



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

たかさきこくさいこうりゅうきょうかい

TAKASAKI & YOU

Takasaki City: Population: 373,674 Area: 459.16 km²

Registered Foreign Residents:

There are 5,098 foreign residents from around 60 different countries residing in Takasaki City from China, Philippines, Vietnam, etc... (as at 31st March, 2018)

=Information from TIRS=

Interpreting Service for Everyday Life

The Takasaki International Relations Society offers free language assistance in English and other languages for foreign residents who don't speak Japanese. The volunteers can help out with administrative procedures at city offices, school meetings, general health checkups at public health centers, and in other situations that are not for profit and do not require specialist knowledge. To use the service, contact the TIRS office (details below) at least 1 week in advance.



Tabunka Salon (Philippines)

Date & Time: Sunday 1st July 2018, 10am-11:30am

Place: Chuo Kominkan (Suehiro-cho)

Cost: ¥500 (bring your own cup)

Come and enjoy learning about the Philippines with our guest and enjoy a snack and a drink.

Free Telephone Legal Consultations

Organized by the Kanto Federation of Bar Associations, you can access legal information relating to immigration, family matters, labor issues and other general legal problems. An interpretation service is available in English, Tagalog, Vietnamese, Thai, Chinese, Spanish and Portuguese. *Approximate time for each consultation is 30 minutes. Please call back if the line is busy. Normal phone charges apply.

Date: Saturday 26th May 2018

Reception Hours: 1:30pm-4:30pm

TEL: 03-3501-2166

Receive this Newsletter by Email

Send an email to: office@takasaki-irs.org

Subject="Request for Newsletter Notification"

Global Café

Spring Period: 10th May to 26th July (every Thursday for a total of 9 sessions)

Time: 6:30pm-8pm

Place: Takasaki Sogo Fukushi Center (Suehiro-cho)

Participation Fee: ¥100

Aim: Get together and speak English, exchange ideas and enjoy group discussions.

Registration: Not needed. Just turn up on the day.

More Information: Gunma Prefectural Women's University (TEL: 0270-65-8511).

Yoshii Doronko Matsuri (Mud Festival)

Date & Time: Sunday 3rd June 2018, from 10am

Place: Yoshii-machi, Taira

The Yoshii Doronko Matsuri features eel catching, obstacle races, soccer in the mud, children's festival attractions, performances, and local food stalls.



高崎市国際交流協会

Takasaki International Relations Society

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





Health Check Coupons

Takasaki sends out coupons for reduced price health checks to households every year. The coupons can be used at certain hospitals and clinics to undergo different health checks according to age group and gender (see right). Details about dates, cost, and content of each checkup can be found in the *Kenko-no-Shiori* public health guidebook that was distributed to all households at the beginning of April.



Type of examination	Applicable age
Lung cancer/tuberculosis *	People aged 40 and over
Stomach cancer (barium contrast x-ray) *	People aged 40 and over
Stomach cancer (endoscopy)	40, 45, 50
Stomach cancer (ABC)*	40, 45, 50
Pylori bacteria test	People aged 20 to 39 who have not had the test before
Colon cancer *	People aged 40 and over
Breast cancer *	Women 40 and over who did not take this exam last year
Cervical cancer *	Women aged 20 and over
Bone density	Women aged 40, 45, 50, 55, 60, 65, 70
Prostate cancer *	Men aged 50 and over
General check up for lifestyle-related disease (hatsuratsu)	19-39 year olds
Hepatitis virus	People aged 40-75 who have never been tested
Dental health check up	30, 40, 50, 60, 70
Influenza	People aged 65 and over

*Able to be taken as part of a set of check ups offered at the General Health Center.

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

Inquiries in English: International Relations Corner, Takasaki City Hall (Tel: 027-321-1201)

Become a Member of TIRS

Membership Dues: ¥2000/year
Period: April 2018-March 2019
Benefits: Priority sign up and discount for some events, bi-monthly newsletter delivered to your door, join 300 likeminded members to support Japanese classes, volunteer interpreters, international activities and exchange in Takasaki! Contact the TIRS office for more information on how to join.

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	13th May (Sun)	20th May (Sun)	27th May (Sun)	3rd June (Sun)	10th June (Sun)	17th June (Sun)
Internal Medicine (Naika)	Takagi Iin (Egi-machi) ☎027-322-1540	Fujie Naika Iin (Kami-Taki-machi) ☎027-352-7800	Monden Naika Clinic (Tenjin-cho) ☎027-384-3701	Matsuzaki Iin (Shimano-machi) ☎027-352-1278	Iwata Badizu Clinic (Yanaka-machi) ☎027-347-4560	Iwata Naika Clinic (Ishihara-machi) ☎027-327-1241
	Toori-machi Shinryoshō (Toori-machi) ☎027-322-6534	Numano Clinic (Yanagawa-cho) ☎027-322-2926	Matsumoto Iin (Aioi-cho) ☎027-322-5913	Uehara Naika Iin (Naka-Toyooka-machi) ☎027-327-6955	Nishimura Iin (Showa-machi) ☎027-388-1811	Mori Naika Clinic (Rakuma-machi) ☎027-343-7568
Pediatrics (Shonika)	Shonika Asahi Clinic (Yanaka-machi) ☎027-345-2323	Kodomo no Mori Shinryoshō (Iizuka-machi) ☎027-388-8863	Shonika Meimei Clinic (Shimonjo-machi) ☎027-387-0733	Terao Kodomo Clinic (Terao-machi) ☎027-324-7788	Kaminakai Family Clinic (Kami-Nakai-machi) ☎027-326-4155	Shigeta Kodomo Allergy Clinic (Shimano-machi) ☎027-350-1700