



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

# TAKASAKI & YOU

**Takasaki City:** Population: 374,177 Area: 459.16 km<sup>2</sup>

**Registered Foreign Residents:**

There are 5,221 foreign residents from around 60 different countries residing in Takasaki City from China, Philippines, Vietnam, etc... (as at 31st May, 2018)

## Upcoming International Events

Keep your schedule open for these great upcoming events by the Takasaki International Relations Society

Event	Date
Cool Takasaki Nihonga Museum Tour	Autumn (TBA)
Bus Tour to Asian Rural Institute in Nasu-Shiobara for the Harvest Thanksgiving Celebration	Sunday 14th October, 7am-6pm
Takasaki International Festival	Sunday 21st October
Cool Takasaki Noh Theater Viewing	Sunday 28th October
Cool Takasaki Tea Ceremony	Sunday 11th November
International Family Gathering	Sunday 16th December

## Takasaki Pools are Open!

### Kannyonama Park Pool

**Open:** Saturday 30th June-Sunday 2nd September 2018

**Times:** 9am-4:30pm

**Entrance:** ¥100 (elementary school students and older, younger free).

**Facilities:** Parents room, shaded rest areas, right next to the new park.

**Transport:** Special bus running from west side of Takasaki station to the pool during the summer (¥200 one way, ¥100 for elementary school students).

### Other City Pools

**Yoshii & Misato Pools:** 7/14-8/31, 9am-12 noon & 1pm-4:30pm. Yoshii Pool entrance ¥150 (high school & older), ¥100 (junior high & younger). Misato Pool entrance ¥200 (high school and older), ¥100 (junior high and younger).

**Gunma Pool:** 7/14-8/31, 9am-12:30pm & 1:30pm-



5pm. Entrance is free.

**Jonan Pool:** 7/14-8/31, 9am-5pm. Entrance ¥310 (high school and older), ¥150 (junior high and younger).

**Hamagawa Pool:** 7/7-8/31, 9am-5pm. Entrance ¥310 (high school and older), ¥150 (junior high and younger).

## Takasaki Milky Way Festival

**Date & Time:** Saturday 7th July, 11am-8pm

**Place:** Park under Wadabashi Bridge

**Details:** Takasaki pasta, sweets and local specialties on sale, jumbo slide, children's attractions, rescue helicopter demonstration, earthquake simulator, live performances, giveaway of potted plants, bonfire, star viewing, etc.



## Preventing Heat Stroke

**Symptoms:** Tingling in hands and toes, dizziness, light-headedness, muscular cramps, nausea, throbbing headache, body feels hot, high temperature, unable to sweat, fainting or loss of consciousness.

**If you suspect heat stroke:** Move the person to a cool place out of the sun and offer fluids and a wet towel. In more severe cases, call an ambulance or see a doctor.

**Preventative measures:** Drink fluids even when you don't feel thirsty, use your air conditioner if room temperature is 28 degrees or humidity is above 70%, wear a hat or use a parasol, wear loose-fitting cool clothing and use a cooling towel.

## Receive this Newsletter by Email

Send an email to: [office@takasaki-irs.org](mailto:office@takasaki-irs.org)

**Subject="Request for Newsletter Notification"**

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](mailto:office@takasaki-irs.org)

Website: [www.glocalfive.net/tirs/](http://www.glocalfive.net/tirs/) (Japanese, English, Chinese & Portuguese versions)

Facebook: [takasaki.international](https://www.facebook.com/takasaki.international)





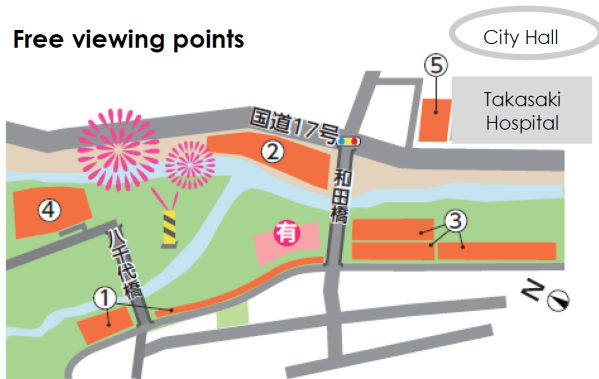
## 44th Takasaki Festival & Fireworks

Weekend of 4th and 5th August 2018  
Central Takasaki

**Major Attractions:** Wadaiko drum performances, Awa-odori dancing through the streets, float parade, carrying of portable shrines and fireworks display.

**Fireworks Display:** 7:40-8:30pm on Saturday 4th August 2018. Free vantage points include Takasaki Park, the sports parks on the far side of Wada-bashi Bridge, green areas along the river and the parking lot behind Takasaki Hospital. Get a space from 8am on the morning of the display.

### Free viewing points



**有** = area requiring a ¥2000 ticket

1. Notsuke & Yachiyo Sports Parks
2. Riverside grassy area (max. 5,000 people)
3. Wada-bashi Sports Park
4. Former golf course (now a park)
5. Parking lot of Soka Gakkai building

## Become a Member of TIRS

**Membership Dues:** ¥2000/year

**Valid:** Until March 2019

**Benefits:** Priority sign up and discount for some events, bi-monthly newsletter delivered to your door, join 300 likeminded members to support Takasaki's Japanese classes, volunteer interpreters, international activities and exchange! Contact the TIRS office for more information on how to join.

**See our leaflet!**

### AMDA International Medical Information Center

TEL: 03-6233-9266

(Monday-Friday, 10am-3pm)

Introduction of medical facilities with staff who speak the patients' language and explanation of the Japanese health care system.

### TELL Tokyo English Life Line

Every day for 45 years TELL Lifeline has been providing important connections and support to people all across Japan. We save lives.

TEL: 03-5774-0992

(9am - 11pm every day)

<https://telljp.com/lifeline/>



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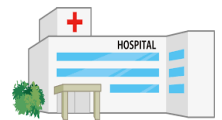
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## 休日当番医

'**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	Sun 1st July	Sun 8th July	Sun 15th July	Sun 16th July (Pub. Hol.)	Sun 22nd July	Sun 29th July
Internal Medicine (Naika)	Yoshida Shokaki Naika Clinic (Oyagi-machi) ☎027-388-1079	Jinseido lin (Ino-machi) ☎027-362-2833	Igusa lin (Tenjin-cho) ☎027-362-2833	Tsukioka Naika lin (Iwahana-machi) ☎027-346-1226	Kobayashi Naika Ichoka lin (Ino-machi) ☎027-362-5188	Naika Okajo Clinic (Watanuki-machi) ☎027-395-6116
	Honobono Shinryosho (Yachiyo-machi 1) ☎027-386-6385	CBC Clinic (Egi-machi) ☎027-321-2111	Akagi Clinic (Shimo-Kobanawa-machi) ☎027-340-7400	Momonoki Clinick (Yawata-machi) ☎027-344-3130	Toyooka Kokyukika Naika Clinic (Kami-Toyooka-machi) ☎027-340-1159	Hanamizuki Naika (Shimo-Kotori-machi) ☎027-329-7007
Pediatrics (Shonika)	Kaizawa Chuo Byoin (Watanuki-machi) ☎027-363-7001	Koizumi Shigeta Shonika (Iizuka-machi) ☎027-362-5811	Arai Kinder Clinic (Shimo-Nakaimachi) ☎027-325-4152	Hiura lin (Kenzaki-machi) ☎027-344-1175	Hosoya Narishige Clinic (Oki-machi) ☎027-343-0230	Hamajiri Clinic (Hamajiri-machi) ☎027-363-8311