

The city where everyone wants to live

広報 ひこね (英訳版)

Community

Newsletter

Koho

HIKONE

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Multicultural Coexistence

Human Rights Policy Division

Hikone City Hall

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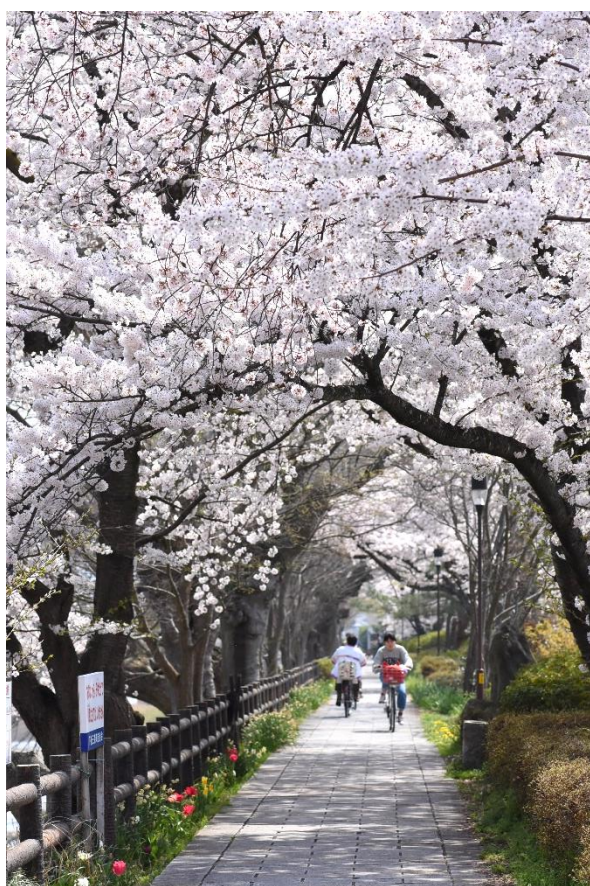
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Human Rights Policy Division

2019.04

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(Facebook) <http://www.facebook.com/hikone.eng>

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



Contact Us	Telephone Number
Hikone City Hall	0749-22-1411 (Switch Board)
Human Rights Policy Division (For English Interpretation Services)	0749-30-6113 (Direct Number)
FACEBOOK	<a href="http://www.facebook.com/hikone.eng">http://www.facebook.com/hikone.eng</a>

**You Can Ask for English Interpreter Services at the Reception Desk at the Hikone City Hall and Via Phone (use the contact number given above.)**

Please Say “EIGO TSUYAKU ONEGAI SHIMASU (English Interpreter Please)”

● The Foreign Language Version of Koho Hikone 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           |

## Interpretation Services

● Interpreters Are Available at the Information Desk of the City Hall of Hikone.

Please say “*eigo-tsuuyaku-onegai-shimasu*” at the information desk.

「えいご つうやく おねがいします」

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

Please note that the availability of our interpretation services is subject to change.



(Facebook) <http://www.facebook.com/hikone.eng>



## 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 토요일	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 かつらだ さん(KATSURADA) TEL 090-5156-6916	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 Kyoshitsu 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 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				
Tuesday Wednesday Friday	8:30 a.m. to 9:50 a.m.	Asahinomori- Chiku Kouminkan	Smile Tel: 070-5661-7345	200yen / lesson 200 円 / 1 回
Thursday	5:30 p.m. to 6:50 p.m.			

【Hikone International Lounge News】

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

# INFORMATION

## ☆The Schedule of City Services During the GW

Here is the table of Hikone City services during the Golden Week.

The services are available on the days marked by “●”.

