



Time Out

Volume 306

April 2017

Iwaki City Monthly Event & Information Guide

Jangara-Eisa Combined Performance on anniversary of 3.11

Saturday 11 March marked six years since the tragic tsunami caused by the Great East Japan earthquake struck the east coast of Tohoku, including Iwaki. As a way of paying respect to those lives lost on 3.11, Eisa groups from Tokyo and local Jangara groups performed in several locations within the city.



During the morning and early afternoon, performances were held at Usuiso – the area where the most casualties in Iwaki were recorded – Shioyasaki Lighthouse and Hisanohama – also areas that received significant flooding from the tsunami. Later in the evening, all of the Jangara and Eisa groups made individual dances at the Tsuru Footbath in Yumoto, before finishing the night with a combined performance that also involved members of the audience.

Eisa is a folk dance originating from Okinawa and is believed to be inspired by Iwaki's Jangara. It also has a similar purpose of helping guide the spirits of the deceased to the afterlife. There is an Eisa group active in Iwaki – so those who missed out on this recent event may still have the chance to see this incredible dance in the future.



Counselling Service for Foreigners

Yorisoi Hotline (Helpline for Foreigners): Consultation service available in Japanese, English, Korean, Tagalog, Chinese, Spanish, Portuguese and Thai. Available languages vary depending on time. Are you having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement or human trafficking? Please call us about any problem you may have. Your privacy will be protected. Free. TEL: 0120-279-226. Mon-Fri, 10am-10pm.

TELL Lifeline: TELL is a professional non-profit organisation that provides counselling to English-speaking foreigners all over Japan. The lifeline is staffed by highly trained volunteer phone counsellors and provides free, non-judgemental and confidential phone counselling and information 365 days a year from 9am - 11pm.

TEL: 03-5774-0992.

For more information, check out their website at <http://www.telljp.com> or e-mail them at admin@telljp.com.

Safety and Consultation Centre for Women (Police Box in front of Iwaki Station): For consultations related to women's safety. Free. Can only speak Japanese. 10am-6pm daily. TEL: 0246-25-9344.

Time Out is produced by the Tourism Exchange Division Iwaki City Hall

21 Aza Umemoto, Taira, Iwaki City

Fukushima Prefecture 970-8686

Tel: 0246-22-1279 Fax: 0246-22-7581

Email: kankokoryu@city.iwaki.fukushima.jp

mcmullen-b@city.iwaki.fukushima.jp

The Tourism Exchange Division and the IIA are open to the public. Please feel free to drop by, call, or e-mail us anytime.

Iwaki City's Official Website:

<http://www.city.iwaki.lg.jp/www/index.html>

Iwaki International Association's Official Website:

<http://www.ia-fukushima.or.jp>

いわき市役所 観光交流課

〒970-8686 福島県いわき市平字梅本 21

電話: 0246-22-1279 FAX: 0246-22-7581

E-mail: kankokoryu@city.iwaki.fukushima.jp

mcmullen-b@city.iwaki.fukushima.jp

観光交流課及び公益財団法人いわき市国際交流協会は皆さんを歓迎します。お気軽にお立ち寄り下さい。お電話、e-mail をお待ちしております。

Inside this issue

Festivals & Events 2 / Information Board 2 / Iwaki Info 3 / Ganbappe Japanese! 4 / Hospital Information 5 / April Events Calendar 6

