

広報 ひ こ ね (英訳版)

Community

Newsletter

*Koho*

**HIKONE**

No.1421-1422

Published by:

Translated by:

Proofread by:

Edited by:

Issue Date: June 1<sup>st</sup>, 2019

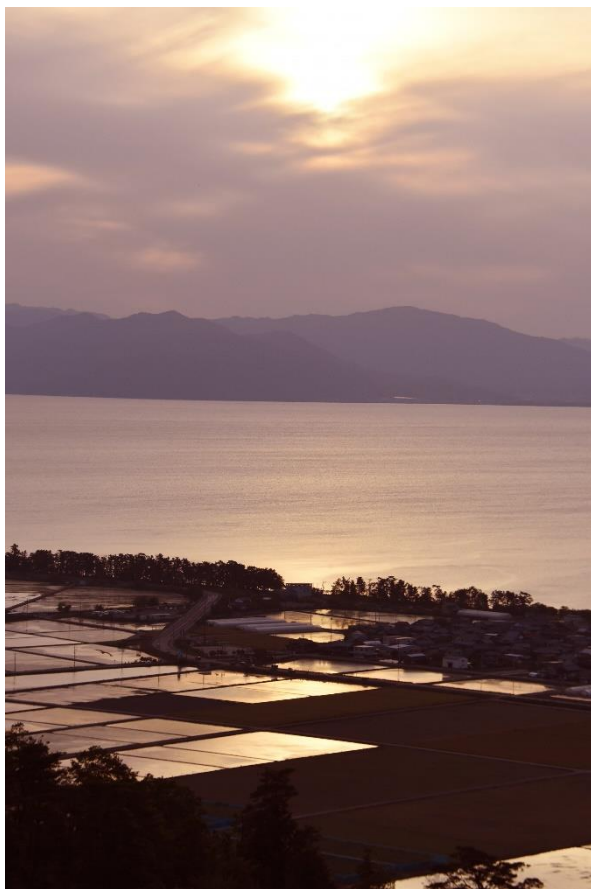
Hikone Human Rights Policy Div.

VOICE Trans. Group

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Hikone Human Rights Policy Div.



**2019.06**

- Special Section: Disaster Prevention (P.3-5)
- Do Not Forget to Renew Your Child Allowance (P.6)
- Health Check-ups for Infants (P.14)
- WELCOME TO BRAZIL (P.14)



(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
- \* 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

## 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 <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 円 / 1 回
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>かつらだ さん(KATSURADA)</b> TEL 090-5156-6916	100yen / lesson 100 円 / 1 回
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 Kyoshitsu 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 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 <b>みずの さん(MIZUNO)</b> Tel 070-5661-7345	200yen / lesson 200 円 / 1 回
<b>げつようび～きんようび</b>				
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

## ☆Special Section “What is Important in the Event of a Disaster”

### Do you know the Suzuka Seiei Earthquake Fault Line?

The north-eastern side of Hikone sits on this fault line, and if it moves and causes a tremor:

- its intensity is expected to be between upper 5.0 and 7.0.
- maximum damage to buildings and human casualties are expected to be:  
total collapsed buildings (6,321), half collapsed buildings (11,565), burned buildings (1,391),  
deaths (403) and injuries (2,723).

### Estimated Damage in Numbers

One out of five Hikone residents will be an evacuee.

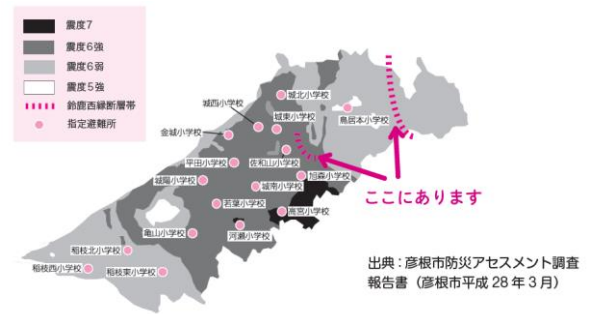
For the information of a disaster prevention app, see below.