Service	Date		4/27	4/28	4/29	4/30	5/1	5/2	5/3	5/4	5/5	5/6	Inquiries
	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon			
Sanitation Centre Garbage Collection			●	●					●			●	There is no collection for cans and glass bottles until May 5 <sup>th</sup> . There is no direct drop off service is available during the GW. Sanitation Centre: 0749-22-2734
Citizens' Affairs Division (Birth/Marriage Report )						●							Open only for the childbirth and marriage report. (Hours: 9:30 – 16:00) Citizen's Affairs Div.: 0749-30-6111
Crematorium Service	●	●	●	●	●	●	●	●	●	●		●	Shiunen: 0749-48-1318
Water Service	●	●	●	●	●	●	●	●	●	●	●	●	Business Hours: 9:00 – 17:00 Public Water Customer Service Centre: 0749-27-2802
Holiday Medical Emergency Centre (Kusunoki Centre)		●	●						●	●	●	●	Opening Hours: 10:00 – 17:30 Hikone Medical Emergency Centre: 0749-22-1119
Hikone Municipal Hospital (For Emergency Patients )	●	●	●	●	●	●	●	●	●	●	●	●	Municipal Hospital: 0749-22-6050
Hikone Municipal Hospital (For Outpatients Only)				●			●						Municipal Hospital: 0749-22-6050 *The departments of ophthalmology and Psychosomatic Medicine are unavailable.

Notes:

- 1, There will be a one-week delay in the collection of landfill waste due to the GW holidays.
- 2, Hikone's night soil treatment service is unavailable between April 27<sup>th</sup> and May 6<sup>th</sup>.
- 3, The city hall of Hikone is scheduled to be closed from April 27<sup>th</sup> through May 6<sup>th</sup>.
- 4, If you need certificates issued by the city of Hikone, please visit each relevant division by April 26<sup>th</sup>
- 5, You can register a new-born baby or file a marriage report on May 1<sup>st</sup> from 9:30 to 4:00.
- 6, As for the city's water service, you can start/cancel the public water and make a payment for your water bill(s) during the GW.

Inquiries: Hikone City Office (Switch Board) TEL: 0749-22-1411

## ☆The Schedule of Dental Clinics During the GW

The opening schedule of dental clinics in Hikone during the Golden Week is as follows.

\*Note that the opening hours of each clinic below is subject to change, and therefore please contact them about the opening hours beforehand.

Clinic	Address	Opening Hours/Dates	TEL
Kawajiri Dental Clinic	Kyo-machi 2-chome 3-35	April 30 <sup>th</sup> (Tuesday) to May 2 <sup>nd</sup> (Thursday) 9:00 a.m. – Noon, 2:30 p.m. – 5:30 p.m.	0749-22-4700
Sakurai Dental Clinic	Koizumi-cho 314 Joyo Building 2F	April 30 <sup>th</sup> (Tuesday) to May 2 <sup>nd</sup> (Thursday) 9:00 a.m. – Noon	0749-24-5850
Shiraishi Dental Clinic	Oka-machi 5-5	April 30 <sup>th</sup> (Tuesday) to May 6 <sup>th</sup> (Monday) 9:00 a.m. – Noon	0749-23-3084

### **☆Availability of Customer Service Windows of the City Hall on the Weekend**

Customer service windows of the city hall are scheduled to open on **March 24<sup>th</sup> Sunday, 30<sup>th</sup> Saturday and April 6<sup>th</sup> Saturday**, and the opening time is **between 9:30 a.m. and 1:00 p.m.** respectively.

A List of Administrative Procedures Can Be Completed at the City Hall on the Days Specified Above.

- The issuance of residence, Koseki and other certificates.
- Moving-out/in procedures and changing addresses.
- Inkan (personal name seal) registration and the issuance of an Inkan registration certificate.
- The issuance of a plastic My Number card.

Notes

- Foreign nationals who want to register as a resident of Japan for the first time in Hikone are required to bring a passport.
- A householder's permission is required when an applicant who is not a family member wants to live in Hikone under the same household.
- Please bring your ID (your residence card, driver's licence, plastic My Number card, etc.).
- March and April are the high season for the city hall. To avoid the expected crowds, please go to branch offices of Hikone city hall for changing addresses and Koseki-related procedures or convenience stores for government certificates.

**Inquiries: Citizens' Affairs Division TEL: 0749-30-6111, FAX: 0749-22-1398**

### **☆Change in the Opening Hours of the Hikone City Library**

The extra-time opening hours on Wednesdays is due to be cancelled, starting on March 1<sup>st</sup>.

