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Time Out

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Iwaki City Monthly Event & Information Guide

Tomato and Strawberry Picking at Night

Have you ever had the chance to go strawberry or tomato picking in a pitch-black greenhouse at night? If not, then you may now have the opportunity to enjoy this unique experience thanks to Wonder Farm, Iwaki's Agricultural Experience Facility that opened just last year.



I was able to take part in one of the night-time tours held on 10 February. The tour began with strawberry picking at Tomatoland's Agripark greenhouse, where participants could eat and take home as many Akihime strawberries as they could fit in a carton. The second part of the tour involved picking from up to eight types of tomatoes from Wonder Farm's JR Tomatoland greenhouse; participants used torches to guide themselves through the dark rows of tomatoes. The night ended in a fun atmosphere with an all-you-can eat dinner at Wonder Farm's Forest Kitchen followed by bingo.

This was the second of the night tours. Wonder Farm plans to hold these events on Saturdays twice a month from now on. So don't miss out on a fun and delicious night out!

Inquiries: Wonder Farm (TEL 0246-38-8851).



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.

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をお待ちしています。

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Iwaki Festivals and Events



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

Event	Time & Date	Venue	Details	Inquiries
Forest Music Concert	Sunday 5th March From 5:50pm-8pm (reception opens at 5:35pm)	Iwaki Seaside Nature Centre, Hisanohama	Enjoy an evening listening to traditional Japanese music performed by Hosu. Admission is ¥1000 and also includes a buffet-style dinner. Reservation can only be done over the telephone.	Iwaki Seaside Nature Centre TEL: 0246-32-7700
Commemorative Launch of <i>Samurai Hustle Returns</i> DVD	Monday 6th March From 6:00pm (doors open at 5:30pm)	Main Theatre, Alios, Taira	<i>Samurai Hustle Returns</i> , the Edo-Period comedy that was mostly filmed in Iwaki, is being released on DVD and will be sold at the event. A special screening of the film will be held to celebrate this occasion. Entry is free, but seat reservation is required (capacity of 400 people).	Alios Ticket Centre TEL: 0246-22-5800 (closed Tuesdays)
3.11 Light of Hope Reconstruction Festival	Saturday 11th March From 5pm-7:30pm	Taira Central Park (in front of Alios), Taira	Candles will be lit up and arranged to form a message in tribute to those who lost their lives in the 3.11 disaster and serve as a symbol of revitalisation. You are welcome to write a message of hope for revitalisation on the candles. Tadashi Fukuda will also perform a song for reconstruction.	3.11 Light of Hope Project Executive Committee TEL: 0246-58-6777
Maranic Mini Day Tour of Uchigo	Sunday 12th March From 1pm-4pm (registration from 12:30pm)	1 st Part: 3F Meeting Room, Uchigo Community Centre 2 nd Part: Uchigo Walking/Cycling Path	"Maranic" is a coined term meaning "marathon" and "picnic". Learn about the Maranic project during the 1 st part before going out for a 2.5km stroll along the Uchigo walking/cycling track for the second. Participation is free. Maximum of 120 participants with draw used in case of many applicants. Must apply by 3 March. Apply by emailing, faxing or mailing your name, address, occupation, age and contact number.	Uchigo Citizen's Town Planning Advisory Council TEL: 0246-26-2111 FAX: 0246-27-5183 Email: uchigo-shimin@city.iwaki.fukushima.jp
Sunshine Expo Lectures	Sunday 12th March From 1:30pm-3:30pm (venue opens at 1pm)	Iwaki Pit by Team Smile, Taira	The first lecture is "Do you know about Futabasaurus?" and covers the discovery of the dinosaur fossil in Iwaki. The second lecture is "The Japanese Man who made a village in a World Heritage Area" and will be held by Cesar Yoshiro Nouchi, head of the Japan Machu Picchu Association and grandson of Yokichi Nouchi who visited the world heritage area and helped develop the region before becoming village mayor. Lectures are free to attend. Maximum of 180 people with draw used in case of many participants. Must apply by 6 March. Apply by emailing, faxing or mailing your name, address, contact details and organisation to the Culture Promotion Division of Iwaki City Hall.	Culture Promotion Division TEL: 0246-22-7546 FAX: 0246-22-7552 Email: bunkashinko@city.iwaki.fukushima.jp
Iwaki Samba Carnival	Sunday 19th March From 1:30pm (doors open at 1pm)	Main Theatre, Alios, Taira	See the amazing Brazilian style music festival performed by Iwaki's own samba dance team Iwaki Beleza. Admission is ¥999 (free for those under 6 years old if sitting on parent's lap).	Alios Ticket Centre TEL: 0246-22-5800 (closed Tuesdays)
Walking Tour of Ogawa with <i>She de cusu oh chee</i>	Saturday 25th March Meet at Iwaki Station at 12:45pm and return at 4:42pm	Ogawago Station and Ogawa Suwa Shrine, Ogawa	Enjoy a tour around Ogawa with a local <i>benshi</i> (silent film narrator) and costume group <i>She de cusu oh chee</i> . This is part of the Alios and Sea Wave FM Sukimachi-Iwaki Meeting. Participation is free (¥480 return train fare required). Reservation required (capacity of 20 people). Primary school children must be accompanied by a parent or guardian (must be 3 rd year or above) Apply through the Alios Ticket Centre.	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.