Iwaki Festivals and Events



Your guide to what's happening around Iwaki City this month

Event	Time & Date	Venue	Details	Inquiries
Horuru Cherry Blossom Festival	Sunday 9 th April From 10am-4pm	Iwaki Coal and Fossil Museum "Horuru", Joban	Celebrate the cherry blossom season with Horuru's annual springtime festival. There will be a mini steam locomotive ride, Egypt-themed exhibition, a dinosaur Easter egg hunt as well as performances, a magic show, food/drink stalls and much more. You can also receive discounted entry into the museum if you show the reception staff a copy of the event flyer or the event page on your mobile device.	Iwaki Coal and Fossil Museum Email: info@sekitanakasekikan.or.jp Website: http://www.sekitankasekikan.or.jp/event/1010.html
Kashima "Fure-Ai" Cherry Blossom Festival	Sunday 9 th April From 10am-5pm	Everia Kashima Shopping Centre, Onahama	Enjoy a day of traditional performances including taiko drums and yosakoi as well as hula dancing and cheerleading among other performances. There will also be yakisoba, oden and other food stalls and a raffle competition.	Kashima "Fure-Ai" Cherry Blossom Festival Executive Committee TEL: 0246-29-2250
Alios Park Festival	Sunday 9 th April From 11am-4pm	Taira Central Park (in front of Alios), Taira	This is the first Alios Park Festival for 2017! The festival is held every second Sunday on every month from April to November (third Sunday in August). There will be stalls selling food and drinks, works of art and handicrafts. There is a live stage with various performances by local DJs and dance groups. Pro-wrestling matches will also feature in the first festival for 2017.	Email: parkfesinfo@gmail.com Website: http://ameblo.jp/parkfes-iwaki/
The Three Tohoku Girls Song Festival	Sunday 9 th April 1 st Session from 1pm-3pm (doors open at 12:30pm) 2 nd Session from 4:30pm-6:30pm (doors open at 4pm)	Iwaki Pit by Team Smile, Taira	Three beautiful enka performers, one born in Fukushima and two from Yamagata, will perform and offer a talk show to showcase the new generation of enka in Japan. Early-bird tickets are ¥2000 (¥2500 when bought on the day).	Plan Athena TEL: 080-5555-6860
Spring Cherry Blossom Viewing in Miwa	Sat-Sat 15 th -29 th April 9am-3pm	Four Seasons Village, Miwa	Enjoy viewing cherry blossoms, azaleas, spike moss and many other plants in season. There will also be stalls selling oyaki dumplings, yakisoba and pound cakes. Entry is ¥400 for adults but all admission is free on the 29 th . Cancelled in the event of rain.	Kinoko-to-Masa TEL: 0246-85-2755
Spring Festival	Sat-Sun 22 nd -23 rd April 10am-4pm	Flower Centre, Taira	There will be a large variety of events on offer for the festival, including exhibitions, hands-on events and direct markets. Entry is free.	Iwaki City Flower Centre TEL: 0246-22-5667 Email: flowercenter@jobankaihatsu.co.jp

*The event information above may be subject to cancellations or changes. Before attending any events, please confirm with the event sponsors in advance.

IIA Information Board

The information board is a bulletin board limited to IIA members. You can post anything as long as it is not associated with any profit organisation, religion or political-based. (does not apply to businesses with IIA membership) Please send us your posts by the 20th of each month. We look forward to hearing from you.

Fukushima Sake Drinking Party and International Exchange

I will be holding a sake tasting party on Saturday 27 May. We take pride in Fukushima sake – which until last year were the Gold Prize winners in the Annual Japan Sake Awards for four consecutive years – being the number 1 sake in all of Japan,

I think that foreign residents of Iwaki have yet to fully appreciate the exquisite flavour of Fukushima sake. Japanese and non-Japanese, anyone who would like to try local sake is welcome to join! So let's enjoy sake and become a Fukushima sake ambassador!

Time and Date: 5:00pm-7:00pm Saturday 27 May

Venue: Kashiwayaya (63-2 Minamimachi Taira Iwaki)

Fee: 4000 yen

Capacity: 30 people (about 10-15 foreign nationals) on a first-come-first serve basis

Host: Tres Bien (French conversation club)

Inquiries: Kazuko Yamazaki TEL: 090-1934-0506 Email: kazukohimeko@yahoo.co.jp

English Teacher Wanted

We are "Cape Town", an English study group. Our group consists of 10 members ranging from beginner to intermediate level English and we get together for 4 study sessions a month each Wednesday from 7pm-8:30pm at the Lifelong Learning Plaza. We are looking for someone who can teach us English. Please contact us for more details.

