



Takasaki International Relations Society 高崎市国際交流協会

TAKASAKI & YOU

Takasaki City: Population: 374,597 Area: 459.16 km²

Registered Foreign Residents:

There are 4,855 foreign residents from around 60 different countries residing in Takasaki City from China, Philippines, Vietnam, etc... (as at 31st May, 2017)

=Information from TIRS=

Cool Takasaki - Wagashi - Last Chance!

The next Cool Takasaki event features Master Confectioner Kei Miyazawa from 微笑庵 (Misyoan) in Kenzaki-machi presenting an interactive wagashi making class exclusively for non-Japanese residents. This is a rare opportunity to experience the beauty of Japanese sweets with a master of the profession. **Only a few spaces still available!**

Date & Time: Saturday 22nd July, 2pm-4pm

Place: Socius (Ashikado-machi 1669-2)

Menu: Sasa-no-shizuku, Asagao

Cost: ¥2000

Sign up: Call or email now (details below)



Free Legal Consultation Days for Foreigners

Each year, there are free legal consultation days for foreigners held around Gunma Prefecture that provide the opportunity to seek legal advice about issues affecting you.

Next days:

- Date:** Sunday 10th September
Place: Oizumi-machi Kominkan Minami Bekkan 2nd floor (Oizumi-machi Yoshida 2011-1)
- Date:** Sunday 3rd December
Place: Iseaki City Hall, Higashikan 5th floor (Iseaki-shi Imaizumi-cho 2-410)
- Date:** Sunday 18th February 2018
Place: Takasaki Chuo Kominkan (Takasaki-shi Suehiro-cho 27)

Consultation time: 10am-3pm *appointments are highly recommended, but if there is time on the day, walk-ins are also accepted.

Consultants: Lawyers, immigration specialists, labor and pension specialists.

Appointments and more information:

Gunma Association of Tourism, Local Products and International Exchange on 027-243-7271, or 090-1215-6113 on the day.

Become a Volunteer

The International Relations Society has many opportunities for Japanese and non-Japanese residents to use their skills to help others in the community.

Multicultural Instructors (Tabunka Koshi)

Do you know how to cook dishes from your native land? Can you teach English or another foreign language? Are you able to visit local schools and talk about the way of life where you grew up? If so, you can register as a Multicultural Instructor. We accept requests from schools, community centers and other public organizations, introducing them to volunteers who become teachers for special classes.

Language Supporters (Bogoshiensha)

If you speak and read Japanese as well as English or any other foreign language, this is your chance to help fellow foreign residents by interpreting in situations they face in their everyday life. We dispatch language supporters to interpret at schools for foreign parents at meetings with teachers, at health check ups, and when doing business at other public offices.

Registration: Contact the TIRS office (details at bottom) to obtain a registration form. Volunteer registration requires membership of the Takasaki International Relations Society (¥2,000/year).

School Hotline Gunma

Offering free consultations about the education of foreign children. Multilingual female staff provide confidential consulting services to assist people to find solutions for their issues such as:

- Insufficient Japanese language skills
- Losing language skills in mother tongue
- Difficulty understanding at school
- High school/university entrance exam info
- Bullying/trouble with friends
- Parent-child relationships, etc.

TEL: 080-8730-6969

Monday-Saturday, 10am-9pm

Email: school.hotline.gunma@gmail.com

Takasaki International Relations Society (International Relations Corner, 2nd Floor Takasaki City Hall)

TEL: 027-321-1201 (in English OK), FAX: 027-330-1819, Email: office@takasaki-irs.org
Website: www.glocalfive.net/tirs/ (Japanese, English, Chinese & Portuguese versions)



=Information from Takasaki City=

Summer Festivals and Fireworks Displays



Festival Name	Date/Time	Place/Details
Misato Furusato Matsuri	Sun 30th July, 7:30pm-8pm	Fureai Park 2000 bursts
Haruna Furusato Shokosai Matsuri	Fri 4th August, 7:30pm-9pm	Karasugawa 3000 bursts
Takasaki Matsuri	Sat 5th Aug 7:40pm-8:30pm	Near Wada-bashi Bridge 15,000 bursts
Shinmachi Furusato Matsuri	Sun 16th Aug 6pm-9pm	Karasugawa Sogo Ground 1000 bursts
Kurabuchi Matsuri	Sat 19th Aug 8pm-8:30pm	Kurabuchi Branch Office 170 bursts



高崎市国際交流協会

Takasaki International Relations Society

News from the Public Health Center

Now that the hot, humid Gunma summer is upon us, below are two public health announcements to help you have a safe and healthy season.

