

The city where everyone wants to live

広報 ひこね (英訳版)

Community

Newsletter

Koho

HIKONE

No.1401 - 1402

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Multicultural Coexistence

Human Rights Policy Division

Hikone City Hall

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FEATURES

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(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
- \* University of Shiga Prefecture
- \* Seisen University
- \* Hikone City Hall 3F
- \* AEON TOWN Hikone
- \* Welfare Center
- \* Shiga Bank (Oyabu Branch)
- \* “Gyomu Super Market”(Toga-cho)
- \* Beisia 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 <b>すいようび</b>	7:00 p.m.to 8:30 p.m.	Shimin kaikan <b>市民会館</b>	Hikoneshi Kokusai Kyoukai <b>彦根市国際協会</b> Tel (0749)-22-5931 (Not available from Dec. to Feb.)	100yen / lesson 100 <b>円</b> / 1 <b>回</b>
Saturday <b> 토요일</b>	2:00 p.m. to 4:00 p.m.	Naka-chiku Kouminkan <b>中地区公民館</b>	Hikone Kokusai Kouryu-kai VOICE <b>ひこね国際交流会 VOICE</b> <b>なえむらさん(NAEMURA)</b> Tel 090-7118-5250	100yen / lesson 100 <b>円</b> / 1 <b>回</b>
Sunday <b> にちようび</b>	10:00 a.m. to 11:30 a.m.	Nishi-chiku Kouminkan <b>西地区公民館</b>	Volunteer Nihongo Kyoushitsu SMILE <b>ボランティア日本語教室スマイル</b> <b>よしおかさん (YOSHIOKA)</b> Tel (0749)-24-7241	100yen / lesson 100 <b>円</b> / 1 <b>回</b>
Monday~ Friday (Except for holidays) <b>げつようび~きんようび</b>	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 <b>みずのさん(MIZUNO)</b> Tel 070-5661-7345	200yen / lesson 200 <b>円</b> / 1 <b>回</b>

**【Hikone International Lounge News】**

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





# INFORMATION

## **☆Information from the Sanitation Centre**

### **Garbage Collection On Holiday**

The city collects household waste as normal on July 16<sup>th</sup>, Monday (Public Holiday). You cannot bring your household garbage directly to the Sanitation Centre on that day. For more information, please consult the city's "Garbage Collection Calendar."

### **Please Note That Newspapers, Magazines, Cardboard and Tree Branches That Are Not Put in Designated Garbage Bags Will No Longer Be Collected.**

Please put out your garbage at a designated garbage collection site no later than 8 a.m.

### **When A Local District Wants to Remove or Set Up Garbage Collection Boxes:**

- Please contact the Sanitation Centre at the number below in advance.
- There are subsidies for setting up a new garbage collection box.  
For further information on the subsidies, please contact the Sanitation Centre.

**Inquiries: Sanitation Centre**  
**Tel 0749-22-2734, Fax 0749-24-7787**

## **☆Temporary Public Gyms**

As the Hikone Public Gym was permanently closed as part of the renovation of Hikone's Athletic Park, now the gym at the National Printing Bureau Hikone Factory and the second gym of the Hikone Shosei-Kan High School are open for public use.

### **• Address**

Gym at the National Printing Bureau Hikone Factory: Koizumi-cho 1034

Second Gym of the Hikone Shosei-Kan High School: Ikesu-cho 9-73

### **• Sports Users Are Allowed to Play**

Gym at the National Printing Bureau Hikone Factory: Volleyball, Basket Ball, Badminton, Table Tennis

Second Gym of the Hikone Shosei-Kan High School: Volleyball, Basket Ball, Badminton, Handball

### **• Available Dates**

Gym at the National Printing Bureau Hikone Factory: Between 8:00 a.m. and 9:00 a.m. on Saturday, Sunday and National Days

Second Gym of the Hikone Shosei-Kan High School: Between 9:00 and noon on Monday, Tuesday, Thursday, Friday

### **• Fees**

Gym at the National Printing Bureau Hikone Factory: Whole Area: 1,100 yen, Half Area: 550 yen

Second Gym of the Hikone Shosei-Kan High School: Whole Area: 1,100 yen, Half Area: 550 yen

### **• How to Book the Gym**

Please obtain permission from Hikone Board of Education by submitting necessary documents 7 to 60 days in advance.

