

Time Out



Iwaki City Monthly Event & Information Guide

English Conversation Seminar

I taught my first ever English lesson for the IIA's English Conversation Seminar on Wednesday, the 20th of January. We had 11 participants join in our first class which was aimed at those who have had some experience learning English.

Our seminar started with everyone introducing themselves and also introducing the person next to them before we played I Spy as an icebreaking game. After that we did some role playing based on a couple of scenarios in pairs and had a few pairs present their conversation to the class.



Finally we covered a few topics such as *Bakugai* ("Explosive Shopping") and the Coming of Age Ceremony. I encouraged students to get into groups and offer explanations and their opinions on the topics in English.

For my first English class, I really enjoyed teaching the students and I hope the students also gained a lot out of my lesson. We have two more classes to go so I look forward to seeing my students' English ability grow over the next two weeks.



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<http://www.iaa-fukushima.or.jp>;
<http://www.city.iwaki.fukushima.jp/gaikokugo/english/>

いわき市役所 市民協働課

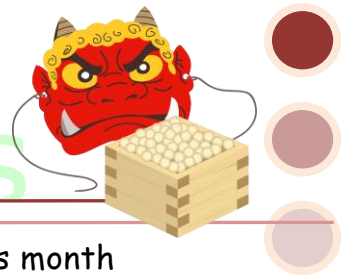
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市民協働課及び公益財団法人いわき市国際交流協会は皆
さんを歓迎します。お気軽にお立ち寄り下さい。お電話、
e-mail をお待ちしております。

Festivals & Events



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

Iwaki

3rd February: Setsubun Festival @ Iinohachimangu Shrine, Taira. From 2pm. Iinohachimangu Shrine holds an annual bean throwing (Setsubun) festival every year to drive away evil spirits associated with misfortune. For more inquiries, please contact Iinohachimangu Shrine: TEL 0246-21-2444

3rd February: Setsubun Festival @ west side plaza of Iwaki La La Mew. From 11am-2pm. At La La Mew's unique Setsubun festival, Ehomaki sushi, sightseeing cruise ship tickets, dried sardines, snacks and other things will be thrown for the visitors to catch. For inquiries, please contact Iwaki La La Mew: TEL 0246-92-3701

6th February: Alios Assembly of Popular Entertainment @ Main Theate, Alios. From 2pm (doors open at 1:30pm). Enjoy talk show performances in Tokyo Manzai style from various popular comedians. Ticket prices are ¥3000. For inquiries, please contact the Alios Ticket Centre: TEL 0246-22-5800 (closed Tuesdays)

6th & 7th February: Fire Knife Dance Festival 2016 @ Beach Theatre, Spa Resort Hawaiians Yumoto. From 7-8pm. Around 30 of the best fire dancers from around the world as well as Spa Resort Hawaiian's own fire dancers will show off their skills in this annual fire knife dance. For inquiries, please call Spa Resort Hawaiians: TEL 0570-550-550. Email: info@hawaiians.co.jp

6th-8th February: Tsurushibina Festival @ Seiko-kan, Nakanosaku. Tsurushibina (traditional Japanese hanging dolls) will be made and hung around the Nakanosaku-Kawagishi area. There will also be cafés and local goods stalls, as well as a tea party on the 2nd floor inside the Seiko-kan (on the 7th only). Entry is ¥100 and ¥400 for the tea party. For more details, please contact Mamaya: TEL 0246-55-6280

14th February: Iwaki Sunshine Marathon @ Start: Iwaki Athletics Stadium (Rikujo Kyougijo). Finish: Aquamarine Fukushima (Full Marathon). All other courses start and finish at Aquamarine Fukushima. Full Marathon Starts at 9am. Courses: Full Marathon, 10km, 5km, 2km runs and 2km event for parents and children. Entries closed for marathon in late September, but spectators are free to come and support the runners. Shuttle buses run from Iwaki Station, Izumi station and other places towards the start and finish points. For inquiries, please contact the Iwaki Sunshine Marathon Committee: TEL 22-7607. Website: <http://www.iwaki-marathon.jp/>

