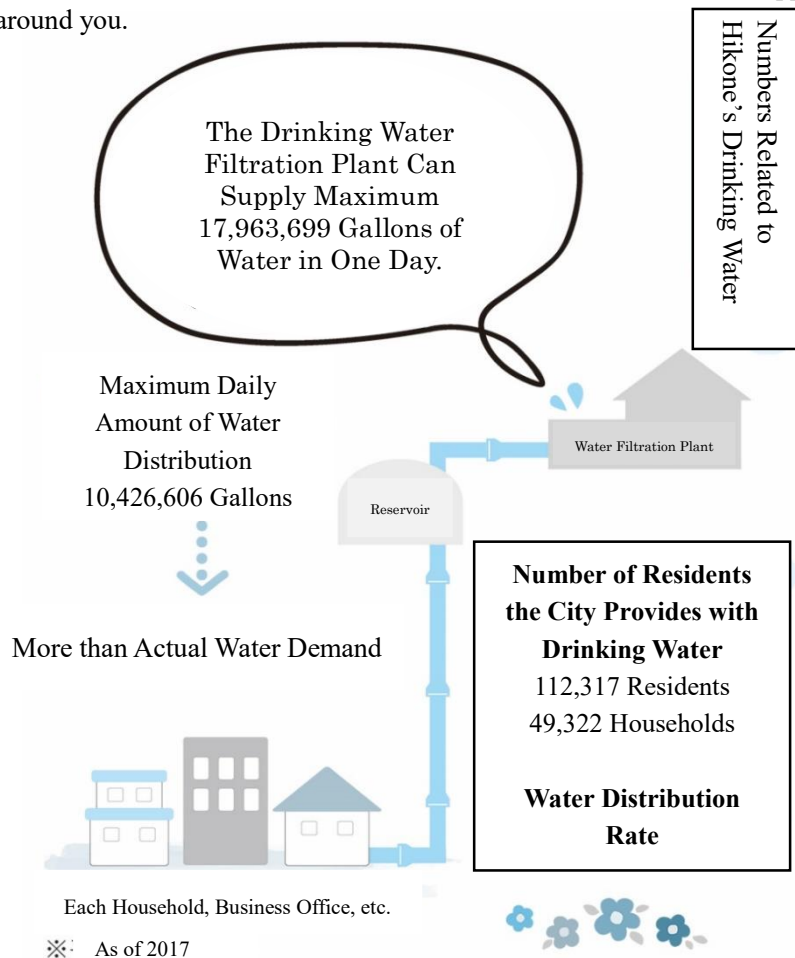
From June 15th until 29th

• Entry & Inquiries

Fill out an application form which is available at the Hikone Human Rights Policy Division and International Longue Salon, and submit it to the Hikone Human Rights Policy Division via mail, fax or e-mail. For more details, please get in touch with the Hikone Human Rights Policy Division (Tel 0749-30-6113, Fax 0749-24-8577).

☆Tap Water Week: June 1st (Fri) to 7th (Thu)

Tap Water Week is held for the residents of Hikone to raise understanding and attention towards the use of tap water and to make strides in the public health sanitation and life environment. Please take this week as an opportunity to think of Hikone’s drinking water systems around you.



Inquiries: Water & Sewer Department Tel 0749-22-8477, Fax 0749-24-4045

☆Support of German measles vaccination expenses

The person who already received German measles antibody test by Shiga prefecture can get support.

Target: the person received German measles antibody test and got vaccination.

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

Target period: German measles antibody test: March 1 2018~March 31 2019

German measles vaccination: April 1 2018~March 31 2019

Application forms: *application documents for support of German measles vaccination expenses

* a copy of German measles antibody test

* a copy of receipt

* your bank account number

Time limit: March 31 2019

After careful consideration, Hikone city send a letter and send money to your bank account.