### **• Capacity of Each Parking Lot (For Cars & Bicycles)**

Gym at the National Printing Bureau Hikone Factory: 12 Cars, 50 Bicycles

Second Gym of the Hikone Shosei-Kan High School: 25 Cars, 50 Bicycles

\* Please share the car ride with others for other gym users.

**Inquiries: Heath and Physical Education Division**  
**Tel 0749-24-7975, Fax 0749-23-9190**

## **☆No Additional Tax Bills Will Be Sent to You**

Starting this fiscal year 2018, how you receive your tax bills has changed. Originally, the taxpayers of Hikone received each bill prior to the payment date from the city hall (For example, in the previous fiscal year, the taxpayers received bills for their resident tax a couple of weeks before June, August and October 2017 and January 2018.) Now you receive all tax bills for the whole fiscal year at once, thereby not receiving any additional bills for your tax payment.

Please use the bills to make a tax payment before each deadline as before. In case we cannot confirm your payment, we will send you a warning letter. If no payment is made even after mailing the warning letter to you, the city will execute seizure on your savings, bank account, income, property, among other things.

**Inquiries: Tax Collection Division, Tel:0749-30-6109, Fax:0749-22-1398**

## **☆New Rules for Private Lodging Business "Minpaku"**

Private Lodging Business law was issued on June 15. Houses registered by the prefectural government can conduct private lodging business as "minpaku".

This law includes various rules such as putting up signs issued by prefecture, explanation of dealing with trash and controlling noise for guests. The house registered by prefecture is to be posted in a website on the Internet. There is also nationwide common support call system for advice and complaints.

▶Call Center for minpaku (9:00~22:00) Tel 0570-041-389

▶Portable Website for minpaku

<http://www.mlit.go.jp/kankocho/minpaku/>

Inquiries: Tourism and International Exchange Bureau

Tel 077-528-3741



**★Notice to the People who Have Applied the National Insurance and Advanced Elderly Medical Service System**

**About the high-cost medical care benefit system**

When you incur high medical care cost, you copayment for medical care cost is capped.

If you copayment calculated based on certain on certain standards exceeds the maximum, the excess amount will be paid as “high-cost medical care benefits”

**Eligibility Certificate for Ceiling-Amount Application**

When you present an Eligibility Certificate for Ceiling-Amount Application at the reception desk, your monthly payment will be no more than a specified amount.

To get this certification, you need to apply for the high-cost medical care benefit in advance.

**How to apply:** apply to National Insurance Division with the seal and insurance card.

**How to update**

**Those who have applied the national health insurance:**

You need to file document again.

Please apply to national insurance division

**Those who have applied advanced elderly medical service system:**

You need not to file document.

Hikone city will send you the application in the middle of June

**If you have paid the full amount already without showing this certification, you can claim a refund from your insurance provider.**

Please keep your receipt for the application for a refund.

Application classification		Until July		From August	
		Outpatient	Outpatient inpatient	Outpatient	Outpatient inpatient
Full Salaries	Taxable income 1450,000yen and over	57,6000yen	80,100yen*2 (44,400yen*3)	III Taxable income 6900,000yen and over	252,600yen*4 (140,100yen*3)
				II Taxable income 3800,000yen and over	167,400yen*5 (93,000yen*3)
				I Taxable income 1450,000yen and over	80,100yen*2 (44,400yen*3)
General	Taxable income less than 1450000yen *1	14,000yen (Maximum 144,000yen)	57,600yen (44,400yen*3)	18,000yen (Maximum 144,000yen )	57,000yen (44,400yen*3)
Municipal-tax Exempt	Imunicipal-tax Exempt household	8,000yen	24,600yen	8,000yen	24,600yen
	Imunicipal-tax Exempt household (pension income less than 800000yen,ect)		15,000yen		15,000yen