Inquiries: Shuichi Kashiwabara TEL: 090-9320-5177 E-mail: byr02727@nifty.com



Medical Information Websites for Foreign Residents

If you ever feel sick or have any injuries or other medical concerns, don't put off seeing a doctor because of any language barriers. These websites offer some useful information and advice regarding medical institutions as well as multilingual versions of various forms that are required when visiting a hospital, clinic or other medical facility.

Multilingual Medical Information (Ministry of Health, Labour and Welfare)

<http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000056789.html>

This is a comprehensive list with English and bilingual versions of medical forms and documents (Chinese, Spanish and Portuguese versions are also available). Click on the "English Edition" (英語版) or "English-Japanese Edition" (日英) link to view the documents.

For safe travels in Japan "Guide for when you are feeling ill" (Japan National Tourism Organisation)

http://www.jnto.go.jp/emergency/eng/mi_guide.html

You can look up medical institutions that provide services in English and find out which medical departments to use according to each symptom.

Multilingual Medical Questionnaire (International Community Hearty Konandai; Kanagawa International Foundation)

<http://www.kifjp.org/medical/>

This site contains questionnaires for 11 different medical departments in 18 different languages.

Vaccine Screening Questionnaire (Vaccination Research Centre)

<http://www.yoboseshu-rc.com/publics/index/8/>

You can download the 2016 version of Vaccination and Children's Health (scroll down and click 英語版(本文)2016年度) and various vaccination registration forms (scroll down and click 英語 予診票).

Maternal and Child Health Handbook (Maternal and Child Health Agency)

<https://www.mcfh.co.jp/material/search/category:6>

You can purchase online the Maternal and Child Health Handbook in English or one of eight other languages for ¥760 (plus consumption tax). This site is in Japanese only.

Overseas Package Insert Information (Japan Pharmaceutical Information Centre)

<http://www.japic.or.jp/di/navi.php?cid=1> <http://www.japic.or.jp/di/navi.php?cid=2>

This site lists overseas pharmaceutical organisations and allows you to search the package insert of overseas pharmaceutical drugs.

Drug Information Sheet (Risk/Benefit Assessment of Drugs-Analysis & Response "RAD-AR")

<http://www.rad-ar.or.jp/siori/english/>

This site provides a search engine where you can find detailed descriptions in English for over 5000 medicines sold in Japan.

For more details, please inquire with the relevant organisation.

From the Editor

We are finally entering a new fiscal year after what has been a busy 2016. Some students are graduating and about to enter a new level of schooling. Meanwhile some people are about to join the workforce for the first time whilst others might be getting ready to move into a new section of the office. For these and many other people, the new fiscal year offers a chance for a fresh start in a new work or living environment.

For everyone else, this time of year might also be a good opportunity for you to reconfirm the goals you had set out for the New Year or even come up with some new ones. Personally, I'm aiming to get my Japanese driver's license starting in April since I had put it off until now. That way, I can drive around and discover all sorts of scenic places in Iwaki and the rest of Fukushima that one cannot get to without a car.

Whatever goals you've set for the new fiscal year, I wish everyone all the best in achieving those goals starting in April 2017!

-Ben 弁

Ganbappe Japanese!

Learn all the essential Japanese
for everyday life in Iwaki!

おはんです!



Japanese in Times of Emergency

#Call 119 (Fire Brigade/Ambulance) when there is a fire or emergency
#Call 110 (Police) when there has been an accident or crime

Dorobou! Kaji! Jiko!

So far we have covered the Japanese phonetic alphabet and basic phrases to use when you're in trouble. But do you know what to say or do when a situation occurs like one of the three above ("theft", "fire", "accident")? Of course, if you are lucky, someone nearby or the operator may speak English, but it is still important to remember some of these words and phrases in the unlikely event of an emergency. The bold phrases are questions that the operator may ask you.