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 (Sun) 2019

Cost: free

Inquire: Shiga prefecture pharmaceutical and infectious disease prevention office

Tel: 077-528-3632

EVENTS

☆YOSAKOI SORAN-NIHONKAI

HIKONE 350 THOUSAND GOKU MEETING

Date & Place: ①Saturday, June 16

▶JA Higashi Biwako Inae branch 13:00 ~

▶VIVA CITY HIKONE 14:00 ~

▶Hikon-shi Bunka Plaza 16:00 ~

②Sunday, June 17

▶Castle street in front of the station (performance parade) 9:30 ~

▶Hikone Bunka Plaza (performance on stage) 12:00 ~

▶Hikone Bunka Plaza (performance by higher ranked team)

※There will be carried out traffic regulation on castle street in front of the station from 9 a.m. to 3 p.m.

Inquiries: Yosakoi SoRan-Nihonkai Hikone 350 Thousand Goku Meeting Executive Committee

Tel 090-8143-6548(Yoshida)

☆Information from The Children's Center

Quick and Easy snacks loved by children

Content: It is said that snacks are the fourth meal for growing children. Let's learn how to make quick and easy snacks for their nourishment and mental richness.

Date: Friday, June 22 10:00~11:30

Target: Children who were born between April 2, 2012 and January 31, 2018 and their guardians

Capacity: First 15 persons

Cost: ¥200

Things to bring: A drink

Application date: Saturday, June 9~Monday June 18 * Please apply by phone or at the counter directly.

Let's Look Though a Genuine Microscope

Content: Let's look into the micro world though a loupe or a microscope! You can find some new discoveries.

Date: Saturday, June 23 13:30~15:00

Target: Elementary school students and Junior high school students. (Elementary school students must be accompanied by their parents)

Capacity: First 10 people

Cost: Free

Things to bring: Something you want to observe through a microscope.

Application date: Saturday, June 9~Wednesday, * Please apply by phone or at the counter directly.

Let's study astronomy

Content: Now is a suitable season for observing spring and summer stars. Let's enjoy them through a astronomical telescope.

Date: Friday, June 15 19:30~21:00

Target: Anyone who are interested in astronomy (Elementary school students and under must be accompanied by their guardian.

Capacity: First 30 people

Cost: ¥300 (Free for preschool students and under)

Application date: Saturday, June 2 ~Wednesday, June 13

* Canceled in case of rain. Please make sure after 16:00 on that day when it is unclear.

Inquiries: Children's Center Tel 0749-28-3645, Fax 0749-28-3646

☆Multicultural Communication Class (Conversation Part)

Content: You enjoy Brazilian culture and customs by learning Portuguese and deepen understanding multicultural coexistence.

Date: Monday, June 11, 25, July 2, 9 18:30~20:00

Place: Daigaku Satellite Plaza Hikone (AL PLAZA Hikone 6F, Daito-cho)

Target: Those who live in or commute to Hikone city and are interested in Portuguese or Brazilian culture.

Capacity: First 20 people

Cost: ¥1,000

Deadline for Application: Friday, June 8

Lecturer: Natalia Abreu (A member of International Relation of Hikone)

Apply and Inquiries: Human Rights Policy Division. Tel 0749-30-6113 Fax 0749-24-8577

☆Hikone City Gender Equality Promotion Enterpriser Award

Hikone city commended two offices which have worked actively for the realization of the gender equality society.

“OMI KENSETSU” Corporation

The resume of activities

Omi Kensetsu has been working on promotion of “Work, Life and Balance” . For example, they have reviewed the way of work and encouraged to take annual paid holidays and value of individual women’s abilities. They made office environment where men and women can work equally.

HIKONE International Exchange Group “VOICE”

The resume of activities

VOICE does the foreign language translation of “KOHO HIKONE”, holds Japanese classes for foreigners and introduces and exchanges the Japanese culture to foreigner students from 3 universities in Hikone. Throughout these works, they have made opportunities where woman who speak foreign languages can work actively and equally with men.