\*1The net total of the household income is less than 5,200,000yen

(The single household income should be less than 3,830,000yen or the net total of the proviso income should be less than 2,100,000yen)

\*2 In case of the amount of medical expense is over 267000yen, 1% of excess amount will be added.

\*3When you reach the amount of maximum limit more than three times within one year, the limit amount will be lowered from the fourth payment.

\*4 In case of the amount of medical expense is over 842,000yen, 1% of excess amount will be added.

\*5 In case of the amount of medical expense is over 558,000yen, 1% of excess amount will be added.

**★A Reduction System of Nursing Care Insurance is Available**

For those who find it difficult to pay premiums for Nursing-care Insurance, there is a reduction system.

Be sure to apply for it at *Kaigo fukushi-ka*, the Senior’s Welfare Division.

Inquiries and Further information: *Kaigo Fukushi-ka*, Senior’s Welfare Division.

Tel: 0749-23-9660 / Fax: 0749-26-1768

**☆The New Care Insurance Burden Percentage certificate will be sent.**

The person who has a certification of long-term care and linchpin support will receive the new burdened percentage certification from the middle of July 2018.

Please submit the certification to your Care Manager or the nursing service enterpriser.

Inquiries: Senior's Welfare Division

TEL.0749-23-9660, FAX. 0749-26-1768

**☆Treatment Fee to be Partly Paid by the Insurance**

Object: Those who meet all the following conditions

- A 65 years or older and policyholder of Hikone City Nursing-care Insurance
- B Those whose nursing-care level is 'yoshien 1' or lower on the first day of treatment or those who are objectives of an assist service.
- C Those who have constantly paid the premiums of nursing-care service
- D Those who have continuously taken the treatment 9 times, once a week at the treatment institution assigned by Hikone City

Objective Fee

The fee for the treatment and the home-visit care (which are not covered the medical insurance)

Fee to be Paid

The total fee for the three last treatment, the maximum amount is as follows:

Treatment cost:	¥3,000 (per treatment)	¥9,000 (per year)
Home-visit fee:	¥1,800 (per treatment)	¥5,400 (per year)

Application

Fill in the application form available at Senior's Welfare Division or at a treatment institution assigned by Hikone City, or the application form taken from Home-Page of Hikone City. Then get certification (on the back of the paper) by your treatment institution, and submit it.

Application & Inquiries: Seniors' Welfare Division Tel 0749-23-9660, Fax 0749-26-1768

**☆Information about Medical Care for the Elderly "Kouki-koureisha Iryou"**

- A Seniors' (aged over 75) Health Insurance Card (pale green in color), valid from August 1, will be sent in the middle in July by a registered mail; please receive with *Hanko* (seal). From August 1, please use the new card; the old one should be thrown away or returned to the National Health Insurance and Pension Division, City Hall.  
Inquiries: National Health Insurance and Pension Division Tel 0749-30-6112, Fax 0749-22-1398
- B The Health Insurance Fee for the fiscal year 2018 and 2019 shall be ¥43,727; the fee is renewed every two years. The notice of how to pay it will be sent in the middle in July  
Inquiries: Insurance Premiums Division Tel 0749-30-6145, Fax 0749-22-1398  
Shiga Life Long Medical Care System Association Tel 077-522-3013

**☆Renewal of National Health Insurance: Elderly Claimant Certification "Kourei-Jukyusha-Shou"**

The renewed Elderly Claimant Certification will be sent to the citizens aged 70 ~74 in the middle in July.

The old certification is valid until July 31.