The power supply to 96% of the buildings in Hikone will be cut off.

For the information of stockpiles, see the next page.

The water supply to 91% of the buildings in Hikone will be cut off.

For the information of emergency toilets, see the next page.



### Earthquake Prediction Percentage 70 – 80% “Nankai Trough Earthquake”

- Estimated Magnitude: 8.0 – 9.0
- Estimated Damage to Hikone: Total Collapsed Buildings (181), Half Collapsed Buildings (4,405), Deaths (7), Injuries (361)

### Get the Information of Disaster Prevention through Mobile Apps

- Japan Shelter Guide

This app shows routes to the closest emergency shelter by searching for your current location.

The app works offline too and delivers the newest disaster preparedness information to its users.

Download the app by scanning the code below.

【ダウンロード用 QR コード】



▲ Android 版



▲ iPhone 版

## A List of Emergency Items: Are You Stockpiling Necessities?

For at least three days after a large-scale disaster, a lifeline will remain cut off, which makes cooking next to impossible. For this, it is indispensable to stockpile at least three days worth of food at home. On the assumption that a lifeline will not recover soon after a disaster, start stockpiling food and necessities together with your family.

- Alpha Rice: This type of rice has a long shelf life.

You can cook alpha rice with hot water or just plain water.



- Canned Bread



- Liquid Infant Formula: This type of infant formula lasts longer than usual formula.

It does not require you to take time to prepare milk for your baby.



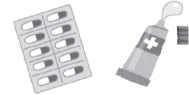
- Retort Pouch: Retort pouch products have a variety of foods and can give you a positive boost to your psychological health during a disaster.



- Glasses: Especially for those who wear contact lenses, it is important to have a pair of glasses as it is difficult to wash contact lenses during a disaster.



- Medicine: For anyone who has a chronic disease, it is a matter of life or death to stockpile some prescription medicines. Also keep notes of your family doctor's information, name of each disease and type of prescriptions in case of an emergency.



- Pet Food: During a disaster, your pet will go hungry just like us. So, please prepare pet food for a disaster as well.



- Gasoline for a Vehicle: Please constantly fill up a gas tank for an emergency situation.



## If the Water Supply is Cut Off in the Event of a Disaster, What Should We Do about a Toilet?

You could lose access to a functional toilet during a disaster. The city has emergency toilets in preparation for a disaster; however, each household is also advised to get prepared to be able to use a toilet at home.

### “Portable Toilet Bags”

A portable toilet bag is a bag you can set up to a toilet that cannot be flushed.

This type of emergency toilet bags is sold at DIY stores as a kit with excretion powder gelling and a deodorizing agent.

In case you do not have a portable toilet bag, you can use a black plastic bag (45 litre size) as an emergency alternative.

1. Lift a toilet seat, and place the 1<sup>st</sup> plastic bag inside the toilet.
2. Put down a toilet seat, and place the 2<sup>nd</sup> plastic bag over the toilet.
3. Tear off newspapers into small pieces and put them inside the 2<sup>nd</sup> plastic bag.
4. After you use the toilet, take out the second plastic bag and tightly seal the bag.

\*If you have a diaper, pet pee pads, or deodorizing spray, etc., you can remove the odour effectively.

\*If a toilet seat is broken, you can use a bucket or cardboard box.

**Warnings of Floods and Disasters will be Classified by Alert Levels.**

Scale	What to Do
Alert Level 5	Take utmost measures to save your life.
Alert Level 4	Evacuate immediately.
Alert Level 3	The elderly and anyone who needs time to evacuate are required to evacuate. Others should get ready to evacuate at any given time.
Alert Level 2	Check evacuation procedures.
Alert Level 1	Stay on alert towards a possible disaster.