Inquiries: Planning Division Women’s Activity Promotion Office Tel 0749-30-6101 Fax 0749-22-1398

☆“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, June 17 8:00~12:00

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

Inquiries: “HIKONE DE ASAICHI” Executive Committee Tel 0749-24-4461 hikonedeasaichi55@gmail.com

☆Family Concert

Please enjoy the singing voice by HIKONE JIDOU Choir

Place: “KODOMO” Center (Children Center) (Hinatsu-cho)

Date & Time: Sunday, June 10 ① 13:30~ ② 15:00~

※Each Performance is approximately 30 minutes.

Inquiries: Children Center Tel 0479-28-3645

☆Nursery Teacher Fair in HIKONE –2018

People who are interested in nursery teaching and who want to work at a nursery are more than welcome.

There will be a booth that you can get employment information and you can have a chance to talk to a nursery teacher from different nursery schools as well as the nursery school play area that you can experience and enjoy.

Date & Time: Saturday, June 9 13:00~16:00

Place: VIVA CITY HIKONE (Takegahana-cho) VIVA CITY hall

Eligibility: High school student, University student, The person who has nursery teacher qualification

Fee: Free

Application: Not required

Inquiries: Early Childhood Division Tel 0749-23-9597 Fax 0749-26-1768



Consultation

	Date & Time	Place	Contents
Human-Rights Counseling	June 1 (Fri) 13:00 ~ 15:00	With (front of Welfare Center)	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
	June 13 (Wed) 13:00 ~ 15:00	Consultation Room (AL PLAZA Hikone 4F)	
Law Consultation	June 22 (Fri) 13:00 ~ 16:00 (by reservation)	Community Relations Division (AL PLAZA Hikone 3F)	*Consultation fee: 5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 people from 8:30 on June 13 *Only those who live or work in Hikone Tel 0749-30-6117 Fax 0749-22-1398
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) ①8:30 ~ 12:00 ②13:00 ~ 17:15 (by reservation)	Development Support Division	Consultation for person who has a developmental disorder or feels uneasy about it and its family Tel 0749-26-8282
Language Consultation			Consultation for child before entering elementary school who has cares of pronunciation or language and its family Tel 0749-26-8282
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/ Bullying Measures Room	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
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)	

☆Medical Check-ups for Hikone Residents

Arteriosclerosis can be caused by high blood pressure, high blood sugar, and high blood cholesterol.
 Arteriosclerosis can increase your risk of developing serious diseases; (heart attack, stroke, kidney failure)
 These diseases have no symptoms.
 Please take the medical check-up once a year.

Eligibility Hikone residents and meet the following requirements ①or②

◆**Health check-up** (Medical examination by interview, Body measurement, Abdominal circumference measurement, Blood pressure measurement, Urine test, Blood test, Medical check-up)

- ① Those who were born between April 1 1978 and April 1 1999.
- ② Public assistance recipients who were born before April 1 in 1978.

◆**Hepatitis virus test**

- ① Those who were 40, 45, 50, 55, 60-year-old and have never had the previous Hikone city’s hepatitis virus checkup. A notification will be delivered individually at the end of May.
 - ② Those who were over 41 years old and have never had the previous Hikone city’s hepatitis virus checkup.
- *Please call to the health promotion division, or send a fax within one week before the check-ups.