Inquiries: National Health Insurance and Pension Division Tel 0749-30-6112, Fax 0749-22-1398

**☆Exemption and Payment Postponement of National Pension Premium**

For those who find it difficult to pay national pension premiums due to financial reasons, there is an exemption system and payment postponement system. Basically, application is necessary for every year.

If you forgot to pay your premium without applying for the system, when you become disabled or die, you or your family might not be able to receive disability pension or survivor's pension.

Application: Health Insurance and National Pension Division, Branch Offices or Hikone Pension Office

Approved Period: July ~ June, 2019

If you apply during July, you can apply for the period from July two years ago to June of this year

Acceptance Date: July 2 (Monday) ~

Inquiries: Hikone Pension Office (*To-machi*), National Pension Division

Tel. 0749-23-1114 Fax. 0749-23-9033

**☆Let's Enjoy Firework, Correctly and Safely**

Firework is one of the pleasures in summer everyone can enjoy. However, the material of firework is powder which may lead to serious accident such as a burn or a fire unless you handle it properly. Please make sure to follow the rules and manner to enjoy fireworks.

## EVENTS

### **☆Lake Biwa Day – Litter Pick-up Activity**

Date & Time: July 8<sup>th</sup> (Sun) 9:30-11:00 (Reception Starts at 9:00)

If it rains, the activity will be called off.

Place to Gather: University of Shiga Prefecture (In front of the Exchange Centre)

Cleaning Spots: Ishiji Lakeside, Mitsuya Lakeside, Hassaka Lakeside, Hassaka Kita Lakeside,  
Oyabu Lakeside, Baba Lakeside, Matsubara Lakeside

Please check more information on the website of Hikone

Things to Bring: Towel, Water, etc.

Access to the USP: Free shuttle buses are available from JR Minami Hikone Station.

Please park your car at the north-side and south-side parking lot of the USP.

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

### **☆Special Summer Event! Let's Have Fun in English! Picture Books and Children's Songs**

Date & Time: August 1<sup>st</sup> (Wed) First Session 10:15 – 11:00

Second Session 11:15 – 12:00

August 2<sup>nd</sup> (Thu) Third Session 10:15 – 11:00

Target Age Group: 1st Graders to 3<sup>rd</sup> Graders

Capacity: 20 for each session

Event Organizer: STEP

Entry: Please contact the Hikone city library by phone during its opening hours

Its application starts from 10:00 a.m. July 18<sup>th</sup>.

Note that the application will be closed as soon as the number of participants reaches the limit.

Location: No.1 Meeting Room, Hikone City Library

Activities: Reading Picture Books

Singing Children's Songs

Inquiries: Library Tel:0749-22-0649

### **☆Open Campus 2018 — The University of Shiga Prefecture**

The explanation of department, Talk live by enrolled student, trial course, Campus tour, Private consultation.

Date & Time: Saturday, July 21 & Sunday July 22 9:00 ~ 15:00

Tel.0749-28-8243 Fax.0749-28-8472 [nyushi@office.usp.ac.jp](mailto:nyushi@office.usp.ac.jp)

### **☆Children's hand-on craftwork class in Hikone San Paresu**

1. Making original pen stand class

Learn how to operate a computer and create an original design pen stand

2. Making a wind-bell class

Make a wind-bell with a traditional Japanese pattern *Origami (Nonosute Origami)*

Place: *Hikone San Paresu (Koizumi-cho)*

Date & Time: 1. July 28, Saturday 13:00 ~ 16:00

2. July 29, Sunday 10:00 ~ 12:00

Target: 5th and 6th grades of elementary school children

Capacity: 20 people / each class

Cost: 100 yen / each class

Application start date: July 8, Sunday 10:00 ~

Apply at *San Paresu* reception counter directly

Inquiries: *Hikone San Paresu* Tel. 0749-26-7272 FAX 0749-26-7377



## **☆The 4<sup>th</sup> Hikone UNESCO Association Convention of Global Speech & Debate**

Date & Time: Sunday, July 8 13:00 ~ 16:00

Place: University Satellite Plaza (AL PLAZA 6F)

Inquiries: Hikone UNESCO Association Japanese Class for Children "JUMP"

Tel.090-1488-3526 (Tomikawa)

## **☆Events at The Children's Center**

### **★Starry Sky Class --- Mars' Closest Approach**

Contents: Learn about Mars to closest approach to Earth after an interval of 15 years.

