



Iwa-Key

Volume 7
February 2018

Iwaki City Monthly Event & Information Guide

Iwa-Key



The 9th Iwaki Sunshine Marathon



It is almost time again for the Iwaki Sunshine Marathon! This year's event will be held on Sunday, 11 February. Up to 7,000 runners are expected to run in the 42.195km full marathon course, starting from Iwaki Athletics Stadium at 9am and finishing at Aquamarine Park. Thousands of runners will also take part in the 10km, 5km, 2km runs and 2km parent-child pair running events which will all start and finish at Aquamarine Park.

Apart from local citizens, many runners are expected to visit Iwaki from across the country. The marathon will also feature guest runners from Iwaki's various sister cities both domestic and abroad.

Although applications to run in the marathon are already closed, you are more than welcome to help the runners reach the finish line by joining some of the many spectators who will be cheering them along the way.

If you have any friends or family who are running in the marathon, there is a feature you can use on your smartphone or computer (*Ouen navi*) which allows you to track the progress of your runner on the course in real time. For more details about this feature, visit the Sunshine Marathon official website.

QR Code for *Ouen Navi* App



Smartphones



Mobile phones

Please bear in mind that 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:

| Route | Time (frequency) |
|---|---|
| Iwaki Station (in front of Mister Donuts) to Iwaki Athletics Stadium | 6:30am-8:30am (every 5mins) |
| Yumoto Station to Iwaki Athletics Stadium | 6:30am-8:10am (every 20mins) |
| Onahama Second Primary School to Aquamarine Park | 7:00am-9:00am (every 15mins); 9:00am-4:00pm (every 30mins) |
| Izumi Station (South Exit) to Aquamarine Park | 6:30am-9:00pm (every 15mins) |
| Aquamarine Park to Iwaki Station | 11:00am-4:00pm (every 30mins) |
| Aquamarine Park to Taira Technical High School via Fukushima National College of Technology | 12:30pm-4:00pm (every 30mins) |
| Aquamarine Park to Onahama Second Primary School, Yumoto Station and Izumi Station | 10:30am-4:00pm (every 30 mins) |

After the start of the marathon, shuttle buses will begin departing Iwaki Athletics Stadium from 9:40am bound for Iwaki Station and Aquamarine Park.

Inquiries:

Iwaki Sunshine Marathon Executive Committee
TEL: 22-7607

Official Website: <http://www.iwaki-marathon.jp/>

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.

Iwa-Key is produced by the Tourism Exchange Division Iwaki City Hall

21 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

Iwaki City's Official Website:

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

Iwaki International Association (IIA)

Official Website:

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

TEL: 0246-22-7409 FAX: 0246-22-7581

Email: info@iaa-fukushima.or.jp

(The IIA is also on Facebook and Twitter)