Installation of International Section in Library

In the last edition of Time Out, we covered a basic guide to using the library. As of February, an international section has been set up inside the Iwaki City Library (5th floor of Latov in front of Iwaki Station). The section is located to the left of the entrance.

The English and foreign language books will be arranged by new publications and by different themes. You can also borrow these books if you wish (borrowing procedures required). Don't forget to check this new section next time you visit the library.

Notice from the Iwaki International Association (IIA)

The Iwaki International Association thanks everyone who has taken part or assisted in international events.

The IIA has offered automatic and free membership to all foreign residents of Iwaki and provided subscription to the IIA's World Eye newsletter (and the English newsletter Time Out) as well as keep you up to date about useful information and interesting things to see and do around the city. However, **as of April this year, foreign residents of Iwaki will also be required to pay an annual membership fee in order to remain a member of the IIA** (currently only Japanese IIA members pay membership fees so now all IIA members will be required to pay for membership).

The IIA will continue to support you through its counselling services as well as offer opportunities for intercultural exchange and learning. We look forward to your continued support by registering for membership.

Benefits of IIA Membership

1. Subscription to the newsletters Time Out (English) and World Eye
2. Provision of IIA event information
3. Participation in IIA events
4. Participation in IIA courses

- As of April 2017, you will need to become a member in order to participate in events (**non-members will no longer be able to participate**).

- In addition to the membership fee, individual course fees and event participation fees (i.e. the actual cost of materials etc. for running the event/course) are also required if you wish to attend.

Annual Membership Fee

Individual membership requires a single unit contribution of 3000 yen (you are free to contribute more than one unit if you wish). If other members of your household wish to register as IIA members, it is 1500 yen for each additional member.

How to Become a Member

Submit the attached application form to the IIA.

Please pay the membership fee sometime between April and June this year (can pay via cash or postal transfer).

Inquiries

Iwaki International Association (IIA)

TEL: 0246-22-7409

FAX: 0246-22-7581

Email: info@iia-fukushima.or.jp

From the Editor

Aloha Spring! After a snowy and windy winter, the days are finally getting warmer.

While there's still time, you might want to hit the slopes in the Aizu region. Last year I tried skiing for the first time, so this year I thought I'd attempt some snowboarding. After some painful trial-and-error, I finally managed to control the board and ended up having a great experience. For those who haven't tried snowboarding or skiing before, make sure you go with a more experienced friend or take lessons with the facility's instructor.

Unfortunately there aren't any places to ski in Iwaki, but you can access some of the closest ski resorts in less than 2 hours by car. Shuttle buses to some ski resorts are also available from Koriyama Station. So try some skiing or snowboarding in Fukushima before the snow melts away.

-Ben 弁

Ganbappe Japanese!

Learn all the essential Japanese
for everyday life in Iwaki!

おはんです!



Survival Japanese

The first edition of Ganbappe Japanese covered hiragana, the basic Japanese alphabet, and katakana, its equivalent for foreign loan words. Japanese beginners might have already managed to remember them all.

For this edition we cover some very useful Japanese phrases for foreigners when caught in trouble. These days, children in Japan learn English from their 5th year in primary school, so most people understand some level of English. But what should you do if you're caught in a situation where you must communicate with someone in Japanese? These phrases should prove useful in such a situation.