Let's investigate it with a big telescope!

Date & Time: Fri. July 20 7:30 p.m. ~ 9:00 p.m.

Eligibility: Those who have interested in astronomical observation

\* Children elementary school students and under need to be accompanied by their guardians.

Capacity: 30 people (first come, first served)

Participation Fee: ¥300 (free for infants)

Application Period: Sat. July 7 ~ Wed. July 18

※ This gathering will be called off in case of bad weather.

You should ask whether the gathering will be held or not after 4:00 p.m. on the day.



### **★Junior Astronomical Experience**

Contents: Have a lecture about astronomy and observation

Date & Time: Sat. July 21 2:00 p.m. ~ 3:00 p.m.

Capacity: 10 pair of 1<sup>st</sup> ~ 3<sup>rd</sup> grade students and their guardians (first come, first served)

Participation Fee: ¥200/1pair

Application Period: Sat. July 7 ~ Wed. July 18

### **◆Children's Class --- Let's Make Wooden Miniature Chair!**

Contents: Make your own chair made of wood with the students of Hikone Technical High School.

Date & Time: Sun. July 29 9:30 a.m. ~ 11:00 a.m.

Capacity: 15 students of elementary school or Jr. high school (first come, first served)

\* Elementary school students should be accompanied by their guardians.

Participation Fee: ¥500

Application Period: Sat. July 14 ~ Wed. July 25

Application & Inquiries: The Children's Center Tel 0749-28-3645 Fax 0749-28-3646

## **☆Hikone ECO(Ecological) Market "YUMEBATAKE"**

Please make a lucky find from reused and recycled goods. ※If it rains, the event will be called off.

Date & Time: Sunday, July 8 10:00 ~ 14:00

Place: Otemae Park in Hikone Castle

Inquiries: **YUMEBATAKE** Executive Committee Tel 090-2357-9296

## **☆Hikone De Asaichi (The Fresh Morning Market in Hikone)**

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

Date & Time: Sunday, July 15 8:00 ~ 12:00

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

Inquiries: "HIKONE DE ASAICHI" Executive Committee

Tel. 0749-24-4461 hikonedesaichi55@gmail.com

## **☆2018 Hikone Summer Events**

### ○ **The Opening of Matsubara & Shingaihana Swimming Areas**

Opening Period : July 21<sup>st</sup>, Saturday through August 19<sup>th</sup>, Sunday

### ○ **Hikone Yukata Festival**

Date & Time : July 21<sup>st</sup>, Saturday 3:00 p.m. to 9:00 p.m.

Location : Yume-kyobashi Castle Road

Features : Castle Road will be bustling with stage events and food stalls. In addition, anyone coming to the festival in a yukata can have a chance to draw and win a raffle.

### ○ **Summer Night Festival**

Date & Time : August 4<sup>th</sup>, Saturday 5:00 p.m. to 9:30 p.m.

Location : Ginza, Chuo, Riverside-Hashimoto-Dori and Noborimachi-Green-Dori

Features : With a number of food booths, the shopping street will attract many people to the festival at night in the summer. Special events and games will jazz up the festival.

### ○ **The 41<sup>st</sup> Birdman Rally**

Date & Time : July 28<sup>th</sup>, Saturday Starting at 7:30 a.m.

July 29<sup>th</sup>, Sunday Starting 6:00 a.m.

Location : Matsubara Swimming Area

Features : Birdman Rally kicks off this year too.