21st February: "Kokoro ni Todoke" Wadaiko Revitalisation Concert @ Main Theatre, Alios. From 12:30pm (doors open at 12pm). Includes local Wadaiko (Japanese Drum) performers such as Ichida no Kai as well as special guests such as MUSA. Advance ticket prices are ¥2000 for adults and ¥1000 for children Junior High School age and under. Ticket prices are an extra ¥500 if purchased on the day. For inquiries, please contact the Alios Ticket Centre: TEL 0246-22-5800 (closed Tuesdays)

28th February: Iwaki Samba Carnival @ Small Theatre, Alios. From 2:30-5pm. Iwaki's own Samba Dance Team IWAKI BELEZA is performing a Carnival style dance. Entry is free but you must make a reservation with the Alios Ticket Centre. For inquiries, please contact the Alios Ticket Centre: TEL 0246-22-5800 (closed Tuesdays)

In the surrounding areas

6th & 7th February: Yanaizu Winter Festival @ Michinoeki, Aizu-Yanaizu. This will be the 36th Winter Festival in Yanaizu. An annual festival with a traditional lantern processions and bonfire as well as Setsubun bean throwing, snow sculptures, stalls and other events. For more details, please contact the Yanaizu Winter Festival Committee: TEL 0241-42-2114

The 7th Iwaki Sunshine Marathon

The 7th Sunshine Marathon will be held on Sunday the 14th of February from 9pm. This year's slogan is "Something new with every run" and aims to create an even safer and pleasant running competition. In continuation of last year, this year will also feature guest runners such as Atlanta and Sydney Olympic Medalist Erick Wainaina, Advisor for the Dai-Ichi Life Insurance Ltd. Female Track & Field Team Yoshimi Ozaki and Representative of the Beijing Olympics 5000m event Yuriko Kobayashi. There will be over 10,000 runners from across the country who will compete on the day.



It is hoped that many citizens will come and help cheer on runners along the course and that local volunteers will also offer their support so that the runners will remember Iwaki as a "Bright and Energetic City".

If you cannot make it to the event, or want to support your runner throughout the course, there is a feature you can use on your Smartphone or PC (Ouen navi) which allows you to track the progress of your runner on the course. For more details about this feature, visit the Sunshine Marathon website: <http://www.iwaki-marathon.jp/>.

The full marathon starts at Iwaki Athletics Stadium (Rikujo Kyougijo) from 9am and finishes at Aquamarine Park (Full Marathon). All other courses start and finish at Aquamarine Park.

There is limited parking available near both Iwaki Athletics Stadium and Aquamarine Park. There are frequent shuttle bus services available between the starting and finishing venues:

Iwaki Station (in front of Mister Donuts) to Iwaki Athletics Stadium:	6-8:30am (every 10mins)
Onahama Second Primary School and Nippon Kasei Car Park to Aquamarine Park:	7-9am (every 15mins); 9am-4pm (every 30mins)
Izumi Station (South Exit) to Aquamarine Park:	6-9pm (every 15mins)
Aquamarine Park to Iwaki Station:	11am-4pm (every 30mins)
Aquamarine Park to Taira Technical High School via Fukushima National College of Technology:	12:30-4pm (every 30mins)
Aquamarine Park to Onahama Second Primary School, Nippon Kasei Car Park and Izumi Station:	10:30am-4pm (every 30 mins)

For more inquiries please contact the Iwaki Sunshine Marathon Executive Committee: TEL 22-7607

From the Editor ●●●

I hope everyone had a fun and safe New Year's break. Early January is known as the time of year for the *Hatsumode* or first shrine visit of the year. If anyone has tried visiting a shrine or temple during this time of year, they will probably understand just how crowded they can be, with many Japanese people and foreign residents flocking to either their local shrine or making a pilgrimage to one of the many famous shrines in Japan such as Meiji Jingu Shrine.



For my first shrine visit of the year, I went to the Iino Hachimangu Shrine in Taira, Iwaki. People were lined up from the main shrine all the way back to the front gate and road leading to the shrine. It took about 40 minutes to reach the shrine and pray, but it was quite an amazing experience. I also visited the Kotohira Shrine for their Konpira-sama Festival. The narrow roads of Yumoto were filled with people browsing the food stalls and slowly making their way to the shrine.

Some people might not like big crowds, but it is definitely worth experiencing the sights and occasional flavours of a *Hatsumode*. So by all means try it out for next New Year.