Romaji	Hiragana ひらがな	English
Kaji/Kyuukyuu desu ka	かじ/きゅうきゅう ですか	Is it a fire/emergency?
<i>Kaji/Kyuukyuu desu</i>	<i>かじ/きゅうきゅう です</i>	It's a fire/emergency.
Byouki/Kega desu ka	びょうき/けが です か	Is it an illness/injury?
<i>Byouki/Kega desu</i>	<i>びょうき/けが です</i>	It's an illness/injury.
<i>Jiken/Jiko desu</i>	<i>じけん/じこ です</i>	It's a crime/accident.
Juusho wa doko desu ka/ Ima doko ni imasu ka	じゅうしょ は どこ です か/ いま どこ に います か	Where is your address? / Where are you now?
<i>[__ eki/no mise/no biru] no chikaku ni imasu</i>	<i>【__えき/__の みせ/の __ビル】 の ちかく に います</i>	I am near [__ Station, __Shop, __Building].
Anata no namae wa nan desu ka	あなたの なまえ は なん です か	What is your name?
<i>Watashi wa __ desu</i>	<i>わたし は __です</i>	I am __.
Anata no denwabangou wa nan desu ka	あなたの でんわばんごう は なん です か	What is your phone number?
<i>Watashi no denwabangou wa __ desu</i>	<i>わたしの でんわばんごう は __です</i>	My phone number is __.

If you are a more confident Japanese speaker, try to describe some of the situation in more detail by using these phrases:

Romaji	Hiragana ひらがな	English
Itai desu!	いたい です!	It hurts!
<i>[Ashi/ude/atama/onaka] ga itai desu</i>	<i>【あし/うで/あたま/おなか】が いたい です</i>	My [leg(s)/arm(s)/head/ stomach] hurts.
<i>Ashi/ude ga orete imasu</i>	<i>あし/うで が おれて います</i>	My leg(s)/arm(s) is broken.
<i>Hito ga kega wo shite imasu</i>	<i>ひと が けが を しています</i>	A person is / people are injured.
<i>Hito ga taorete imasu</i>	<i>ひと が たおれて います</i>	A person has fallen over/collapsed.
<i>Chi ga tomarimasen</i>	<i>ち が とまりません</i>	I can't stop the bleeding.
<i>Iki wo shite imasen</i>	<i>いき を して いません</i>	He/she is not breathing.
<i>Ishiki ga arimasen</i>	<i>いしき が ありません</i>	He/she is unconscious.
<i>Ie ga moete imasu</i>	<i>いえ が もえて います</i>	A house is on fire.
<i>Dorobou ga ie ni hairimashita</i>	<i>どろぼう が いえ に はいりました</i>	A thief has entered my/a house.
<i>Dorobou ga __ wo torimashita</i>	<i>どろぼう が __ を とりました</i>	A thief has taken my/a __.

In any emergency, it is important to stay calm and answer the operator's questions as accurately as possible. Let the operator know when you don't understand or need them to speak slower. Even if you don't know how to describe every detail in Japanese, that's okay as long as you can state the type of emergency, your name, location and phone number.

Most importantly, do NOT hang up just because the operator doesn't speak English or you can't speak Japanese. The Japanese emergency services are there to help anyone who is in need, regardless of nationality or any language barriers.

Do you have any "nayami" (worries)?

Ganbappe Japanese is a new section dedicated to offering help for all learners of the Japanese language – from those who're just starting to advanced learners who might still struggle to communicate in certain situations in everyday life in Japan. If you have a question or would like to know more about a particular theme or aspect of Japanese, please contact me (mcmullen-b@city.iwaki.fukushima.jp) and I will try to answer it or cover that theme in the next issue.

よろしくおねがいます!