### ○ **2018 Hikone Fireworks**

Date & Time : August 1<sup>st</sup>, Wednesday 7:45 p.m. through 8:30 p.m.

Location : Matsubara Swimming Area

Features : Around 6,000 fireworks will be launched into the night sky from Lake Biwa.

Please enjoy this dream-like moment and the pleasant night breeze blowing from the lake shore.

### ○ **Manto Nagashi (Floating Paper Lanterns) Festival**

Date & Time : August 6<sup>th</sup>, Monday 6:30 p.m. through 8:30 p.m.

Location : Seri River Bank

Features : Hikone's Manto Nagashi is a lantern event in which people will write messages on their lanterns for ancestors and gently send the lanterns into the river. The glimmer of lanterns emerges in the dark night is spectacular.

### ○ **Hikone Bayashi Dance Festival**

Date & Time : August 10<sup>th</sup> Friday 5:30 p.m. through 9:00 p.m.

Location : Ginza, Chuo, Riverside-Hashimoto-Dori and Noborimachi-Green-Dori

Features : The residents of Hikone in a *kimono* or *happi* will dance to the folk music created in 1960.

**Inquiries: City Tourism Promotion Division Tel. 0749-30-6120**

**Hikone Tourism Association Tel. 0749-23-0001**

## **☆Information from Gender Equality Center "WITH"**

Parents & Children Hiroba, Indoor playground ( It opens on the second Saturday every month)

Activity: Star festival gathering will be held by Nursing Service Dream, WakuWaku Land. We have some fun activities such as decorating bamboo tree.

Date: Saturday, July 14 10:00~11:30

Target: Infants and their guardian

Fee: Free of charge

\* No reservation is needed

\* Parents & Children Hiroba will be closed in August because it falls on national holiday.



# Consultation

	Date & Time	Place	Contents
Human-Rights Counseling	July 4 & 18 (Wed) 13:00 ~15:00	Consultation Room (AL PLAZA Hikone 4F)	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
Consultation for Tax Affairs	July 4 (Wed) (reservation by telephone) 13:30 ~16:30	Consultation Room (AL PLAZA Hikone 4F)	Consulting about tax return, medical expenses deduction, inheritance tax, gift tax etc *30minutes per person (the first 6 people) Tel.0749-30-6140 Fax.0749-22-1398
Alcohol Consultation	July 6 (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	July 12(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
Mental Health Welfare Counseling	July 20 (Fri) 14:00 ~ 16:00 (by reservation)		Medical instruction for troubled mind. Introduction of a medical institution and facilities Tel 0749-21-0283 Fax 0749-26-7540
Law Consultation	July 27(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 July 18 *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
Traffic Accident Consultation	Every Tue & Thu ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F (Moto-machi)	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)	

### **☆Beware of Heat Stroke!**

The peak of the heat stroke outbreak is July & August. The heat stroke occurs not only under the scorching sun but also in the room. And, there can be the thing losing one's life when it is severe. Please understand the following prevention point correctly, and protect yourself from heat stroke.

#### **●Prevention of Heat Stroke**

##### **1. Take water and something salty**

\* Be careful to drink water even if you do not feel thirsty. If you have perspired a lot, please take something salty.

##### **2. Prepare a suitable environment**

\* Keep the room cool and fresh. Cut direct sunlight by using a shade or curtain.

Open a window to let fresh air in. If necessary, use a fan or air-conditioner.

##### **3. Develop physical strength against hot weather**

\* Have a balanced diet and exercise. Have the habit of sweating such as walking or taking a bath.

##### **4. Wear cool clothes**

\* Wear breathable clothes. Avoid black dresses and wear cool dresses.

When going out, take your hat and parasol so that you might not get too hot.

#### **●Cope with Heat Stroke Patient**

▶ Take to a cool place to rest quietly. Loosen the clothes and lay down.