The new opening hours of the city library are as follows.

- Open: Tuesday – Sunday, 10:00 a.m. – 6:00 p.m.
- Close: Sunday, 4<sup>th</sup> Thursday of Every Month, Public Holidays, New Year's Holidays, Maintenance(February)

**Inquiries: Hikone City Library 0749-22-0649**

### **☆Change in the Opening Hours of the Hikone Medical Emergency Clinic**

Until March 31<sup>st</sup> (Sunday)

Opening Hours: **10:00 a.m. – 6:30 p.m.**

After April 7<sup>th</sup> (Sunday)

Opening Hours: **10:00 a.m. – 5:30 p.m.**

Location: Kusunoki Centre 1F (Hasska-cho, Hikone Municipal Hospital)

Available Departments: Internal Medicine and Paediatrics

Things to Bring: Health Insurance Card, Marufuku, Medicine Record Book, etc.

\*The medical emergency clinic is open on Sundays, Holidays and New Year's Holidays (December 29<sup>th</sup> – January 3rd).

\*The opening schedule of the medical emergency clinic is subject to change, so please check its schedule on the official website of Hikone City.

**Inquiries: Hikone Medical Emergency Clinic, TEL 0749-22-1119**

### **★The Schedule of Hikone’s Trash Collection During the Upcoming Consecutive Holidays**

The following table is the schedule of Trash collection from April 29<sup>th</sup> through May 6<sup>th</sup>.

Date	April 29 <sup>th</sup>	April 30 <sup>th</sup>	May 1 <sup>st</sup>	May 2 <sup>nd</sup>	May 3 <sup>rd</sup>	May 4 <sup>th</sup>	May 5 <sup>th</sup>	May 6 <sup>th</sup>
Availability of Trash Collection	YES	YES	NO	NO	YES	NO	NO	YES
	No Collection of Cans and Bottles							
Sanitation Centre	Closed							

#### Notes

- No trash collection is due to take place on May 1<sup>st</sup>, and thus, landfill waste collection is scheduled to be carried out one week later.
- Do not park your car(s) in front of or near garbage collection areas lest you should impede the city’s garbage collection work. Keep in mind that preparations of events locally held could prevent the city from carrying out its garbage collection work.
- The Sanitation Centre is expected to be crowded due to its direct drop-off service after the long holidays. Please pay extra heed to traffic conditions around the centre to avoid preventable accidents.

**Inquiries: Hikone Sanitation Centre**  
**TEL: 0749-22-2734, FAX: 0749-24-7787**

### **★Children & Adolescents Consultation Centre**

The consolation hours of the centre are due to change starting from **April 1<sup>st</sup> Monday** as follows.

Hours: Monday – Friday, 10:00 a.m. – Noon / 1:00 p.m. – 5:00 p.m.

**Inquiries: Children & Adolescents Consultation Centre, TEL 0749-47-3001**  
**Children & Youths’ Affairs Division, TEL 0749-49-2251**

### **★Scholarship for Traffic Accident Orphans in Shiga Prefecture**

*Orizurukai*, Public Interest Incorporated Foundation, offers grant-type scholarships or benefits for entrance fee for local attractions and carries out recreations in the summer vacation for children who lost their father, mother or both by traffic accidents.

For application for a scholarship, registration to *Orizurukai* or further information, please consult *Orizurukai*.

\*Membership fee and enrollment fee / Free

Inquires: *Orizurukai* Secretariats Tel. 077-528-3682 Fax. 077-528-4837

## ☆Dog Registration and Rabies Vaccine

### Why Is The Rabies Vaccine So Important?

- Once you are infected with rabies, there is no cure and its death rate among both humans and animals stands at 100 %.
- Rabies has spread around the entire planet except for a few countries.
- Across the globe, rabies claims approximately 55,000 lives annually, and more than 30,000 people are estimated to be killed by this disease in the continent of Asia alone.
- In 2006, one died in Japan after having been bitten by an infected dog overseas.