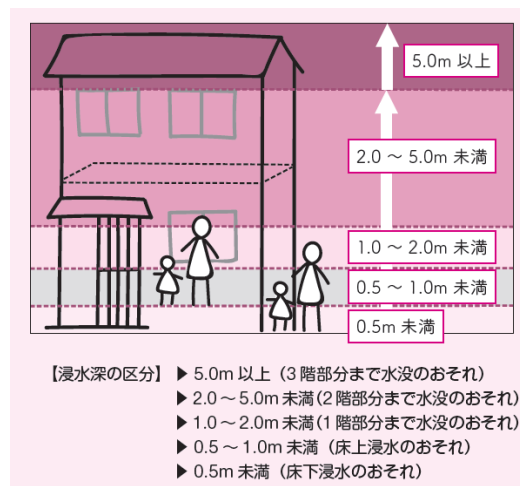
\*When the “Alert Level 5” is issued, a disaster has already happened or is happening.

The elderly population and others who need to take time to evacuate are advised to take evacuation procedures when the “Alert Level 3” is issued, and others should evacuate on the “Alert Level 4.”

**Flooding Due to a Typhoon or a Torrential Rain  
Where to Seek Shelter?**

**Please check the estimated levels of inundation in your area in Hikone’s Disaster Prevention Manual.**

Check possible inundation depth and the risk of a mud slide in your local area by consulting flood hazard maps.



**☆Weekend Oversized Waste Collection Service at Hikone Sanitation Center**

The center is scheduled to carry out a special weekend collection service for oversized household waste on June 22 (Sat) between 9:00 a.m. and 12:00 p.m. Please read the following if you decide to take out your oversized waste to the Hikone Sanitation Center on that day.

- Please show your driver’s license or residence card at the entrance gate of the center to confirm your Hikone residency.
- Only oversized household waste, including small home appliances, can be collected during the collection.
- You will be charged for discarding your oversized waste at the center.  
\*Free of charge for small electrical appliances smaller than 1m (approx..3.2 feet) in depth, width and length.
- Unbroken light bulbs and florescent lights can be collected too.
- None of the items under the Home Appliance Recycling Act like a TV will be collected.
- This weekend service is only available during the opening hours.

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

### **☆Notice Letter of the Decision on National Health/Nursing Care Insurance Premiums**

On June 14<sup>th</sup> Friday, a notice letter of the decision on NHI and NCI premiums and insurance bills will be sent to the insured. The NHI bills will be sent to the householder of the insured, and the NCI bills will be sent to each insured individual. The total amount of the 2019 insurance premiums (April through next March) has to be paid by monthly instalment over the next 10 months.

\*A notification regarding the cost of the Latter-Stage Elderly Healthcare will be sent in mid-July.

**Inquiries: Hikone Insurance Premium Division TEL 0749-30-6145, FAX 0749-22-1398**

### **☆Do Not Forget to Renew Your Child Allowance and Other Benefits**

If you are being granted the Child Allowance or other benefits from the city on a regular basis, you are required to renew your eligibility by June 28<sup>th</sup> Friday. The city will send a renewal form to all the beneficiaries in early June, so please be sure to complete and avoid failing to submit the form by the due date.

\*Where to Submit Your Renewal Form: Insurance & Pension Division, Each Branch Office

\*If you want to mail your renewal form back to the city office, please use a return envelope inserted in the same envelope as the renewal form.

**Inquiries: Hikone Insurance & Pension Division TEL 0749-30-6136, FAX 0749-22-1398**

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

**---Be sure to apply by Friday, June 28---**

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 Thursday, 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 28.
  - 3 We will make an examination of your income and all details included.
  - 4 We will mail the Welfare Medical Support Tickets around Friday, July 19 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), and to seniors (65~74 years old) with mental or physical challenges or with lower income. If you think you are eligible, please inquire at the City National Health Insurance and Pension Division.

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

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

## **☆Heads-Up of Kei-Car Tax and Property Tax**

### **• Sending Tax Payment Bills**

The notice and tax payment bills for Kei-cars, properties and city planning were sent at the end of April.