Dengue Fever & Zika Virus

Both Dengue Fever and the Zika Virus are infections transmitted primarily by mosquito bite. If you suffer from a fever, body aches, or a rash after being bitten by a mosquito, seek medical advice as soon as possible. To help prevent the breeding of mosquitos that may carry such viruses keep lawns mowed and get rid of containers or ditches in your surrounds that may fill up with water. To help prevent being exposed to mosquito bites, wear long sleeves/pants and closed-in shoes when outdoors where mosquitos are likely to be, use insect repellents, and avoid going into areas with overgrown grasses and trees.

Heat Exhaustion

Heat exhaustion is serious if not treated quickly. Signs include headache, dizziness and confusion, loss of appetite and feeling sick, and even loss of consciousness in extreme cases. To help prevent heat exhaustion drink cool drinks even when not feeling thirsty, avoid the sun between 11am and 3pm, wear light colored cool clothing, and use fans and air conditioners to cool your living space. Keep an eye on children and the elderly, because they're more at risk of heat exhaustion.

Receive this Newsletter by Email

Send an email to: office@takasaki-irs.org**Subject**="Request for Newsletter Notification"

きゅうじつとうばんい

休日当番医



'Kyujitsu toban i' are the medical clinics on duty on weekends and national holidays. Surgery hours are 9am to 6pm. Be sure to take along your health insurance card.

※Schedule changes monthly, see 15th-of-the-month Takasaki Koho for full list. For other cities, see your local city magazine.

Night Clinic (1F Public Health Center Takamatsu-cho), Mon-Fri=7:30pm-10pm; Sat, Sun, pub. hol=7pm-10pm

Children's Emergency Health Consultations: Dial #8000 to speak with a health professional for advice on whether to go to the hospital (Mon-Fri=6pm-8am next day; Sat, Sun, pub. hol=9am-8am next day).

Date	2nd July (Sun)	9th July (Sun)	16th July (Sun)	17th July (Pub.Hol.)	23rd July (Sun)	30th July (Sun)
Internal Medicine (Naika)	Onogaki lin (Nakai-machi) ☎027-352-2233	Yoshida Shokaki Naika Clinic (Oyagi-machi) ☎027-388-1079	Igusa lin (Tenjin-cho) ☎027-362-2833	Michimata Naika Higashi-guchi Shinryosho (Sakae-machi) ☎027-395-6356	Iwata Naika Clinic (Ishihara-machi) ☎027-327-1241	Futaba Icho Naika Clinic (Futaba-cho) ☎027-388-8592
	Katsuta Naika Shokakika (Yachiyo-machi) ☎027-327-5556	Honobono Shinryosho (Yachiyo-machi 1) ☎027-386-6385	Tachibana Naika lin (Miyamoto-cho) ☎027-322-3133	Nakazawa lin (Tsukunawa-machi) ☎027-361-2996	Oyama Naika Shinkeinaika lin (Kami-Namie-machi) ☎027-363-2258	Inui Naika Clinic (Shimo-Kobana-machi) ☎027-343-3368
Pediatrics (Shonika)	Koizumi Shigeta Shonika (Iizuka-machi) ☎027-362-5811	Kami-Orui Byoin (Kami-Orui-machi) ☎027-352-1019	Hosoya Narishige Clinic (Oki-machi) ☎027-343-0230	Murata Shonika lin (Kataoka-machi 1) ☎027-322-3254	Shonika Meimei Clinic (Shimonjojo-machi) ☎027-387-0733	Inui Shonika Naika lin (Miyamoto-cho) ☎027-322-3252