Target: Pet dogs who are older than 91 days and registered in Hikone

Schedule and Location:

Date	Time	Location
April 8 <sup>th</sup> (Mon)	10:00-10:30	Shinkai-Cho Kominkan (Community Centre)
	11:00-11:30	Honjo-Cho Kominkan (Community Centre)
	13:30-14:00	Inae Branch Office of the Hikone City Hall
April 10 <sup>th</sup> (Wed)	9:30-10:30	Nakachiku Kominkan (Community Centre)
	11:15-11:45	Kenritsu Hikone Kyujo (Shiga Prefectural Athletic Park)
	13:30-14:00	Toriimoto Branch Office of the Hikone City Hall
April 12 <sup>th</sup> (Fri)	10:00-11:00	Hikone Fukushi (Welfare) Centre
	13:30-14:00	Green Pia Hikone
April 15 <sup>th</sup> (Mon)	9:45-10:30	North-Side Bike Parking Lot of Hikone City Hall <b>*The main office of Hikone</b>
	11:00-11:30	Koto Kenko Fukushi Office (Hikone Public Health Office)
	13:30-14:00	Hihashi Nonami-Cho Kaikan (Centre)
April 17 <sup>th</sup> (Wed)	10:00-10:30	Minami-Chiku Kominkan (Community Centre)
	11:15-11:45	Hikone Sun Palace
	13:30-14:00	Budojo
April 19 <sup>th</sup> (Fri)	10:00-10:30	Inabe-Cho Min Hiroba (Community Centre)
	11:00-11:30	Kameyama Branch Office of the Hikone City Hall
	13:30-14:00	Jinken • Fukushi Koryu Kaikan
April 22 <sup>nd</sup> (Mon)	10:00-10:45	Takamiya Chiku Bunka Centre
	13:30-14:15	Asahinomori Chiku Kominkan (Community Centre)
May 14 <sup>th</sup> (Tue)	10:00-10:30	Green Pia Hikone
	11:00-11:30	Kawase Branch Office of the Hikone City Hall
	13:30-14:00	North-Side Bike Parking Lot of Hikone City Hall <b>*The main office of Hikone</b>
May 16 <sup>th</sup> (Thu)	9:45-10:15	Hara-Machi Higashi Shukaijo (Centre)
	11:00-11:30	Hikone Fukushi (Welfare) Centre
	13:30-14:00	Inae Branch Office of the Hikone City Hall

Fee: 3,400 JPY for Registered Dogs

6,400 JPY for Non-Registered Dogs

Please note that the vaccination is free for guide dogs registered under the law.

Each venue is expected to be crowded, so please bring an exact amount of money for the vaccination.

Requests:

1. Dog owners who have already registered their dogs are required to complete a questionnaire and bring it with their dog registration certificate on the day of the vaccination.
2. Those who wish to register their new dogs are required to provide the information of both the owner and the dog, and therefore please write down necessary information, such as a home address, names of the owner and the dog, phone number, dog breed, dog's birthdate and sex on a piece of paper before the day of vaccination.
3. Be sure to put a leash on your dog(s) when you go to a vaccination site, and also check if the leash is not so loose that your dog(s) may run away.
4. In case your dog(s) becomes unruly at a vaccination site, please come with someone who can control the dog(s).
5. Please clean your dog(s) before the vaccination day.
6. When your dog(s) is not in good condition, make sure to get permission for the vaccination from your family vet.
7. Clean after your pet at the vaccination site.

\*Please attach a dog licence and vaccination tag to a leash. When your dog(s) go missing, they will become an important clue to find them.

\*If there is any change in your dog registration form, such as changing an address, death of a dog and so on, please visit the Hikone Living Environment Division to fill out the necessary forms. The forms are also downloadable on the website of Hikone.

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

### **☆Traffic Accident Prevention Campaign: March 15<sup>th</sup> – April 15<sup>th</sup>**

#### **• Protect school children from traffic accidents**

Early spring is the time for new kindergarteners and schoolers to start commuting to their schools. Please protect the children from traffic accidents in cooperation with your neighborhood and school.