Please do not miss the due date of each tax payment.

### **• Tax Credit for Kei-Cars Owned by the Handicapped**

Tax on Kei-cars, etc. owned by the physically or psychologically challenged can be deducted if certain conditions are met.

Tax credit can be applied to no more than one car per challenged person.

### **• Conditions of the Tax Credit for Kei-Cars**

To be qualified for the tax credit, you have to be classified as “A” by the Ryoiku Techo (Special Education Handbook) or classified as “Class 1” by the Health Welfare Handbook for the Psychologically Handicapped.

### **• Requirements**

1. The Handbook on Disabilities (Health Welfare Handbook for the Psychologically Handicapped, Wounded Veterans Handbook or Special Education Handbook)

\*Keep in mind that depending on the level of disability, the amount of tax credit you can receive varies.

For more details, please refer to your tax payment bill, or contact the Hikone Tax Division directly.

2. Applicant’s Driver’s Licence

3. A Copy of a *Shaken* (Car Inspection) Certificate

4. The Notice or Physical Bill of Your Tax Payment

5. Inkan (Name Seal)

6. My Number Card (As for a paper-based My Number card, you will also be asked to show your *Zairyu* (residence) card.)

### **• How to Apply for the Tax Credit for Kei-Cars**

Submit all the required items at either the Hikone City Office or Inae Branch Office before the due date of your first Kei-car tax payment.

**Inquiries: Hikone Tax Division: TEL 0749-30-6140, FAX 0749-22-1398**

## **☆Japanese Pension System**

When we, the residents of Japan, turn 20 years old, joining the National Pension System is a compulsory obligation we all have to abide by under the constitution of Japan.

### **What is the Japanese Pension System?**

The Japanese Pension System is applied to every individual aged between 20 and 60. The amount of your future pension payments will be adjusted for inflation and wage rises.

If you fail to join the pension system or to pay for the Japanese Pension System, you may not be able to receive the full amount of your pension payments when you reach the eligible age.

### **If You Have Trouble Paying Your Monthly Payment:**

For students and low-income individuals, there are some programs that fully/partially exempt them from their monthly payments for the Japanese Pension System. For more information, please contact the Hikone Insurance and Pension Division or each branch office of the Hikone city hall.

To become eligible for a special exemption program as a student, you have to provide a copy of your student ID (must contain its validity date, grade and issue date) or a school enrolment certificate.

**Inquiries: Hikone Pension Office TEL: 0749-23-1114**

## ★The “Window for the Issuance of Certificates” at the Hikone Welfare Centre

Starting on June 10<sup>th</sup> Monday, you can apply for and get the following at the Hikone Welfare Centre.

If you have questions, please do not hesitate to contact the Hikone Citizens' Affairs Division.

**Opening Time and Days: 8:30 – 5:15, Monday to Friday**

\* Closed on weekends and holidays

### **Available Certificates**

- Residence Certificate
- Koseki Certificate
- Single Status Certificate
- Income Certificate, etc.
- Inkan Registration Certificate
- Acceptance Certificate
- Tax-Related Certificate

At the Certificate Window at the Welfare Centre, You **CANNOT** Do:

- procedures to change address, move out of Hikone, move in to Hikone or do other procedures for your Koseki.
- an inkan registration.
- an application for a temporary driving permit.
- procedures for your My Number, etc.

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

**Certificate Window TEL 0749-30-9241**

## ★City Apartment Houses Are Inviting Residents

Apartment houses for family	<i>Daito</i> apartment house	two apartment
	<i>Serikawa</i> apartment house	one apartment
	<i>Nakayabu</i> apartment house	one apartment

Application forms will be available from Monday, June 3

Application period: Monday, June 10~Wednesday, June 19

Acceptance date: The beginning of August

Move-in date: After the middle of August

\* There are some conditions for applying, so please ask for further details.

