



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

TAKASAKI & YOU

Takasaki City: Population: 373,114 Area: 459.16 km²

Registered Foreign Residents:

There are 5,848 foreign residents from around 60 different countries residing in Takasaki City from China, Philippines, Vietnam, etc... (as at 31st January 2020)

=Information from TIRS= Spring Japanese Classes

The Takasaki International Relations Society (TIRS) offers Japanese courses for local foreigners throughout the year at 5 locations around the city. They are taught by our volunteer staff, and students are separated into small groups according to ability.

Cost: ¥500 yen per 10 lesson course

Chuo Kominkan (Suehiro-cho 27)

Tuesdays 10am-12 noon; 12th May-21st July

Thursdays 7pm-8:30pm; 14th May-16th July

Saturdays 1:30pm-3:30pm; 16th May-18th July

Nakai Kominkan (Nakai-machi 3-21-1)

Wednesdays 6:30pm-8pm, 13th May-15th July

Gunma Fukushi Kaikan (Munadaka-machi 977-1)

Mondays 7pm-8:45pm; 11th May-13th July

Shinmachi Bunka Hall (Shinmachi 3190-1)

Wednesdays 10am-11:45am; 13th May-15th July

Saturdays 10am-11:45am; 16th May-18th July

Yoshii Nishi Community Center (Yoshii-machi Nagane 525)

Tuesdays 7pm-8:30pm; 12th May-21st July

Registration: Contact the TIRS up to one week before the start of the course you wish to attend (contact details at bottom). Let us know:

- Name, address, telephone number
- Nationality, length of time spent in Japan
- Whether you can read/write hiragana or katakana and your speaking level
- Language learning goals
- Course you want to attend

One-Stop Consultation Center for Foreign Residents

Regular Consultations

Consultation is available in languages such as English, Vietnamese, Chinese, and others on a range of issues including visas, finding a job, medical care, welfare, childbirth, education, etc., and about COVID-19.

Hours: 9am-5pm, Monday to Friday

Consultation with Immigration Officers

Date & Time: 4th Tuesday of every month, 10:30am-3pm (next date is April 2020)

Consultants: Officers from Immigration Services Agency in Tokyo

Interpreting: English, Chinese, Portuguese, Spanish and Vietnamese.

No appointment is required, just show up!

Open weekends in April

Open: TBA on "Gunma Onestop Center in English" Facebook page

Hours: 10am-4pm

Interpreting: English available at all times, please check for other languages.

Place: One-Stop Center for Foreign Residents of Gunma

Location: 1st Floor Showa Prefectural Bldg, 1-1-1 Ote-machi, Maebashi

TEL: 027-289-8275

=Information from Takasaki City= Cancelled Spring Events

Misato Plum Festival

Due to the ongoing spread of COVID-19, many events that were to be held this spring have been cancelled, postponed or reduced in size. Check your information before heading out this season. Shinmachi Cherry Blossom Festival CANCELLED Takasaki Haru Matsuri CANCELLED

Novel Coronavirus COVID-19

What is the Coronavirus?

COVID-19 was discovered in China in December 2019, and is an infectious virus that affects the respiratory system. It causes coughing, fevers and pneumonia. It is transmitted through coughing/sneezing and direct contact with contaminated surfaces. There are currently 14 cases in Gunma.

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





Common Symptoms

- Cold symptoms and/or a fever above 37.5°C which lasts for 4 days or more (2 days or more for the elderly or those with preexisting health conditions)
- Heavy physical fatigue or trouble breathing

If you have these symptoms...

If you suspect you have coronavirus, especially if you have recently returned from overseas or been in contact with someone who has, please call one of the consultation centers below for information about medical facilities that can treat you. Do not go directly to a clinic or hospital without calling first! Once told to do so, wear a mask and make your way to the medical facility using private transport.

Preventing the Spread of COVID-19

- Don't go to work or school if you have a cold or fever
- Wear a mask, especially if you have a cough or sneezing, and maintain good hygiene when disposing of it
- Cough or sneeze into a tissue or the crook of your arm, and throw it away immediately
- Wash hands thoroughly and regularly, especially before and after eating, using the bathroom and coming in from outside
- Use an alcohol-based disinfectant to wipe down surfaces like benches, door knobs, etc.
- Avoid visiting crowded areas and maintain a distance of 1.5m from people around you as much as possible
- Keep rooms well ventilated and maintain a healthy lifestyle

Consultation Centers

Japan Visitor Hotline

Provides assistance in case of accidents and emergencies, including about COVID-19. Support is available in English, Chinese, and Korean.

TEL: 050-3816-2787 (24hrs/day, 365 days/year)

Takasaki City Public Health Center

Information in Japanese only about the virus and relevant medical institutions.

TEL: 027-381-6112 (Mon-Fri, 8:30am-5:15pm)

More Information (Easy Japanese, English & other languages) <http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>



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	Sun 5th April	Sun 12th April	Sun 19th April	Sun 26th April	Wed 29th April (Pub. Hol.)	
Internal Medicine (Naika)	Jinseido Iin (Ino-machi) ☎027-361-4165	Takasaki Kenko Fukushi Daigaku Fuzoku Clinic (Minamiorui-machi) ☎027-388-8840	Iwata Naika Clinic (Ishihara-machi) ☎027-327-1241	Ariga Clinic (Azuma-cho) ☎027-326-1711	Sato Shonika Naika Iin (Sakae-machi) ☎027-322-4498	
	Akagi Clinic (Shimokobana-machi) ☎027-340-7400	Shimizu Ichoka Naika Clinic (Machiya-machi) ☎027-3360-4771	Hosoya Clinic (Oki-machi) ☎027-343-0230	Kita Takasaki Clinic (Ohashi-machi) ☎027-322-2707	Nishioka Iin (Hamagawa-machi) ☎027-344-2252	
Pediatrics (Shonika)	Kodomo no Mori Shinryosho (Iizuka-machi) ☎027-388-8863	Shiroyama Clinic (Shiroyama-machi 2) ☎027-327-2759	Oguri Shonika Clinic (Kaminakai-machi) ☎027-327-7887	Kamiorui Byoin (Kamiorui-machi) ☎027-352-1019	Koizumi Shonika Iin (Renjaku-cho) ☎027-322-3985	