#### **• Voluntary Return of a Driver's License**

All drivers over 75 years old have to take a "cognitive test" upon the renewal of their driver's licenses. It is advised that drivers over 75 years should voluntarily give up their licenses particularly when they have started to feel insecure about taking the wheel. The city of Hikone offers tickets for the use of Hikone's public transportation services (worth approx.9000 JPY) to those drivers who voluntarily return their driver's licenses.

**Inquiries: Traffic Management Division, TEL:0749-30-6134, FAX:0749-24-5211**

### **☆School Expense Subsidies System**

School expense subsidies are provided for families: Guardians who have financial difficulties. The subsidies are to be used for a part of lunch and school supplies.

Target: Those who have a Resident's Certificate in Hikone City and have children attending municipal elementary school, and fulfil the following criteria:

- ▶Those who are exempt from taxation or qualify for reduced taxation.
- ▶Those who are provided with "Allowance for Single Parents"(jido fuyo teate) not "Children's Allowance"(jido teate)
- ▶If the guardian's "Social Welfare/Livelihood Protection" is stopped or has expired.
- ▶Others: Those that the Board of Education accepts are eligible for it.

Content: School subsidies, School lunch, School trip expenses, etc.

How to apply: The application form is available at each elementary school, junior high school and the Board of Education (Civic Centre 2F). Please fill in the forms and apply for the subsidy at each school.

\* Those whose children enter elementary school in the year of 2019 or apply for the first time need to submit a My Number declaration form.

\* You can apply in the middle of the fiscal year. Subsidies are provided monthly after the application is accepted.

\* If you apply at school between the 16th and the end of the month, subsidies are provided from the next month.

Inquiries: School Education Division, the Board of Education

Tel 0749-24-7973 Fax 0749-23-9190

## ☆Notification of Special Child Allowance.

### Special Benefits for the Challenged and Benefits for Children with Disabilities

“Special Child Allowance” is granted to its eligible beneficiaries on a quarterly basis (April, August, December) and has the aim to promote children’s welfare. “Benefits for the Challenged” and “Benefits for Children with Disabilities” are granted to the eligible four times a year in the hopes of easing their financial burden.

#### • Amount of Benefits

Under the existing law, the amount of benefits is determined. Please refer to the table below.

	Until March	From April
Special Child Allowance	1 <sup>st</sup> class (severe disabilities) ¥51,700	1 <sup>st</sup> class ¥52,200
	2 <sup>nd</sup> class (medium disabilities) ¥34,430	2 <sup>nd</sup> class ¥34,770
Special Benefits for the Challenged	¥26,940	¥27,200
Benefits for Children with Disabilities	¥14,650	¥14,790

#### • Who’s Eligible?

**Special Child Allowance:** Provided for the Parents or legal guardians who are looking after a child under 20 years old at home with class 1 to 3 or class A to B1 disabilities. (The allowance will be discontinued once the challenged get accepted to a day-care facility for people with disabilities.)

**Special Benefits for the Challenged:** Provided for the persons over 20 or older with severe cases of physical or mental disabilities who require constant care. (Not eligible for the persons who stay in hospital for longer than 3 months or who are taken care of at a daycare facility.)

**Benefits for Children with Disabilities:** Provided for the persons under 20 or younger with severe cases of physical or mental disabilities, who require contact care. (Not eligible for those who stay in hospital for more than 3 months or who are being taken care of at a daycare facility.)

\*Note: When there are any changes in disability levels written in one’s disability handbook, please check which benefits a person with disabilities is eligible for or not.

#### • How to Apply for the Benefits

Please submit either a medical certificate or disability handbook alongside required documents to the Challenged People’s Welfare Division. All forms required for the application of each benefit are available at the same division.

After screening of all applications and documents you provide, there is a chance that you might not become eligible for any benefits. To avoid this, please contact the division in charge at your earliest convenience if you have any questions.

#### • Income Limitation

**Special Child Welfare Allowance:** Total earnings of parents/guardians of a child with disabilities and all members living under the same household are required to remain within the income bracket for the eligibility of Special Child Welfare Allowance.

**Special Benefits for the Challenged & Benefits for Children with Disabilities:** Total earnings of an applicant, spouse and the person who is obliged to take care of an applicant are required to remain within the income bracket for the eligibility of benefits.