Inquiries: Architectural Administration Division Tel. 0749-30-6123 Fax 0749-24-8517

## ★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 the number of children reaches the capacity of Afterschool Children's Club, your children will not be accepted.

### • **Club Hours and Period**

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

July 22<sup>st</sup> through August 27<sup>th</sup> (Closed on Sundays and August 12~15)

### • **Expense**

\* 10,000yen per child Monday through Friday

\* 12,000yen per child Monday through Saturday

### • **Location**

Afterschool Children's Club in Each School District

### • **Application Period**

June 3<sup>st</sup> to 14<sup>th</sup>

### • **Entry & Inquiries**

Please fill out the 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).



# EVENTS

## ☆Fireflies Viewing

After listening to the description of fireflies, participants will view them outside.

Date & Time: June 1<sup>st</sup> (Sat), 7:00 p.m. – 9:00 p.m.

Venue: Minami-Chiku Komin-Kan (Community Centre)

Fee: 100 JPY \* Preschool children are free.

No reservation is needed. For inquiries, please call 0749-26-0510.

## ☆2019 Shiga Day Care and Kodomo-en Job Fair

You can get the information of day care centres and Kodomo-ens located within Shiga Prefecture. (No advanced reservation is required.)

Date & Time: June 2<sup>nd</sup> (Sunday), 1:00 p.m. – 4:00 p.m.

Venue: 2F Viva City Hall, Viva City Hikone

Target: Anyone Wishing to Work in a Day Care Facility

Fee: Free

Others: No resume is required. No dress code. Nursery services are available (a reservation is needed.)

Inquiries: 077-525-5203

## ☆Shiga Nursing Care and Welfare Job Fair

Day & Time: June 1<sup>st</sup> (Sat) 12:30 p.m. – 4:00 p.m.

Venue: 2F Viva City Hall, Viva City Hikone

Target: Anyone Wishing to Work in a Nursing Care Facility

Inquiries: 0749-64-5125

## ☆Labour Consultation

Date & Time: June 7<sup>th</sup> (Fri): 6:30 p.m. – 8:00 p.m.

Venue: Hikone Sun Palace (Koizumi-cho)

\*Reservation Only (first three persons only, reservation will become available from May 18, 9:00 a.m.)

Contact: 0749-26-7272

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

Selling local fresh vegetables, bean curd, local fresh fish and shellfish from the lake, and handcrafted general goods,---under the concepts of "Reliable sourced food" "Local production for local consumption"and "Handmade" on the third Sunday of each month.

Date & Time: Sunday, June 16 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)

## ☆Information From The Children's Center

### **Child rearing class 「Children's meals and snacks」**

Content: Let's learn about suitable 「meals」 for children from a nutritionist.

Date: Thursday June 27 10:00~11:30

Target: Children who were born between April 2, 2013 and January 31, 2019 and their guardians

Capacity: First 20 persons

Cost: ¥200

Others: Childcare service available (Please let us know when you apply)

Application date: Sunday June 2 ~ Friday June 21

### **Children's Class 「Explore the microscopic world!」**

Content: Let's look into the microscopic world through a genuine microscope.

Date: Saturday, June 22 13:30~15:00

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

Capacity: First 20 people

Cost: Free

Application date: Saturday, June 8~Wednesday, June 19

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

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

## **The 14<sup>th</sup> YOSAKOI Soran Nihonkai Hikone 350 Thousand-goku Festival**

(It will be carried out even if it rains.)

Date & Place: **Saturday, June 15**

- JA Higashi Biwako Inae Branch 1:00 p.m. ~
- Viva City Hikone 2:00 p.m. ~
- Hikone-shi Bunka Plaza 4:00 p.m. ~

**Sunday June 16**

- Ekimae Oshiro-dori (Performance Parade) 9:30 a.m. ~
- Hikone-shi Bunka Plaza (Performance on the stage) twelve noon ~
- Hikone-shi Bunka Plaza (Final Performance) 5:00 p.m. ~

Traffic control will be carried out on the *Ekimae Oshiro-dori* from 9:00 a.m. to 3:00 p.m. on Sunday, June 16.