▶ Switch on an electric fan or/and air-conditioner.

▶ Put something cold (an ice pillow, a cold insulator, etc.) on the scruff, armpits, the root of the thigh, etc. to cool the body temperature.

▶ Supply water and something salty.

※In emergency cases 'cannot drink water for oneself' 'become unconscious', please call 119 (an ambulance) at once.

### **☆Prevention of Food Poisoning!**

The food poisoning occurs at not only the restaurants but also the home.

Follow three principles for the prevention of food poisoning.

#### **1. Keep out bacteria**

\* Wash your hands carefully before cooking, put the remain food back in its prepare place and eating, before and after touching raw meat, fish or eggs, and after using the toilet, changing diapers, blowing nose, touching animals.

\* Wash cooking utensils at every use well or sterilize them.

\* Cut and cook meat/fish or vegetables with separate cooking utensils.

#### **2. Don't propagate bacteria**

\* Preserve the foods in a refrigerator, but eat them quickly. Bacteria multiply even in a refrigerator.

#### **3. Kill bacteria**

\* Heat food to the center of the food (the center temperature: above 75°C, for longer than 1 min.).

\* Disinfect kitchen knives, chopping boards and wiping clothes with boiling water and dry well. Using of a sterilizer for kitchen is also effective.

**Inquiries: The Health Promotion Division   Tel 0749-24-0816   Fax 0749-24-5870**

## ☆Hikone City Residents' Checkups

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 checkup once a year.

**Eligibility** Hikone residents and meet the following requirements ①or②

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

- ① Those who were born between April 1 1979 and April 1 2000.
- ② Public assistance recipients who were born before March 31 in 1978.

◆ **Lungs checkup**

Those who were born before March 31 in 1978.

◆**Hepatitis virus checkup**

- 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 checkups.

date	place	time
June 18(Wed)	Mizuho culture center	9:30~11:00
June 19 (Thu)		9:00~11:00
June 24(Tue)	Kusunoki-center	9:30~11:00
		13:00~14:30* (Only women)
June 27(Fri)	Green pia Hikone	9:30~11:00
June 31 (Tue)	Happiness Hikone	
August 3 (Fri)	Civic center	
August 6 (Mon)	Asahinomori community center	
August 7 (Tue)	Kawase community center	

\*There is a nursery service on July 24 (only afternoon). (Reservation system)

**Inquiry: Health Promotion Division Tel 0749-24-0816, Fax 0749-24-5870**

## ☆Cancer Checkups Osteoporosis Checkup

Regarding cancer checkups on August and September, the application will be accepted from July 2.

**Reservation telephone: 0749-24- 3719, Fax: 0749-24-5870**

(For men)

Date	Time	Place	Stomach	Large	Lungs
Aug 10(Fri)	Morning	Kusunoki Center	●	●	●
Sep 15(Sat)			●	●	●
20(Thu)			●	●	●

(For women)

Date	Time	Place	Stomach	Large	Lungs	Brest	cervical	osteoporosis	Special
Aug 29(wed)	Morning	Kusunoki Center	●	●	●	●	●		
Sep 4(Tue)	Afternoon		●	●	●	●	●		●
15(Sat)	Morning		●	●	●	●	●		
25(Tue)			●	●	●	●	●	●	
27(Thu)			Hikone sun palace	●	●	●	●	●	

### **☆ Support of infertility treatment expenses**

#### **★Support of specific infertility treatment expenses**

From this year, male infertility treatment will be covered too.

**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 29 Friday, 2019**

When you get the treatment in March, you can apply until April 30 Tuesday 2019.

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

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

### **☆Diet consultation**

Diet advice from nutritionist

Did you take the health checkups?

If you have symptom high blood pressure, high blood sugar, and high blood cholesterol, you should reconsider eating habits.

**Date:** August 6 (Mon), 24 (Fri)

9:00~.10:30~ (reservation system)

**Place:** Kusunoki center 2F

### **☆Weaning Period Consultation**

\* Let's give food twice a day.