**Inquiries: The Challenged People’s Welfare Division**  
Tel 0749-27-9981, Fax 0749-26-1767



## EVENTS

### ☆Information from The Children's Center

#### **Children's favorites! Blowing Soap Bubble**

Content: Let's make big soap bubbles by using laundry starch

Date: Saturday, April 20 13:30~15:00

Target: preschool students~elementary school students (must be accompanied by their parents)

Capacity: First 40 students

Cost: ¥100

Application date: Saturday April 6~Wednesday April 17

\*Please apply by phone or at the counter directly.

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

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

Selling local fresh vegetables, bean curd, local lake sea foods, and handcrafted general goods,---under the concepts of "Safety food" "Local production for local consumption "and "Handmade".

Date & Time: Sunday, April 21      8:00~12:00

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

Inquiries: “HIKONE DE ASAICHI” Executive Committee      Tel 0749-24-4461      [hikonedesaichi55@gmail.com](mailto:hikonedesaichi55@gmail.com)

### ☆“WITH Oyako Hiroba” Let's play with your kids together!

We will open an indoor playground, which includes a slide, a jungle gym and other play apparatus.

Date & Time: Saturday, April 13      10:00~11:30

Place: Kyodo-Sankaku Center (Gender Equality Center of Hikone, ”WITH” )

Inquiries: Kyodo-Sankaku Center “WITH”      Tel & Fax 0749-24-3529



# Consultation

	Date & Time	Place	Contents
Human-Rights Counseling	April 3 & 17(Wed) 13:00 ~15:00	Consultation Room (AL PLAZA Hikone 4F)	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
Work Consultation for Cancer Patients	April 17 (Wed) 13:30~15:30 (by reservation)	Hikone Municipal Hospital (2F, 3block)	Consultation for work while receiving treatment ※The first 2 or 3persons
Law Consultation	April 26 (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 April 17 *Only those who live or work in Hikone Tel 0749-30-6117 Fax 0749-22-1398
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
Human-Rights Counseling by Multiple Languages	Every Mon. ~ Fri. (except holidays) 9:00 ~17:00	Otsu Regional Legal Affairs Bureau	Telephone consulting services 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
Consultation for Bullying/Hot Line	Every Mon. ~ Fri. (except holidays) 9:00 ~ 17:00	School Support/ Bullying Measures Room	An experienced person in education can provide advice *You can consult on the municipal government website Exclusive telephone number for consultation: 0749-24-7977
Developmental Disorder Consultation	Every Mon. ~ Fri. (except holidays) ①8:30 ~ 12:00 ②13:00 ~ 17:15 (by reservation)	Development Support Division	Consultation for people with developmental disorders or their family Tel 0749-26-8282
Language Consultation	Every Mon. ~ Fri. (except holidays) ①8:30 ~ 12:00 ②13:00 ~ 17:15 (by reservation)		Consultation for children before entering elementary school who have concerns about pronunciation or language and their family Tel 0749-26-8282
General Consultation for Children & Youth	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 17:00	Child & the Youth Consultation Center (Welfare center)	Consultation for persons 39 years old and younger who have troubles in their 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 holidays 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)	

**☆Health Check-ups for Infants**

**April** *Kusunoki Center 1F(Next to Hikone Municipal Hospital )/ 12:45~14:00*

4-Month-Old Babies	16 (Tue)	Born between December 1 and 15, 2018
	23 (Tue)	Born between December 16 and 31, 2018
10-Month-Old Babies	10 (wed)	Born between June 1 and 15, 2018
	17 (Wed)	Born between June 16 and 30, 2018
18-Month-Old Babies	12 (Fri)	Born between September 1 and 15, 2017
	19 (Fri)	Born between September 16 and 30, 2017
2-Year-6-Month-Old Children	11 (Thu)	Born between September 1 and 15, 2016
	18 (Thu)	Born between September 16 and 30, 2016
3-Year-6-Month-Old Children	8 (Mon)	Born between September 1 and 15, 2015
	15 (Mon)	Born between September 16 and 30, 2015

\*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:0749-24-0816](tel:0749-24-0816)、[Fax:0749-24-5870](tel:0749-24-5870)

**☆NYUYOJI KOBETSU SODAN(Individual consultant for infants)**

Please bring your Maternal and Child Health Handbook,

Date & Time : Tuesday, April 9 & Thursday, April 25 9:30~11:00

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

\*Consultation by a nutritionist is available on Thursday, April 25 .