Inquiries: *Yosakoi Soran Nihonkai* Hikone 350 Thousand-goku Festival Executive Committee

Tel: 090-7873-1363 (Miwa)



# Consultation

	Date & Time	Place	Contents
Human-Rights Counseling	June 5 & 19 (Wed) 13:00 ~ 15:00	Consultation Room (AL PLAZA Hikone 4F)	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
Vacant House TSUKIICHI Consultation	June 17 (Mon) 9:00 ~ 17:00	Consultation Room (AL PLAZA Hikone 4F)	Consultation for people who have vacant houses or want to live in a vacant house or make use of it (Hikone only) *The first 7 persons until March 15 Tel 0749-23-2123
Work Consultation for Cancer Patients	June 19 (Wed) 13:30 ~ 15:30 (by reservation)	Hikone Municipal Hospital (2F, 3block)	Consultation for work while receiving treatment ※The first 2 or 3persons Tel 0749-22-6050
Law Consultation	June 28 (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 June19 *Only those who live or work in Hikone Tel 0749-30-6117 Fax 0749-22-1398
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 Fax 24-7886
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 Fax 24-7886
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
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 service for the trouble of human rights Exclusive telephone for consultation: 0570-090-911
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
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 number months (except holidays) 13:00 ~ 16:00	Northern Elderly Welfare Center (Baba-cho)	
	Second Wed of odd number months (except holidays) 13:00 ~ 16:00	Southern Elderly Welfare Center (Tawara-cho)	

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

A smoking habit is due to dependence. If you are trying to quit smoking, please feel free to inquire.

Date & Time: Wednesday, June 12 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 the nicotine density in your urine)  
• Consultation on how to quit smoking

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

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

Please bring your Maternal and Child Health Handbook.

●Date & Time : Thursday, June 6 & 27 9:30~11:00

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

\*Consultation by a nutritionist is available on Thursday, June 27

**☆Support of German measles vaccination expenses**

Those who have already have received German measles antibody test by Shiga prefecture can get support.

**Time limit:** March 31 2020

**Eligibility** (Those who meet all of the following conditions)

1. those who have had a German measles antibody test
2. those who have had a German measles vaccination after the antibody test

**The amount of support:**

Half of the amount of the charge is supported (maximum 5,000 yen)

Regarding livelihood protection recipients, the full amount of the charge is supported. (maximum 10,000yen)

**Coverage period:** German measles antibody test: March 1, 2019 ~ March 31, 2020

German measles vaccination: April 1, 2019 ~ March 31, 2020

**Documents to submit:** Application form for support of German measles vaccination expenses

The copy of antibody test certificate

The copy of receipt (fill out your name, name of vaccination, date, cost)

The copy of your bank information

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

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

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

**Time limit:** March 31, Tuesday 2020

**Decision:** We will send money through the bank after checking your documents.

**German measles antibody test**

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

**Place:** Corporation Medical Institution

**Time limit:** March 31, Tuesday 2020

**Cost:** Free

**Inquire:** Shiga prefecture pharmaceutical and infectious disease prevention office

Tel: 077-528-3632

From July, Men who were born from April 2, 1962 to April 4, 1979 can receive a German measles vaccination for free.  
For details, we will inform you about it in *koho-kikone* and on the official website of Hikone City.

☆ **Support of infertility treatment expenses**

**Support of specific infertility treatment expenses**

**Eligibility** (Those who meet all of the following conditions)

- Husband and wife who live in the city at the time of 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 are 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 embryos
- \*When treatment is stopped because patients cannot get egg in spite of ovulating.

☆**Application limit:** within 3 months from the date of the 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 medical treatment and application, and are legally married
- Husband and wife's income in the last financial year was 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 a maximum of 50,000 yen.

**Time limit: March 31, Tuesday, 2020**

If you get the treatment in March, you can apply until April 30, Thursday 2020.