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

Inside this issue

Festivals & Events 2 / Hospital Information 3 / February Events Calendar 4

Iwaki Festivals and Events



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

| Event | Time & Date | Venue | Details | Inquiries |
|-----------------------------------|--|---|---|---|
| Setsubun Festival | Sat 3 rd Feb From 11am and 2pm | West side plaza of Iwaki La La Mew, Onahama | At La La Mew's unique Setsubun festival, ehomaki sushi, sightseeing cruise ship tickets, dried sardines and other things will be thrown for the visitors to catch. | Website: http://www.lalamew.jp/event/%e7%af%80%e5%88%86%e7%a5%a4%e3%80%80%e3%80%8c%e8%b1%86%e3%81%be%3%81%8d%e3%80%8d/ |
| Setsubun Festival | Sat 3 rd Feb Bean throwing from 2pm | Iino-Hachiman Shrine, Taira | Setsubun is a traditional bean-throwing festival held around this time of year to help drive away evil spirits associated with misfortune. | Iino-Hachiman Shrine TEL: 0246-21-2444 Email: hatiman@noteplan.net |
| Tsurushibina Festival | Sat 3 rd – Mon 5 th Feb From 10am-4pm | Seiko-kan, Nakanosaku, Onahama | Tsurushibina are decorative hanging ornaments which will be hung around the Nakanosaku area. There will also be cafes, local goods stalls as well as a tea party on the 2nd floor of the Seiko-kan building (held on the 4 th only). Entry into the building is ¥100 and a further ¥500 to take part in the tea party. | Nakanosaku Project TEL: 0246-55-8177 Email: nakanosakuproject@gmail.com |
| Magatama Bead-making in Pairs | Sat 10 th & Mon 12 th Feb Morning Session: 9:30am-11:30am Afternoon Session: 1:30pm-3:30pm | Iwaki City Archaeological Centre, Joban | In the lead up to Valentine's Day, why not try and make a special magatama bead with your partner, friend or family? Tea and magatama-shaped cookies will also be handed out to participants. Participation is ¥500 per person. Pre-registration required by 8 th February. Limit of 20 pairs for each session. | Iwaki City Archaeological Centre TEL: 0246-43-0391 |
| Forest Adventure | Sat 10 th – Mon 12 th Feb 10am-3pm | Wonder Farm, Yotsukura | Wonder Farm will hold a Forest Adventure activity – a tree-top course that originated in France and has become popular in Japan. | Wonder Farm TEL: 0246-38-8851 Email: info@wonder-farm.co.jp |
| Aquamarine Hinamatsuri | Sat 10 th Feb – Sun 4 th Mar | Oceanic Galleria, Aquamarine Fukushima, Onahama | Goldfish, turtle and other sealife themed tsurushibina decorations will be put up on display inside the aquarium. Patchwork craft workshops using crepe material will also be held from 24 th -25 th February and 3 rd -4 th March. | Aquamarine Fukushima Email: amf@aquamarine.or.jp Website: http://www.aquamarine.or.jp/english/index.html |
| Iwaki Sunshine Marathon | Sun 11 th Feb Full marathon starts at 9am | Full Marathon Start: Iwaki Athletics Stadium, Taira Finish: Aquamarine Park, Onahama (all other races start and finish here) | Courses: Full marathon, 10km, 5km and 2km runs plus 2km parent-child team event. Although the entries have long closed for the marathon, you are more than welcome to come along and cheer for the runners for free. Free shuttle buses run from Iwaki, Yumoto and Izumi Stations as well as other places towards the start and finish points. | Sunshine Marathon Executive Committee TEL: 0246-22-7607 Website: http://www.iwaki-marathon.jp/ |
| Thai Festival in Iwaki Yumoto | Sat 17 th Feb 11am-4pm | Furutakiya Hot Springs, Yumoto, Joban | Iwaki's first ever Thai-themed festival. This is a great chance to learn Thai cuisine, Thai language or Thai soap carving. There will be Thai dance performances and a Thai massage booth among many more attractions. Those who participate in the activities or purchase something at the event will receive a discount entry coupon for Furutakiya Hot Springs (only valid for the event day). | Community Café and Bar TEL: 0246-42-2248 |
| Taiko Revitalisation Concert 2018 | Sun 18 th Feb From 12:30pm (doors open at 12pm) | Main Theatre, Alios, Taira | Watch a live traditional performance of Taiko – giant Japanese drums. Pre-purchased tickets are ¥2500 for adults and ¥1500 for children of junior high school age and under. Ticket prices will cost extra if purchased on the day. | Alios Ticket Centre TEL: 0246-22-5800 (closed Tuesdays) |

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



Iwaki Hospital Guide

119



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

February Guide

Sunday 4 February

| | | | |
|--------------|---|------|---------|
| 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 | Kato Internal Clinic | 9-5 | 72-0072 |
| Taira Area | Yamaguchi Doctor's Office | 9-5 | 24-1811 |
| Joban Area | Tokiwakai Joban Hospital | 9-3 | 43-4175 |
| Taira Area | Chuodai Tanaka Ophthalmology | 9-2 | 29-1722 |
| Nakoso Area | Mori Children's Clinic | 9-12 | 38-7227 |

Sunday 11 February

| | | | |
|--------------|--|------------|---------|
| Taira Area | Hasegawa Orthopaedic Surgeon's Office | 8:30-11:30 | 25-5691 |
| Onahama Area | Iwaki Central Clinic | 9-5 | 53-3511 |
| Nakoso Area | Kureha General Hospital | 9-5 | 63-2181 |
| Joban Area | Iwaki Yumoto Hospital | 9-5 | 42-3188 |
| Joban Area | Tokiwakai Joban Hospital | 9-3 | 43-4175 |
| Taira Area | Aratame Hospital | 10-4 | 28-1222 |
| Joban Area | Iwaki Kusakidai General Clinic (paediatrics) | 9-12 | 28-1145 |

Monday 12 February

| | | | |
|--------------|--------------------------|---------|---------|
| Uchigo Area | Suda Doctor's Office | 8:30-12 | 27-6060 |
| Onahama Area | Kashima Hospital | 9-5 | 58-8010 |
| Nakoso Area | Ohara Children's Clinic | 9-5 | 63-0001 |
| Joban Area | Tokiwakai Joban Hospital | 9-5 | 43-4175 |

Sunday 18 February

| | | | |
|--------------|---|------|---------|
| Taira Area | Chuodai Tanaka Ophthalmology | 9-2 | 29-1722 |
| Onahama Area | Ishii Neurosurgery & Ophthalmology Hospital | 9-5 | 58-3121 |
| Nakoso Area | Kushida Hospital | 9-5 | 63-3202 |
| Joban Area | Sakamoto Internal & Gastroenterology Clinic | 9-5 | 72-2022 |
| Taira Area | Yamaguchi Doctor's Office | 9-5 | 24-1811 |
| Joban Area | Tokiwakai Joban Hospital | 9-3 | 43-4175 |
| Taira Area | Aratame Hospital | 10-4 | 28-1222 |
| Taira Area | Watanabe Clinic (paediatrics) | 9-12 | 25-1170 |