**☆Rakuraku Kin-en (Quit Smoking Easily) Consultation**

A smoking habit is caused by nicotine dependence and psychological dependence. If you are trying to quit smoking, please feel free to inquire.

Date & Time: Wednesday, April 10 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

## ☆Breast Cancer Checkup and Urine Cancer Checkup

### 《Breast Cancer checkup》

☆**Eligibility:** women aged 40 and over as of March 31 2020 who live in Hikone city

**Time limit:** March 31(Tue) 2020

- \* Interview and 2way-mammography check for 40~49year-olds.
- \* Interview and 1way-mammography check for 50year-olds and over.

How to take the medical examination.

1. Please make an appointment at a medical institution.
2. Please go to a medical institution with the checkup fee (500yen).

Hospital	Telephone	Reservation
Hikone Municipal Hospital Checkup Center (hassaka-cho)	0749-22-6058	necessary
Toyosato Hospital (inukami-gun)	0749-35-3001	necessary
KKC wellness Hikone physical checkup Clinic	050-3541-2265	necessary

※Please ask for details. Tel 0749-24-0816 Fax0749- 24-5870

### 《Uterine Cancer checkup》

☆**Eligibility:** women aged 20 over as of March 31 2020 who live in Hikone

☆**Date:** until March 31 (Tue)

☆ **Fee:** ¥500

☆Please go to the following clinic directly with the check-up fee (500yen).

Some clinics might require a reservation. Please inquire at the clinic for more information.

Hospital	Reservation	Hospital	Reservation
Adachi OB/GYN Clinic (Sawa-cho) Tel 0749-22-2155	No need	HayashiOB/GYN Ttake-ga-hana-cho) Tel 0749-26-0528	Necessary
Jinno OB/GYN clinic (Chuo-cho) Tel 0749-22-6216	No need	Yamashita Clinic (Nagasone-cho) Tel 0749-24-5290	Necessary
Jinno OB/GYN clinic Alice (Hassaka-cho) Tel 0749- 29-9025	No need	Hikone Chuo Hospital (Nishiima-cho)Tel0749-23-1211	Not Necessary
Jinno OB/GYN clinic Sophia (Kawasebaba-cho) Tel 0749- 25-5566	No need	Hikone Municipal Hospital (Hassaka-cho) Tel0749- 22-6058	Necessary
KKC wellness Hikone physical checkup Clinic(Furusawa-cho) Tel 050-3541-2265	Need		

※Once every two years for breast and uterine cancer checkup.

Those who have checked for breast and uterine cancer from April 1 2018 to March 31 2019 cannot have a checkup.

**Those who have a Hikone-issued free coupon this fiscal year are eligible for it even if they had a checkup last year.**

The check-up is available not only at the above-mentioned clinics but at any OB/GYN clinics in Shiga prefecture.

### The medical checkup fee for the following people will be free.

1. A person from a household with exemption from the inhabitant tax.

A certificate of exemption from personal payment is required.

Please bring your seal and apply for it at the Health Promotion Division by the day before your checkup.

2. A person from a household with livelihood protection

A certificate proving you are receiving livelihood protection is required.

Please be sure to bring a seal with you and apply for it at the window of Livelihood Protection of the Social Welfare Division.

3. Those who are eligible for medical service of the elderly (65~69years old).

Please show a health insurance card for the elderly on the checkup day.

4. Those who have a free coupon

5. Those who are aged 70 years old or older on the completed years on the checkup day.

※avoid having the uterine cancer checkup during your monthly menstrual period

※avoid having the breast cancer check-up when you have a symptom of irregular bleeding

※this breast cancer check-up is unsuitable for those who are pregnant, nursing, or have had a pacemaker inserted or have had breast enlargement surgery.