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

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

☆ **Health Check-ups for Infants**

**June**

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

4-Month-Old Babies	18(Tue)	Born between Feb 1 and 15, 2019
	25(Tue)	Born between Feb 16 and 28, 2019
10-Month-Old Babies	12(Wed)	Born between Aug 1 and 15, 2018
	19(Wed)	Born between Aug 16 and 31, 2018

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

18-Month-Old Babies	14(Fri)	Born between Nov 1 and 15, 2017
	21(Fri)	Born between Nov 16 and 30, 2017
2-Year & 6-Month-Old Children	13(Thu)	Born between Nov 1 and 15, 2016
	20(Thu)	Born between Nov 16 and 30, 2016
3-Year & 6-Month-Old Children	17(Mon)	Born between Nov 1 and 15, 2015
	24(Mon)	Born between Nov 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 urine analysis. 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

## ★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 oftentimes have no subjective symptoms at first. 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 1980 and April 1 2001.
- ② Public assistance recipients who were born before April 1 in 1980.

◆**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 6 (Thurs)	Toriimoto Chiku Komin Kan	9:30~11:00
June 7 (Fri)	Kusunoki Centre	
June 8 (Sat)		9:00~11:00
June 10 (Mon)	Shimin Kaikan	9:30~11:00
June 13(Thurs)	Inae Chiku Komin Kan	
June 17 (Mon)	Asahinomori Chiku Komin Kan	
June 18 (Tue)	Jinken Fukushi Kouryu Kaikan	
June 26 (Wed)	Hikone Bunka Plaza	10:00~11:30
June 27 (Thurs)	Hikone Bunka Plaza (Only men)	9:00~11:00
July 3 (Wed)	Takamiya Chiiki Bunka Centre	9:30~11:00
July 6(Sat)	Kusunoki Centre (Only women)	9:00~11:00

※Childcare service available on Saturday, June 8 and Saturday, July 6.

(Eligibility: 4 month old baby to Preschool children. Reservation is required)

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

## ★WELCOME TO BRAZIL No.02

### My First Impression of Hikone

Olá (hi), everyone! Welcome to the column of the new CIR (Coordinator for International Relations) Julia Okamoto. This time, I would love to share my first impression of the city of Hikone with you.

But first, I want to let you know that I come from the city of Sao Paulo: the largest city in South America with the land area of 587.3039 sq mi (approx. eight times bigger than Hikone) and a population of around 12,180,000 (100 times more than Hikone!). This mega city is seen as the financial capital of Brazil, and unlike Rio de Janeiro that is famous for its beautiful beaches and carnivals, it is best known for its high-rises, crowded roads, buzzing subways, and so on and so forth. Since it is a huge municipality, it used to take me one hour to get to my previous work place and two hours to go to my university from my local district, Tatuapé, by subway. This sounds-like-exhausting-travel-time might have taken you by surprise, but it is pretty much typical; and in fact, it is actually considered rather reasonable in Sao Paulo.

With that being said, now in Hikone, I need only 10 minutes to commute between my apartment and the Hikone city hall by bicycle. If you contrast my Sao Paulo life to Hikone life, you see that is a big change.

So, what do I think of Hikone? My first impression of Hikone, after I started to live here, was all about the kindness of its people. Back in Sao Paulo, its people are always feeling on edge due to the city's daily traffic congestion and they are also too busy to care about others. By contrast, everyone in Hikone welcomes me very warmly. In fact, I oftentimes get greeted cheerfully and smilingly by the people of Hikone, and on top of this nice characteristic, they patiently explain Japanese words and customs to me when I have trouble understanding them.

I really want all the foreigners in Japan, regardless of being residents or tourists, to get the taste of the kindness and hospitality of the people of Hikone in the same way I have experienced at first hand so far. For this, it has now become my goal to spread the word about the amazing things in Hikone to the whole world as much as I can while learning about Hikone's rich culture and history.

Thanks for reading!