Date & Time: Friday, July 6 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

The 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, July 10 & 26 9:30~11:00

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

\*Consultation by a nutritionist is available on Thursday, July 26



## ★Health Check-ups for Infants

July

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

4-Month-Old Babies	17(Tue)	Born between Mar 1 and 15, 2018
	31 (Tue)	Born between Mar 16 and 31, 2018
10-Month-Old Babies	11(Wed)	Born between Sep 1 and 15, 2017
	18(Wed)	Born between Sep 16 and 30, 2017

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

18-Month-Old Babies	13 (Fri)	Born between Dec 1 and 15, 2016
	20 (Fri)	Born between Dec 16 and 31, 2016
2-Year & 6-Month-Old Children	12 (Thu)	Born between Dec 1 and 15, 2015
	19 (Thu)	Born between Dec 16 and 31, 2015
3-Year & 6-Month-Old Children	9(Mon)	Born between Dec 1 and 15, 2014
	23(Mon)	Born between Dec 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 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

## ★PIYOPIYO SALON

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

Date & Time: Wednesday, July 25 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.)

## ★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, July 11 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

## ★Class for New Parents

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

Date & Time: Sunday, July 29 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: Thursday, July 5~Wednesday, July 18

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

※There is no nursery

## Common Problems Foreign Tourists Face in Japan



Since I came to Japan, I have shown my friends from Brazil and other countries around tourist spots in Hikone, Kyoto, and other cities of the Kansai region. I have also spoken to a great many international tourists traveling in Japan so far, and a majority of them regard Japan as an amazing travel destination mainly because of convenient public transportation, mouth-watering foods, internationally-recognized safety levels, unique experiences Japan has to offer, just to name a few. Not to mention a number of tourists have made it back to Japan more than once.

With that being said, there are a few things that foreign travellers have found not so great with regard to tourism in Japan. So this time, I would like to introduce you to the top-three most common problems named by foreign visitors I have mingled with thus far.

First off, the most common Japanese custom that some foreigners found hard to get used to is “taking the shoes off”. This is predominately named by the people from countries where there is no tradition of taking off footwear at home. Some foreigners think that doffing and donning their shoes every time when getting into and leaving shrines, temples, and other buildings is a bit of a pain in the neck. The reason why some think this way may have something to do with difference in designs of shoes sold in Japan and other nations. Since taking the shoes off is a long-established tradition in Japan, the shoes in the Japanese market are easy to take off in design as opposed to the ones sold in countries where people spend a day with their shoes on. I even heard that this take-your-shoes-off thing actually dampens the feelings of some foreign tourists for visiting holy places in Japan.

The next one is interestingly “carrying a handkerchief.” As a matter of fact, in many foreign countries, you can find bathroom hand dryers or bathroom paper towels in every washroom, thereby unnecessitating carrying a handkerchief. In Japan, on the other hand, carrying a handkerchief is a customary thing to do and seen as etiquette, which I continued to forget for a while after I began living in Japan.

Last but not least, this one could be the most common issue voiced by international tourists especially when shopping, namely “the use of credits cards.” In recent years, the use of credit cards has been on the rise, yet not as ubiquitous as western countries where shopping by credit card has long replaced cash. Here in Japan, you can still find some brick-and-mortar stores, specifically mum-and-pop stores, that will not accept payments by credit cards.

It goes without saying that these common issues foreign travellers in Japan come across constitute a tiny fraction of many positive travel experiences. Some might have encountered different difficulties in terms of a getaway in Japan.

Japan is due to host the 2020 Tokyo Olympic Games. This largest international sports competition will surely offer the best and timely opportunities for the local and central governments to lend their ears to how foreigners think of traveling to Japan. I hope that they will take advantage of this opportunity to devise a plan to make tourism in Japan even friendlier for foreigners.

“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.