Iwaki Hospital Guide

119



The following is a guide to hospitals open on Sundays and public holidays in Iwaki City during April and early May

April Guide

Sunday 2 April

Taira Area	Aratame Hospital	10-4	28-1222
Onahama Area	Suminoya Rheumatology & Orthopaedic Doctor's Office	9-5	58-1154
Nakoso Area	Nakoso Hospital	9-5	65-7755
Joban Area	Watanabe Obstetrics & Gynaecology	9-5	42-4567
Uchigo Area	Aihara Paediatrician's Office	9-12	26-5551

Sunday 9 April

Taira Area	Takahashi Clinic	9-5	46-1231
Onahama Area	Kashima Hospital	9-5	58-8010
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Onahama Area	Konnai Children's Clinic	9-12	73-8815

Sunday 16 April

Taira Area	Chuodai Tanaka Ophthalmology	9-2	29-1722
Onahama Area	Nagai Orthopaedic Surgery	9-5	54-7722
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Kato Internal Clinic	9-5	72-0072
Joban Area	Muramatsu Paediatrics	9-12	72-0707

Sunday 23 April

Taira Area	Takahashi Clinic	9-5	46-1231
Onahama Area	Fujii Iin	9-5	56-2288
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Sakamoto Internal & Gastroenterology Clinic	9-5	72-2022
Taira Area	Wakamatsu Doctor's Office (paediatrics)	9-12	22-3838

Saturday 29 April

Taira Area	Hasegawa Orthopaedic Surgeon's Office	8:30-11:30	25-5691
Onahama Area	Onahama Seikyo Hospital	9-5	53-4374
Nakoso Area	Midorikawa Internal Clinic	9-5	68-6415
Joban Area	Iwaki Kusakidai General Clinic	9-5	28-1145

Sunday 30 April

Taira Area	Aratame Hospital	10-4	28-1222
Onahama Area	Ishii Neurosurgery and Ophthalmology Hospital	9-5	58-3121
Nakoso Area	Yabuki Hospital	9-5	63-1818
Joban Area	Yoshinari Internal	9-5	42-2220
Taira Area	Nagai Paediatrics	9-12	28-2535

May Guide

Wednesday 3 May

Taira Area	Hasegawa Orthopaedic Surgeon's Office	8:30-11:30	25-5691
Onahama Area	Kashima Hospital	9-5	58-8010
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Nakoso Area	Iwaki South Clinic	9-5	77-1663
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175

Thursday 4 May

Onahama Area	Nakamura Hospital	9-5	53-3141
Nakoso Area	Nakoso Hospital	9-5	65-7755
Nakoso Area	Saito Internal Clinic	9-5	77-1001
Joban Area	Kazawa Gastroenterology and Orthopaedic Doctor's Office	9-5	42-2198

Friday 5 May

Taira Area	New Town Internal & Nephrology Clinic	9-12	46-0606
Onahama Area	Iwaki Central Clinic	9-5	53-3511
Nakoso Area	Kureha General Hospital	9-5	63-2181
Tono Area	Komatsu Doctor's Office	9-5	89-2041
Joban Area	Hatano Ophthalmology	9-5	42-2040

Sunday 7 May

Taira Area	Chuodai Tanaka Ophthalmology	9-2	29-1722
Onahama Area	Taku Orthopaedic Surgeon's Office	9-5	56-8833
Nakoso Area	Kushida Hospital	9-5	63-3202
Nakoso Area	Yu Clinic	9-5	63-1611
Joban Area	Hisa Iin	9-5	43-2313
Onahama Area	Konnai Children's Clinic	9-12	73-8815

Sunday 14 May

Taira Area	Takahashi Clinic	9-5	46-1231
Onahama Area	Nishiyama Ear, Nose & Throat Doctor's Office	9-5	56-8733
Nakoso Area	Nakoso Hospital	9-5	65-7755
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Nakoso Area	Mori Children's Clinic	9-12	38-7227

Emergencies

Emergency Dental Care

All emergency dental care will be provided at the **General Health and Welfare Centre** (*Sogo Hoken Fukushima Senta*) in Uchigo.