※Please ask for details.

#### **The Health Promotion Division**

Tel 0749-24-0816 Fax0749- 24-5870

### **★Vaccination about Pneumococcal Disease for the Elderly**

● This vaccination will be finished on Tuesday March 31, 2020.

● Qualification for the fiscal year 2019

① People aged 65, 70, 75, 80, 85, 90, 100 years old ( from April 2, 2018 to April 1, 2019 )

② People aged over 101 years old ( only in 2019 )

③ People aged 60 ~ 64 who have defect on heart, kidney or respiratory ,or who have defect on a function of immunity by human immunodeficiency virus.

Please make a reservation to receive the vaccination at the medical institution when he or she wants to inoculate in person.

Please check about the designated medical institution on the guide sending one by one or Hikone City Home Page.

Please pay for your own medical expenses, ¥2,340. People on welfare are free.

Hikone City will send the questionnaire sheets to receive the vaccination to the eligible people early in April.

Please inquire City Health Promotion Division when he or she will be difficult to inoculate at the designated medical institution because he or she is admitted at a home or when he or she wants to inoculate at the medical institution in the suburbs of Hikone (in Shiga Prefecture ).

● Inquiries: City Health Promotion Division Tel 0749-24-0816 Fax 0749- 24-5870

## **☆NATALIA'S ROOM (Translated by Natalia Herself)**

### **My Hikone**

Five years ago, I received an envelope with a drawing of “Hikonyan” for the first time. At that time, I was still living in Brazil and I had no idea about what kind of place was Shiga or Hikone. I wanted to work in Japan so I had applied to the JET Programme – a Japanese government initiative for young foreigners who wishes to live and work here. I was approved in the selection process and sometime after that I received a letter from Hikone City Office telling me about my new workplace.

Full of dreams and hope, I left Brazil to come to Japan. I remember that I cried a lot after saying farewell to my parents in the airport. Today I know that since that day I was feeling somewhere deep in my heart that my life was about to change. I arrived here after a long trip and on the next day, I went to the Hikone Castle. It was spring and my first time in life seeing the so famous cherry blossoms. I was deeply moved by them.

Since then I've had many good and bad experiences in Japan. I had been enjoying working in Hikone and had meet many people who I came to respect a lot. I've also made many friends. But then, something unexpected happened in my life. On January 2017, my mother passed away suddenly in Brazil. Whereas my dream of working in Japan had finally come true, I've lost my beloved mother who cheered for me so much, without even having the chance to say goodbye.

Honestly, I thought many times since that if I hadn't come to Hikone, this would not have happened. But even after that, I couldn't come to hate Japan or Hikone. The Japan I was living on was so different from the Japan that I had imagined and obviously, I did not even think about the possibility of losing my mother while living here. But I understood that if I've had not come to Hikone, I wouldn't be able to grow up so much. Before I could notice, I started to like here just like my hometown – this city had turned into “my Hikone”.

I'm writing all this stuff because on this April, I'll finish my time as Hikone's Coordinator of International Relations. I am sad to leave Hikone but those five years have been an unforgettable experience. I'm very grateful to all the people who supported me and everyone who enjoyed reading this column every month.

I still aspire to be someone who can connect Brazil and Japan. I feel very uneasy about my future but I think that now is a good time to finish my time as Coordinator of International Relations and work towards a new start in my life.

After a while, a new Coordinator of International Relations will arrive in Hikone. This person will surely have a different background and vision that mine but I hope that everyone will welcome her with the same affection that they did when I first arrived here. My deepest wish is that all Hikone's citizens meet many different foreigners, make friends with them and in the future, work together towards making this city a place that can welcome all kind of persons.

I would like to bid farewell for now. I feel that all the bonds I made in this place will continue from now on. Just like I believe I will meet my mother again someday, I also believe that I'll be able to see you all again. Somewhere in this big and wide world, let's meet again. Muito obrigada! (“Thank you so much!” in Portuguese)

**Translated by Natalia Herself**

“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 feature topics related to multicultural coexistence, such as difference of cultures and living in Japan as a foreigner.