



Takasaka International Relations Society

たかさきこくさいこうりゅうきょうかい
高崎市国際交流協会

TAKASAKI & YOU

Takasaki City: Population: 373,369 Area: 459.16 km²**Registered Foreign Residents:**

There are 5,738 foreign residents from around 60 different countries residing in Takasaki City from China, Philippines, Vietnam, etc... (as at 31st October 2019)

=Information from TIRS=

Legal Consultation for Foreigners in Takasaki

Free, confidential legal counselling for foreigners with interpreting in English, Portuguese, Spanish, Chinese and Tagalog.

Next Consultation Day: Sunday 8th December 2019**Time:** 10am-3pm**Place:** Takasaki Chuo Kominkan (Suehiro-cho 27)**Consultants:** Lawyers, immigration lawyers, labor and pension specialists**More Information & Appointments:** Gunma Association of Tourism, Local Products & International Exchange TEL: 027-243-7271 or 090-1215-6113 on the day.

One Stop Consultation Center for Foreign Residents of Gunma

Hours: 9am-5pm (closed weekends, public holidays, and year-end period)**Services:** Consultations about resident status, job seeking, medical and welfare services, childbirth, child rearing, schooling, etc.**Place:** 1st floor Showa Prefectural Building (1-1-1 Ote-machi, Maebashi)**Contact:** 027-289-8275, gtia-intlgrp@gtia.jp**Languages:** English, Chinese, Spanish, Portuguese, Vietnamese, and electronic translations used for any other foreign languages.

=Information from Koho Takasaki Magazine= Takasaki Pageant of Starlight



Hundreds of thousands of tiny Christmas lights will once again decorate the streets of central Takasaki, turning it into a festive wonderland of light! Massive Christmas trees, floating

light objects on the moat, champagne goblets along Symphony Road, and much more will greet you.

Period: Saturday 23rd November 2019-Sunday 5th January 2020, lit up from 5pm-10pm (until midnight on Fridays, Saturdays and Sundays)**Place:** Central city area from the station to city hall

Takasaki Daruma Market

Date & time: Wednesday 1st and Thursday 2nd January 2020, 10am-4pm each day**Place:** Takasaki Station West Street**Activities:**

- Take one of the buses leaving regularly from the station to popular shrines to make your first visit to a shrine for the new year (hatsu-mode)
- Check out the Daruma stalls of local artisans and find your special doll to take home
- Enjoy local specialty food and drink from one of the many outdoor food stands



Other Winter Lights Displays

Lake Haruna Illumination Festa

Friday 6th December-Saturday 28th December 2019, 5pm-10pm, near Lake Haruna Visitor Center. Features fireworks displays (7th, 10th, 13th, 17th, 20th and 26th December), laser shows, go carting, cable car trips to the top of the mountain and other special events during the Festa.

Shinmachi Illumination Festa

Sunday 1st December 2019-Friday 31st January 2020, 4:30pm-10pm in the area around JR Shinmachi Station.

Nozomi-no-Sono Illumination

Monday 2nd-Tuesday 31st December 2019, sun-down to 8pm in Terao-machi.



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



December 2019

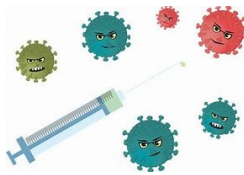
TAKASAKI & YOU



Take Care during Influenza Season

What is Influenza?

- A viral infection causing a fever, headaches, muscle aches, cough, sore throat, lethargy, etc.
- Takes more than one week to recover, and is generally worse than the common cold.
- Children, the elderly, and people with underlying medical conditions are especially vulnerable and can face complications.



How can I lessen my chances of getting it?

- Get immunized. Consult your doctor for more information about timing and doses.
- Avoid crowds, and wash hands/rinse mouth after coming in from outside.
- Maintain a healthy lifestyle (diet, sleep, exercise).

What if I think I have influenza?

- Contact your doctor in advance and arrange an appointment to confirm if you have the virus.
- Ask about the law in relation to influenza infection. You may be required to take a certain number of days off work/school.
- Wear a mask and try to stay away from others. Use tissues when you cough or sneeze, and wash hands regularly.

Receive this Newsletter by Email

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

Subject="Request for Newsletter Notification"

SOS Service for Families of Small Children

TEL: 027-384-8009, 8:30am-6pm daily

This is a home helper-style service provided by Takasaki city, aimed at supporting families by taking away some of the burden of household chores. A helper will visit you at home generally within one hour of your call to help you with what you need done.

Can be used by:

- Residents of Takasaki who have children not yet in elementary school
- Can be used even by families with grandparents living with them

Can help with:

- Help with feeding, changing and bathing children
- Meal preparation for the family, tidying up after meals
- Cleaning the living room, kitchen or toilet
- Doing laundry and ironing
- Running errands to the supermarket, paying bills
- Listening to parents' concerns, giving advice

Cost: 250 yen per hour (paid in cash on the day)

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/>

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 1st Dec	Sun 8th Dec	Sun 15th Dec	Sun 22nd Dec	Sun 29th Dec	Mon 30th Dec
Internal Medicine (Naika)	Horikoshi Naika Clinic (Kaminakai-machi) 027-323-3653	Makimoto Iin (Shibazuka-machi) 027-322-3623	Igusa Iin (Tenjin-cho) 027-362-2833	Kobayashi Naika Ichoka Iin (Ino-machi) 027-362-5188	Ariga Clinic (Azuma-cho) 027-326-1711	Aizawa Clinic (Egi-machi) 027-322-6224
	Nishioka Iin (Hamagawa-machi) 027-344-2252	Kiriyama Clinic (Suehiro-cho) 027-310-1234	Namie Clinic (Kaminami-machi) 027-362-5808	Sato Kokyukika Iin (Iizuka-machi) 027-362-5122	Fujie Naika Iin (Kamitaki-machi) 027-352-7800	Toori-machi Shinryo-sho (Toori-machi) 027-322-6534
Pediatrics (Shonika)	Shonika Sato Iin (Yanagawa-cho) 027-322-2145	Shonika Meimei Clinic (Shimonojo-machi) 027-387-0733	Terao Kodomo Clinic (Terao-machi) 027-324-7788	Shigeta Kodomo Allergy Clinic (Shimano-machi) 027-350-1700	Hamajiri Clinic (Hamajiri-machi) 027-363-8311	Koizumi Shonika Iin (Renjaku-cho) 027-322-3985