



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

=Information from TIRS= Cool Takasaki

Cool Takasaki is the name given to special classes that aim 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.

Shinmachi Doll Festival & Decorative Sushi Roll Making Class For people with foreign backgrounds

Hina Matsuri is celebrated on the 3rd March each year, and is often referred to as the Doll Festival because of the tiered displays of ornamental dolls that are put on show in private homes and businesses. Every year the Shinmachi area of Takasaki puts on a huge event celebrating the festival, and stores and houses in the area display their dolls for the public to admire. There are also flea markets, outdoor food and drink stalls and live entertainment in the nearby park.

Class Details: Learn to prepare sushi in the shape of prince and princess Hina dolls made by rolling different colored sushi rice decorated with sesame, seaweed, egg, cucumber, etc. (see picture). Enjoy eating what you've prepared accompanied by green tea. Take a short tour of the beautiful doll displays near the community center.

Date & Time: Saturday 29th February, 11am-2pm

Place: Shinmachi Community Center (Shinmachi 2271-1), a 5 minute walk from JR Shinmachi Station.

Cost: ¥1000

About the Teacher: Licensed decorative sushi instructor, Ms. Fumiko Takahashi

Sign Up: Call, email, or contact us by Facebook now—contact details at bottom (first 16 people)



Let's Think About Fair Trade

Date & Time: Sunday 16th February, 10am-12 noon

Place: Chuo Kominkan (Suehiro-cho 27)

Cost: Free

Presenter: Yukiko Oyanagi, vice principal of Asian Rural Institute (Tochigi Prefecture)

Details: An interactive presentation for elementary and junior high school children and their parents to come and think about what fair trade means, and how we can be conscious of it in our daily lives.

Sign Up: Call the TIRS office by Thursday 13th Feb

Multicultural Exchange

Date & Time: Sunday 15th March, 1:30pm-4pm

Place: Takasaki General Welfare Center (Suehiro-cho 115-1)

Cost: ¥200

Details: Let's get together and enjoy quizzes, games and talking about our opinions on different topics. The event is held in Japanese (so if you want to practice your Japanese, it's a good opportunity), but we can also cater to people who don't speak Japanese.

Maximum Participants: 30 (in order of sign up)

Sign Up: Call the TIRS office (details at bottom)

=Information from Takasaki City= Takasaki HANABI Concours

The inaugural Takasaki HANABI Concours is a platform for Japan's best up-and-coming pyrotechnicians to show off their skills in the Kurabuchi sky this winter. Aside from the fireworks competition, there will be stalls selling warm food and drinks, and Japanese drum performances to warm you up.

Date & Time: Saturday 1st February, from 5:30pm (held 2nd Feb in case of bad weather)

Place: Roadside Station Oguri-no-Sato (Kurabuchi-machi Sannokura 296-1)



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





8th Haruna-san Hill Climb in Takasaki Saturday & Sunday 16th & 17th May 2020

Enjoy Haruna-san Hill Climb's challenging courses and the beautiful landscapes of Takasaki!

Course/Distance/Entry Fees:

1. Lake Haruna Course: Total distance = 16.1km (Actual race distance = 14.7km/Average gradient = 6.0%), entry fee ¥7000
2. Haruna Shrine Course: Total distance = 11.6km (Actual race distance = 11.4km/Average gradient = 5.2%), entry fee ¥6000
3. Beginners Course: Total distance = 6.7km (Actual race distance = 6.5km/Average gradient = 4.6%), entry fee ¥5000

Entries: Accepted from 18th January, via Runnet on the event website (www.haruna-hc.jp)

Inquiries in Japanese:

Haruna-san Hill Climb in Takasaki Executive Office
900-1 Shimo-Muroda-machi, Takasaki City
TEL: 027-374-6715, FAX: 027-374-5035

Avoiding Gastroenteritis

The number of people suffering from viral stomach upsets caused by norovirus has increased. Cases usually peak in winter between December and February. Norovirus is transmitted by eating food contaminated with the virus, or hand to mouth transmission, and causes severe vomiting, diarrhea, nausea, etc.