This centre is open on Sundays and all national holidays from 9am to 12pm and 1pm to 4pm. The reception closes at 3:30pm.

For more information please contact the centre on 27-8620.

After Hours and Holiday

Emergency Treatment Centre

(Located in Iwaki Kyoritsu Hospital)

If you need to see a doctor urgently in the evening or on a weekend or public holiday, the **After Hours and Holiday Emergency Treatment Centre** is open at the following times:

Weekdays: 8pm - 12am.

Saturdays: 8pm - 7am (next day).

Sundays: 1pm - 12am.

Public Holidays: 9am - 12am.

*29 Apr (Sat): 9am-7am (next day).

TEL: 27-1208

Please make sure whenever possible to bring a Japanese-speaker with you when visiting the hospital in Iwaki.

Emergency Contact Numbers

Police: 110

Fire & Ambulance: 119

Children Emergency, First-Aid

Telephone Consultations

The Fukushima Prefecture Children Emergency, First-Aid Telephone Consultation Centre (*Fukushima-ken Kodomo Kyukyuu Denwa Sodan*) is a free telephone service that provides professional advice when your child has become sick during the night. This telephone service is available in Japanese only.

TEL: 024-521-3790 or #8000

From 7pm to 8am.

**Other hospitals and clinics apart from the above may be open on Sundays and public holidays. Inquire with your regular doctor or visit Iwaki City's website to confirm which other medical facilities are open.*

**How to check hospital information on Iwaki City's website:*

Go to Foreign Languages and select English > Living & Area > In times of emergency > Sudden illness > Doctors on duty (daytime on Sundays and public holidays).

Event Calendar for April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 JLPT Applications Open  Namie-Odaka section of the JR Joban Line reopens!
2	3	4	5	6 Primary and JHS Entrance Ceremonies	7	8 IIA Cherry Blossom Viewing Party (Taira Castle Ruins)
9 	10	11	12 	13 	14	15
16	17	18 IIA Volunteer Interpreter Training Workshop 1	19 IIA Japanese Classes Placement Test 	20 IIA Volunteer Interpreter Training Workshop 2 	21	22
23	24	25 IIA Volunteer Interpreter Training Workshop 3	26  	27  	28 JLPT Applications Close 	29 Showa Day 
30						

Test Date: 2nd July 2017 (Sun)
 Test Fee: 5,500 yen (consumption tax included)
 The test room opens from 12:00pm and the test starts at 12:30pm.
 Details: <http://www.jlpt.jp/e/index.cgi>

More details about the new timetable and buses in next edition

Find out when the cherry blossoms will start blooming across Japan
<http://sakura.weathermap.jp/en.php>

IIA Custom Made Plans



Très bien – Inquiries to Yamazaki-san 090-1934-0506



Yu no Hanakai – Inquiries to Ohba-san 0246-42-2135



Lac lăm Thai - Inquiries to Nakano-san 090-2881-4433



Interpreters in the Making – Inquiries to Nishiyama-san 090-7197-1913

#Please confirm the event date with the relevant representative if you're participating for the first time



Legal Consultations:

Iwaki City Hall provides free general legal consultations. Scheduled days are as listed on the calendar; however these are subject to change. Please contact **City Hall (Hometown Revitalisation Division TEL 0246-22-7438)** and confirm the date, time and place. Reservations are required for consultations. For Iwaki City Council of Social Welfare consultations (held at the **Social Welfare Centre**), please contact 0246-23-3320.

Other Legal Support for Foreign Residents

Japan Legal Support Centre (Houterasu)

Futaba Sub-branch Office (Iwaki within this jurisdiction) – 050-3381-3805

Fukushima District Office – 050-3383-5540

Fukushima Bar Association Iwaki Branch Office – 0246-22-1320