Date	Place	Time
June 11 (Mon)	Jinken/Fukushi Koryu Kan	9:30~11:00
June 18 (Mon)	Asahinomori Chiku Komin Kan	9:00~11:00
June 20 (Wed)	Takamiya Bunka Centre	9:30~11:00
June 26 (Tue)	Nishi Chiku Komin Kan	9:30~11:00
June 27 (Wed)	Hikone San Palace	9:30~11:00
June 28 (Thu)	Hikone San Palace (Only Men)	9:30~11:00
July 2 (Mon)	Hidacho Komin Kan	9:00~11:00
July 3 (Tue)	Dazukecho Komin Kan	9:30~11:00
July 7 (Sat)	Kusunoki Centre (Only Women)	9:00~11:00
July 10 (Tue)	Higashi Chiku Komin Kan	9:30~11:00

Inquiry: Health Promotion Division TEL: 0749-24-0816 / FAX: 0749-24-5870

About breast cancer checkup and uterine cancer checkup, you can the checkups once two

☆Cancer Screening Test & Bone Density Test (Group Examination)

Target Age Group

- ◆**Stomach, large intestine and lungs cancer screening** women aged 40 over as of March 31 2019
- ◆**Breast cancer screening** women aged 40 over as of March 31 2019
- ◆**Uterine cancer screening** women aged 20 over as of March 31 2019
- ◆**Osteoporosis screening** woman aged 40, 45, 50, 55, 60, 65, 70-year-old

Fee:

- ◆**Stomach, large intestine, lungs, breast cancer screening** 500yen
- ◆**Chest X-ray** 200yen
- ◆**Bone density test** 600yen

Inquiry: Health Promotion Division TEL: 0749-24-0816 / FAX: 0749-24-5870

☆ Breast Cancer Screening & Cervical Cancer Screening (At medical Facilities)

《Breast Cancer Screening Test》

☆**Eligibility:** women aged 40 and over as of March 31 2019 who live in Hikone city

☆**The date of appointment with a doctor: until March 30 2019**

The check of see and touch do not carry out

40~49 years old women: consultation, two-way mammography

Over 50 years old women: consultation, one-way mammography

How to take a medical examination

1. please call one of designated medical facilities.
2. Please go to a medical facility with 500yen.

《Cervical Cancer Screening Test》

☆**Eligibility:** women aged 20 over as of March 31 2018 who live in Hikone

☆**Date:** until March 31(Sat) 2018

☆**Fee:** ¥500

☆**How to take a medical examination:** please go to medical institution directly.

☆Class for New Parents

Contents: Guidance & experience about baby care (how to bathe, change a diaper, and hold your new baby)

Date & Time: Saturday, June 23 9:30~12:00 (Acceptance 9:15~9:30)

Place : Kusunoki Center 1F

Eligibility : Pregnant Women, over 24 weeks pregnant and their partners having a resident registration in Hikone City

Capacity: 18 couples- Mothers who expect their first child delivery sooner have a priority

Things to bring : Your Maternal or Paternal and Child Health Handbook

Application: Friday, June 1~Thursday, June 14

Call the Health Promotion Division Tel 24-0816 or Fax 24-5870

※There is no nursery

☆Eating Habit Consultation

※Advice about your eating habits by a dietitian manager with your health checkup result.

Date & Time : Monday, July 23 ① 9 : 00 ② 10 : 30

Capacity : 1 person each time slot (Reserved)

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

※Any consultations concerning your meals are also available at anytime.

Inquiry: Health Promotion Division Tel: 24-0816 Fax: 24-5870

☆NYUYOJI KOBETSU SODAN(Individual consultant for infants)

Please bring your Maternal and Child Health Handbook,

●Date & Time : Thursday, June 7 & 28 9:30~11:00

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

*Consultation by a nutritionist is available on Thursday, June 28

☆”PIYOPIYO SALON”

Let's talk freely about the enjoyment and the problem of childcare with a guest midwife.

Date & Time: Wednesday, June 27 10:00~11:30 (Reception : 9:45~10:00)

Place: Kusunoki Center 1 F

Eligibility: 2~3month old infants and their guardians who have resident registration in Hikone city.

What to bring: Maternal and Child Health Handbook, Bath Towel (The baby wrapper is also ok.)