Preventative measures: Thorough handwashing with soap before eating and after using the bathroom and wiping hands with paper towel (don't share towels), disinfecting commonly touched surfaces like door handles and rails with a solution of

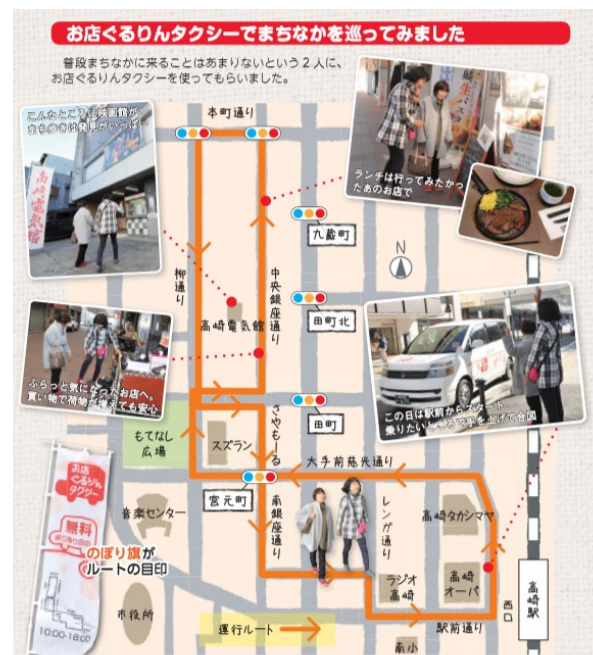
two caps of bleach to 2 liters of water, and the thorough heating of shellfish like oysters and clams.

Free City Center Shuttle

This service links the west exit of Takasaki Station with restaurants and stores further away. There are 2 Omise Gururin Taxis running 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, just look out for the flags.

Route: Station west, Takashimaya, Jiko-dori, Suzuran, Motenashi Square, Chuo Ginza, Moto-machi, Yanagi-dori, Saya Mall, Minami Ginza, Radio Takasaki, Opa, Station west. See map below

Cost: Free



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 2nd Feb | Sun 9th Feb | Tues 11th Feb (Pub. Hol) | Sun 16th Feb | Sun 23rd Feb | Mon 24th Feb (Pub. Hol) |
|---------------------------|--|---|--|--|--|---|
| Internal Medicine (Naika) | Okajo Clinic (Watanuki-machi) ☎027-395-6116 | Zennoji lin (Kuragano-machi) ☎027-346-2382 | Aihara lin (Shimotaki-machi) ☎027-352-1272 | Sakurai lin (Shibasaki-machi) ☎027-352-1270 | Yamauchi lin (Kita Futaba-cho) ☎027-322-6338 | Michimata Naika Higashiguchi Shin-ryosho (Sakae-cho) ☎027-395-6356 |
| | Hanamizuki Naika (Shimokotori-machi) ☎027-329-7007 | Shimizu Naika (Iizuka-machi) ☎027-362-2838 | Hagiwara Naika lin (Shimotoyooka-machi) ☎027-328-1222 | Mori Naika Clinic (Rakuma-machi) ☎027-343-7568 | Yawata Clinic (Yawata-machi) ☎027-343-2247 | Nakazawa lin (Tsukunawa-machi) ☎027-361-2996 |
| Pediatrics (Shonika) | Inui Shonika Naika lin (Miyamoto-cho) ☎027-322-3252 | Kaizawa Chuo lin (Higashi Kaizawa-machi 3) ☎027-363-7001 | Kodomo Clinic Sone(Kamikobana-machi) ☎027-360-4580 | Kamioka Kodomo Clinic (Dai-machi) ☎027-315-3741 | Shonika Meimei Clinic (Shimonojo-machi) ☎027-387-0733 | Terao Kodomo Clinic (Terao-machi) ☎027-324-7788 |