



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

# TAKASAKI & YOU

**Takasaki City:** Population: 373,461 Area: 459.16 km<sup>2</sup>

**Registered Foreign Residents:**

There are 5,503 foreign residents from around 60 different countries residing in Takasaki City from China, Philippines, Vietnam, etc... (28th February 2019)

=Information from TIRS=

## Cool Takasaki - Philippine Cooking Class

Cool Takasaki is a Takasaki International Relations Society project that aims to bring authentic cultural experiences to the city. Participants use Facebook and other social media to record their experience, and promote the rich selection of Japanese and international cultures in Takasaki.

### Philippine Cooking Class

**Date & Time:** Tuesday 25th June 2019, 10am-1pm

**Place:** Chuo Kominkan (Suehiro-cho 27)

**Cost:** ¥1000

**Teacher:** Ms. Sheril Takase, owner of Siesta Café Philippine restaurant in Ukechi-machi, Takasaki.

**Menu:** Chicken inasal, adobo, pinakbet, tapioca juice, etc., enjoyed boodle-fight style on banana leaves.

Maximum Participants: 10

**Sign Up:** Call the TIRS (027-321-1201) from 10am on Tuesday 11th June.



## Tabunka Salon - North Macedonia

**Date & Time:** Saturday 13th July 2019, 2pm-3:30pm

**Place:** Chuo Kominkan (Suehiro-cho 27)

**Cost:** ¥500

**Teacher:** Kristijan Laskovski will talk about the culture, history and music of his homeland, and then participants will enjoy snacks and drinks.

**Maximum Participants:** 20

**Sign Up:** Call the TIRS office from 10am on Tuesday 18th June.

## International Family Gathering

**Date & Time:** Sunday 23rd June 2019, 10am-12:30pm

**Place:** Kita Kominkan (Showa-machi)

**Cost:** ¥300 per family

**For:** Families who are interested in making friends with others from diverse backgrounds.

**Details:** Come and meet other international families and enjoy some light activity with the Japanese sports day-style events we've planned, including a jumbo baton relay, bread eating race and a ball-toss game.

**Maximum Participants:** 50

**Sign Up:** Call the TIRS before Wednesday 19th June.



## Children's Japanese Language Support Volunteer Recruitment

The TIRS is now recruiting people to become Japanese language support volunteers, and help children from diverse cultural and linguistic backgrounds to learn the Japanese needed for school life and help them with their school work. In this course you will learn the basic principles needed for helping children to learn Japanese from a university instructor as well as observe actual classes.

**Course Dates & Time:** 24th & 31st August, and 7th & 14th September, 10am-4pm each day, for a total of 20 hours of study.

**Eligible People:** Those who are able to volunteer upon completion of the course. No prior knowledge or ability in a language other than Japanese is required.

**Cost:** ¥1000

**Maximum Participants:** 20 (selected based on merit)

**Sign Up:** Complete an application form available at the TIRS office, and submit it by Wednesday 31st July.

TIRS Takasaki International Relations Society (International Relations Corner)  
2nd Floor Takasaki City Hall, Takamatsu-cho 35-1, Takasaki, 370-8501

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





## Free Legal Consultations for Foreigners

**Day & Time:** Sunday 23rd June 2019, 10am-3pm

**Place:** Kiryu Shimin Bunka Kaikan, 4th floor (Kiryu-shi, Orihime-cho 2-5)

**Consultations:** Confidential consultations with interpreting with legal professionals including administrative scriveners, social insurance specialists, etc.

**Interpreting:** English, Portuguese, Chinese, Spanish and Tagalog available

**Appointments:** Call the Association of Tourism Local Products and International Relations on 027-243-7271 in advance, or 090-1215-6113 on the consultation day. \*Appointments recommended

## =Information from Takasaki Koho Magazine= 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.

**Check Types:** Lung, stomach, colon, breast, cervical, prostate cancer checks; bone density, hepatitis, dental health, and general lifestyle-related disease assessment.

**More Information:** 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.



## Free City Center Shuttle

This is a new service linking the west exit of Takasaki Station with restaurants and stores that are less accessible on foot. The "Omise Gururin Taxi" will run continuous circuits from 10am to 6pm daily. To hail the driver, just raise your hand. You can get on or off anywhere along the route.

**Route:** See map below

**Cost:** Free



Look out for these flags

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 June (Sun)	9th June (Sun)	16th June (Sun)	23rd June (Sun)	30th June (Sun)
Internal Medicine (Naikai)	Iwata Badizu Clinic (Yanaka-machi) ☎027-347-4560	Shimizu lin (Shigoka-machi) ☎027-322-0534	Horigome lin (Kuragano-machi) ☎027-346-2336	Horikoshi Naika Clinic (Kaminakai-machi) ☎027-323-3653	Makimoto lin (Shibazuka-machi) ☎027-322-3623
	Tsuchiya Naika lin (Tonya-machi 2) ☎027-360-3555	Nishimura lin (Showa-machi) ☎027-388-1811	Numano Clinic (Yanagawa-cho) ☎027-322-2926	Kita Takasaki Clinic (Ohashi-machi) ☎027-322-2707	Shimizu Ichoka Naika Clinic (Machiya-machi) ☎027-360-4771
Pediatrics (Shonika)	Kamiorui Byoin (Kamiorui-machi) ☎027-352-1019	Oyama Shonika lin (Kuragano-machi) ☎027-346-0880	Kaizawa Chuo Byoin (Higashi Kaizawa-machi) ☎027-363-7001	Matsushima Shonika lin (Kaizawa-machi) ☎027-361-5823	Koizumi Shigeta Shonika (Iizuka-machi) ☎027-362-5811