-Ben 弁



Iwaki Hospital Guide



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

February Guide

Sunday 7 February

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Yamaguchi lin	9-12, 2-5	24-1811
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Taira Area	Shiga Seikeigeka-Geka (orthopaedics & surgery)	9-12	23-5050
Onahama Area	Clinic Abe	9-5	85-5801
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Seki Seikei Geka Clinic (surgery)	9-5	84-9905
Onahama Area	Konnai Kodomo Clinic (paediatrics)	9-12	73-8815

Thursday 11 February

Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Nao Heart Clinic	9-5	54-1262
Nakoso Area	Yokogi Naika Ichoka Clinic (internal medicine and gastrology)	9-5	65-1111
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175

Sunday 14 February

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Kashima Hospital	9-5	58-8010
Nakoso Area	Yabuki Hospital	9-5	63-1818
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Taira Area	Wakamatsu lin (paediatrics)	9-12	22-3838

Sunday 21 February

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Yamaguchi lin	9-12, 2-5	24-1811
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060
Taira Area	Hasegawa Seikeigeka lin (orthopaedic surgery)	8:30-11:30	25-5691
Onahama Area	Ishii Noshinkei Geka Ganka Hospital (neurosurgery and ophthamology)	9-5	58-3121
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Soeda lin	9-5	68-6155
Taira Area	Nagai Shonika (paediatrics)	9-12	28-2535

Sunday 28 February

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Sakamoto Seikeigeka lin (orthopaedic surgery)	9-12, 2-5	38-2830
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Ochiai Naika Shokakika (internal & gastroenterology)	9-5	73-1171
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Kato Naika Clinic (internal)	9-5	72-0072
Nakoso Area	Ohara Kodomo Clinic (paediatrics)	9-12	63-0001

March Guide

Sunday 6 March

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Yamaguchi Iin	9-12, 2-5	24-1811
Taira Area	Yamauchi Clinic	9-12, 2-5	25-8181
Taira Area	Shirai Geka Ichoka Iin (surgery & gastroenterology)	8:30-12	25-3788
Taira Area	Shiga Seikeigeka-Geka (orthopaedics & surgery)	9-12	23-5050
Onahama Area	Nakamura Hospital	9-5	53-3141
Nakoso Area	Nakoso Hospital	9-5	65-7755
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175
Onahama Area	Kodomo Clinic Suzuki (paediatrics)	9-12	56-6336

Sunday 13 March

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Shirai Geka Ichoka Iin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda Iin	8:30-12	27-6060
Onahama Area	Sasaki Naika Ichoka (internal & gastroenterology)	9-5	73-0345
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Nakoso Area	Mori no Kodomo Clinic (paediatrics)	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.

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 Kyukyu 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.

Counselling Service for Foreigners

Yoriso 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.


FEBRUARY 2016


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 31	1	2	3 Setsubun English Conversation Seminar 3  Free Legal Consultations (Social Welfare Centre)	4 Daily Life and Information Seminar Consultations on Everyday Life Aikido Class 1 (Nanbu Arena)  Yu no Hanakai	5	6 Aikido Class 2 (Nanbu Arena) Tsurushibina Kazari Festival (Day 1)
7 Aikido Class 3 (Aikido Tokojuku) Tsurushibina Kazari Festival (Day 2)	8 Chinese New Year Tsurushibina Kazari Festival (Day 3)	9	10  Free Legal Consultations (City Hall)	11 National Foundation Day 	12	13
14 Valentine's Day Iwaki Sunshine Marathon 	15 <div style="border: 1px solid black; padding: 5px; width: fit-content;">Full Marathon Start: Iwaki Athletics Stadium, from 9am. 10km, 5km, 2km, 2km parents and children events start: Aquamarine Park.</div>	16	17  Free Legal Consultations (City Hall)  Nihongo no Kai	18  Yu no Hanakai	19	20
21	22	23	24  Free Legal Consultations (City Hall)  Très bien	25  Yu no Hanakai	26	27 Aikido Class 4 (Kusano Community Centre)
28	29	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5


IIA Custom-made Plans


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

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

 Wa – Inquiries to Cho-san 070-6493-2859

 Nihongo no Kai – Inquiries to Suzuki-san
0246-62-3218

 Potluck Party – Inquiries to Takahashi-san
080-5576-1024

 For more information on any of the IIA events,
please contact Suko-san 22-7409

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.