☆Health Check-ups for Infants

June

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

4-Month-Old Babies	19(Tue)	Born between Feb 1 and 15, 2018
	26 (Tue)	Born between Feb 16 and 28, 2018
10-Month-Old Babies	13(Wed)	Born between Aug 1 and 15, 2017
	20(Wed)	Born between Aug 16 and 31, 2017

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

18-Month-Old Babies	15 (Fri)	Born between Nov 1 and 15, 2016
	22 (Fri)	Born between Nov 16 and 30, 2016
2-Year & 6-Month-Old Children	14 (Thu)	Born between Nov 1 and 15, 2015
	21 (Thu)	Born between Nov 16 and 30, 2015
3-Year & 6-Month-Old Children	11(Mon)	Born between Nov 1 and 15, 2014
	18(Mon)	Born between Nov 16 and 30, 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 and for 2- year & 6-month-old-children, a toothbrush and cup are necessary. There will be a class on the correct way of brushing your child's teeth.

*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:24-0816、 Fax:24-5870

☆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, June 13 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

☆The Medical Checkups for Later-stage Elderly and The Special Medical Checkups

Please take the medical checkups once a year.

The date: July 1 (Fri) ~January 31(Thu)

Cost: free

The special medical checkups for the person aged 40~74

Hikone city national health insurance carries out the special medical checkups to take a preventive measure against a lifestyle related disease.

Hikone city sends information letters and tickets at the end of May.

You can take health checkups from June 1st (Fri) at medical institution.

Group examination starts in early-June.

For details, please ask the health insurance and national pension division.

The special medical checkups for the person aged 75 and over

Those who aged 75 and over at the date of checkups can take health checkups from June 1st.

Hikone city sends tickets for the target at the end of May.

For details, please ask the health insurance and national pension division.

Inquiry: Hikone city the health insurance and national pension division.

Tel: 0749-39-6112 **Fax:** 0749-22-1398

☆Natalia's Room (No.47)

Brazilians' Obsession with Jeans



I previously touched on clothing preferred by Brazilians and Japanese in this column. There is actually one more thing that wowed me in terms of common workplace dress codes in Japan. That is the fact I do not really see the Japanese wearing jeans at work. For some, it may come as no surprise since jeans are seen as more of casual wear than proper workplace attire, and for this reason Japanese people have less chance to put on jeans on a daily basis. In Brazil, on the other hand, you can see a lot of people wearing jeans almost every day in a variety of situations.

To take an example, it is a quintessential custom to wear a pair of jeans as a uniform of Brazilian schools. For kindergarteners and elementary pupils, there are designated school uniforms other than jeans, but a good many secondary schools use jeans as their official school uniform regardless of students' gender. Students are not allowed to wear damaged or vintage jeans, yet they have some leeway to make a choice of which jeans they want to wear as long as choices are not out of the ordinary.

On top of it, depending on the line of work, there are relatively a good number of companies allowing their employees to wear jeans at work. This workplace dress code is a rarity in Japan, so I bet that Japanese people can't believe to hear that some in Brazil wear jeans even for a job interview, too.

Why are Brazilians so attached to jeans? I think that one of the biggest reasons has something to do with the main textile used for jeans: denim. As you are already aware, denim is a very durable material, and once you buy jeans it lasts quite long. Plus, jeans are one of the most common items of clothing among teenagers in Brazil, and wearing a pair of jeans and high heels is regarded as a classic fashion statement by women, which has long established a social norm of wearing jeans anywhere, even at work.

I am confident that some Brazilians who are or were in Japan have encountered a disparate dress code. Unlike Brazil, there are numerous dress codes for numerous situations in Japan. So it is fair to say that social norms in your country will not hold true in a different country. With that being said, I am also sure that it is not unusual to wear jeans at school, work and other places in some countries.

All in all, it is indispensable for everyone to learn more about cultural differences. When you see someone from a foreign country having no idea about what to wear for work, please let them know about Japanese workplace dress codes. They would definitely appreciate your kindness.

“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.