Sunday 25 February

| | | | |
|--------------|---------------------------------------|---------|---------|
| Taira Area | Sakamoto Orthopaedic Surgeon's Office | 9-5 | 38-2830 |
| Onahama Area | Nagai Orthopaedic Surgery | 9-5 | 54-7722 |
| Nakoso Area | Kojima Jiai Hospital | 9-5 | 63-5141 |
| Joban Area | Yoshinari Internal | 9-5 | 42-2220 |
| Uchigo Area | Suda Doctor's Office | 8:30-12 | 27-6060 |
| Joban Area | Tokiwakai Joban Hospital | 9-3 | 43-4175 |
| Taira Area | Aratame Hospital | 10-4 | 28-1222 |
| Taira Area | Chuodai Tanaka Ophthalmology | 9-2 | 29-1722 |
| Onahama Area | Konnai Children's Clinic | 9-12 | 73-8815 |

March Guide

Sunday 4 March

| | | | |
|--------------|-------------------------------|------|---------|
| Taira Area | Aratame Hospital | 10-4 | 28-1222 |
| Onahama Area | Nakamura Hospital | 9-5 | 53-3141 |
| Nakoso Area | Kureha General Hospital | 9-5 | 63-2181 |
| Taira Area | Yamaguchi Doctor's Office | 9-5 | 24-1811 |
| Joban Area | Tokiwakai Joban Hospital | 9-5 | 43-4175 |
| Taira Area | Chuodai Tanaka Ophthalmology | 9-2 | 29-1722 |
| Taira Area | Fukuda Paediatrician's Office | 9-12 | 22-4272 |

Sunday 11 March

| | | | |
|--------------|------------------------------|------|---------|
| Taira Area | Chuodai Tanaka Ophthalmology | 9-2 | 29-1722 |
| Onahama Area | Fujii Doctor's Office | 9-5 | 56-2288 |
| Nakoso Area | Nakoso Hospital | 9-5 | 65-7755 |
| Joban Area | Iwaki Yumoto Hospital | 9-5 | 42-3188 |
| Joban Area | Tokiwakai Joban Hospital | 9-3 | 43-4175 |
| Taira Area | Aratame Hospital | 10-4 | 28-1222 |
| Joban Area | Muramatsu Paediatrics | 9-12 | 72-0707 |

Emergencies

Emergency Dental Care

All emergency dental care will be provided at the **General Health and Welfare Centre** (*Sogo Hoken Fukushi 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

(For Internal Medicine and Paediatrics)

(Located in the **General Health and Welfare Centre**)

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 - 11pm.

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

Sundays: 2pm - 6pm, 7pm - 11pm.

Public Holidays: 9am - 1pm,

2pm - 6pm, 7pm - 11pm.

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 (next day).

**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 February 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|--|---|---|--|--|-----|--|--|
| | | | | 1 | 2 | 3 Setsubun  | |
| | | | <div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content;"> Locations and times for Setsubun bean throwing: Iwaki La La Mew: 11am, 2pm Akaidake Yakushi Temple: 12pm Shogyo Temple: 1pm Hasedera Temple: 1pm Iino-Hachiman Shrine: 2pm Iwaki City Museum of Folklore and Traditional Housing: 2pm Kokuwakura Shrine: 2:20pm Onahama Suwa Shrine: 5pm Please inquire with each venue for more details. </div> | | | | |
| 4  | 5  | 6 | 7  | | | 10 | |
| 11 Iwaki Sunshine Marathon National Foundation Day  | 12 Substitute Holiday | 13  | 14  | 15 | 16 | 17 | |
| 18  | 19  | 20 | 21  | 22  | 23 | 24 | |
| 25  | 26  | 27 | 28  | | | | |
| <div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content;"> Onahama Marine Bridge Walk Open 9am-4pm every Sunday until March 2018 (last entry at 3:30pm). Inquiries: Onahama Port Office TEL: 0246-53-7121 </div> | | | | | | | |

IIA Custom Made Plans

-  Yu no Hanakai – Inquiries to Ohba-san 0246-42-2135
-  Lac lam Thai - Inquiries to Aizawa-san 090-6629-7225
-  Interpreters in the Making – Inquiries to Nishiyama-san 090-7197-1913
-  Medaka no Kai – Inquiries to Ishikawa-san 080-1659-6637
-  Cape Town – Inquiries to Kashiwabara-san 090-9320-5177
-  Parang-Sae – Inquiries to Takagi-san 090-2364-4970

#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