



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

たかさきこくさいこうりゆうきょうかい

TAKASAKI & YOU

Takasaki City: Population: 374,472 Area: 459.16 km²

Registered Foreign Residents:

There are 5,101 foreign residents from around 60 different countries residing in Takasaki City from China, Philippines, Vietnam, etc... (as at 28th Feb, 2018)

=Information from TIRS=

Cool Takasaki Series - French Cooking Class

Join Baptiste Vogenstahl of Momo Pan Bakery (Egimachi), to enjoy preparing (and eating!) some delicious home-style French food.

Menu: Quiche aux tomates, cake salé, amaretti, etc.

Date: Sunday 13th May 2018

Time: 10am-1pm

Cost: 1000 yen

Place: Chuo Kominkan kitchen (Suehiro-cho)

Sign up: Call the TIRS office on 027-321-1201 from 10am on Tuesday 24th April (be quick, only 10 spaces available).



International Family Gathering

Come with your children to meet other internationally-minded families. Let's enjoy a pleasant day in a beautiful park under the fresh spring sky!

Date & Time: Sunday 13th May, 1pm-4pm (rain or shine!) We will use the indoor space within the park in case of bad weather.

Place: Kannonyama Camp Park Join Us (Notsukemachi 4045).

Public Transport: Take Gururin Bus #1 (Shorinzan Line) from Bus Stop #4 at the west side of Takasaki Station. It's a 27 minute, 200 yen (100 yen for elementary school children) trip to the park.

Bring: A picnic blanket, drinks and snacks, balls/toys for your children, etc.

Sign Up: Contact the International Relations Society (details below).



=Information from Takasaki City=

Late Blooming Spots for Cherry Blossoms

After the hanami parties in city parks are over, you can still visit these spots where the blossoms hang around a bit longer to make the most of the cherry blossom season!

Kurabuchi Seseragi Park

Location: Kurabuchi-machi Iwakoori 27-1

Features: Many cherry trees and other flowers are in blossom during

April. The park has a roller slide and other play equipment as well as a neighboring hot spring for you to take a soak after a fun day outdoors.

Access: 60 minutes drive along Route 406 from Takasaki, or an 80 minute bus ride.

Lake Haruna

Location: Lakeside Haruna

Features: Mountain cherry trees around the perimeter of the lake bloom from late April through to early May. Eat at a lakeside restaurant or stop off at Haruna Shrine on the way.

Access: Take a Gunma Bus from the west side of Takasaki Station bound for Haruna-ko. Takes 90 minutes by bus, 70 minutes by car.



Become a Member for 2018

The International Relations Society has many volunteer opportunities for Japanese and non-Japanese residents, including volunteer interpreters, cultural instructors who can teach language lessons/cooking classes/cultural introduction at schools, and more.

Membership: 2000 yen/year (April-March). Contact the TIRS for more information.

TIRS 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)

Facebook: takasaki.international





Health Check Coupons

Takasaki sends out coupons for reduced price health checks to households in April every year. The coupons can be used at certain hospitals to undergo health checks according to age group and gender. Dates, cost, and content of check-ups is found in the *Kenko-no-Shiori* public health guidebook that will be distributed to all households at the beginning of April.

Inquiries in Japanese: Takasaki General Health Center (Tel: 027-381-6113)

Inquiries in English: TIRS (details on front)

Hoterasu Legal Consultations by Telephone

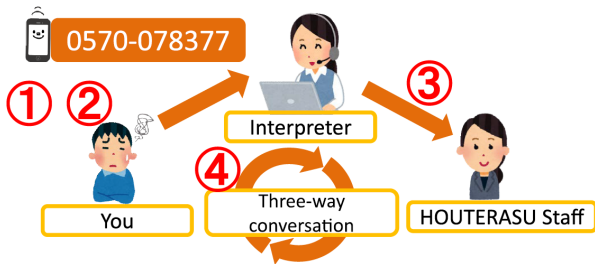
Free advice from legal professionals on divorce, domestic violence, work conditions, visas, accidents, loans, etc.

Interpretation: English, Chinese, Portuguese, Vietnamese, Spanish & Korean

Available: Monday-Friday, 9am-5pm

Cost: Regular call rates apply

HOW to CALL?



Ministry of Justice Human Rights Hotline

Have you been refused an apartment for being foreign? Have you been excluded due to cultural differences? If you are experiencing problems like these, please call the Human Rights Bureau in the Ministry of Justice. This service is available in English, Chinese, Vietnamese, etc.

0570-090911

Monday-Friday, 9am-5pm

*Normal call charges apply

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

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	8th April (Sun)	15th April (Sun)	22nd April (Sun)	29th April (Public Holiday)	30th April (Monday)
Internal Medicine (Naika)	Okamoto Naika Clinic (Kami-Nakai-machi) ☎027-325-5050	Zennoji lin (Kuragano-machi) ☎027-346-2382	Ariga Clinic (Azuma-cho) ☎027-326-1711	Yamana Clinic (Yamana-machi) ☎027-350-5777	Ogura Clinic (Shibasaki-machi) ☎027-352-1811
	Namie Clinic (Kami-Namie-machi) ☎027-362-5808	Otsuka lin (Shimo-Kotori-machi) ☎027-360-3321	Honda lin (Shimo-Toyooka-machi) ☎027-323-8060	Oyama lin (Hamagawa-machi) ☎027-343-6036	Ishizawa lin (Showa-machi) ☎027-327-1911
Pediatrics (Shonika)	Oguri Shonika lin (Kami-Nakai-machi) ☎027-327-7887	Kamio Kodomo Clinic (Dai-machi) ☎027-315-3741	Kodomo Clinic Sone (Kami-Kobana-machi) ☎027-360-4580	Shigeta Kodomo Allergy Clinic (Shimano-machi) ☎027-350-1700	Kami-Orui Byoin (Kami-Orui-machi) ☎027-352-1019