Romaji	Hiragana ひらがな	English
<i>Tasukete (kudasai)</i>	たすけて (ください)	(Please) Help me!
<i>Eigo/Nihongo ga wakarimasu ka</i>	えいご・にほんご が わかります か	Do you understand English/Japanese?
<i>Hai Eigo/Nihongo ga wakarimasu</i>	はい えいご・にほんご が わかります	Yes, I do understand English/Japanese.
<i>lie Eigo/Nihongo ga wakarimasen</i>	いいえ えいご・にほんご が わかりません	No, I don't understand English/Japanese.
<i>Wakarimasu ka/Wakarimashita ka</i>	わかります か/わかりました か	Do you understand? / Did you understand?
<i>Hai wakarimasu</i>	はい わかります	Yes I do understand.
<i>lie wakarimasen</i>	いいえ わかりません	No I don't understand.
<i>Mou ichido itte kudasai</i>	もう いちど いって ください	Please say that again (one more time)?
<i>Yukkuri itte kudasai</i>	ゆっくり いって ください	Please say that slowly.
<i>__ to iu no wa Eigo de nan to iimasu ka</i>	__ というのは えいご で なんと いいます か	How do you say __ in English?
<i>__ to iu no wa donna imi desu ka</i>	__ というのは どんな いみ です か	What does __ mean?
<i>Kami ni kaite kudasai</i>	かみにかいて ください	Please write it on paper.
<i>Romaji/Hiragana de kaite kuremasen ka</i>	ローマじ・ひらがな で かいて くれませんか	Could you please write it in romaji/hiragana?
<i>Eigo ga hanaseru hito wa imasu ka</i>	えいご が はなせる hito は います か	Is there someone who speaks English?

Tasukete is perhaps the most important Japanese word you should remember. It's basically like an SOS call – used when you need help in an actual emergency, but also when you just have no idea what's going on and need assistance. Ask the person if they speak English and if not they may at least help you find somebody who can interpret for you. Even those who can speak a little Japanese may find communicating with native speakers easier if they ask them to speak slowly, repeat what they said, or write it down.

One of the important things is not to get too frustrated or angry when it seems like your message is not getting through. Japanese people (especially those in Iwaki) are often more than willing to help you even if their English is limited. Try to speak slowly and clearly for their sake too and try to use some Japanese words instead if you know any. That way you should both be able to communicate in an effective (and perhaps even fun!) way.

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.

よろしくおねがいします!



Iwaki Hospital Guide

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

March Guide

Sunday 5 March

Taira Area	Yamaguchi Doctor's Office	9-5	24-1811
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
Taira Area	Fukuda Paediatrician's Office	9-12	22-4272

Sunday 12 March

Taira Area	Takahashi Clinic	9-5	46-1231
Onahama Area	Kashimura Gynaecology Clinic	9-5	56-2289
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Nakoso Area	Mori Children's Clinic	9-12	38-7227

Sunday 19 March

Taira Area	Yamaguchi Doctor's Office	9-5	24-1811
Onahama Area	Kashima Hospital	9-5	58-8010
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Katayose Clinic Obstetrics & Gynaecology	9-5	42-4135
Taira Area	Watanabe Clinic (paediatrics)	9-12	25-1170

Monday 20 March

Uchigo Area	Suda Iin	8:30-12	27-6060
Onahama Area	Onahama Seikyo Hospital	9-5	53-4374
Nakoso Area	Yu Clinic	9-5	63-1611
Joban Area	Iwaki Kusakidai General Clinic	9-5	28-1145

Sunday 26 March

Taira Area	Endo Clinic	9-5	35-3533
Onahama Area	Takagi Internist's Office	9-5	92-3435
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Nemoto Internal & Gastroenterology Doctor's Office	9-5	43-4100
Onahama Area	Shiga Children's Clinic	9-12	58-5505

April Guide

Sunday 2 April

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

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

**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).*

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.

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 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.

Event Calendar for March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Prefectural HS Graduation Ceremonies 	2 	3	4 Egypt Exhibition Lecture: "Egyptian Expedition – 50 Years of History" (Free) 
5 Egypt Exhibition Workshop: "Make Cleopatra's Kyphi Perfume" (¥1500) 	6	7	8  	9	10	11
12	13 JHS Graduation Ceremonies	14 White Day 	15 	16	17	18 Egypt Exhibition Lecture: "Excavating Ancient Egyptian Graves" (Free) 
19	20 Vernal Equinox Day 	21	22  	23 Primary School Graduation Ceremonies Primary and JHS School Year Completion Ceremonies 	24	25 Egypt Exhibition Workshop: "Experience how Pyramids were Built by Carrying a Boulder" (Free) 
26	27	28	29	30	31	

Venue: Iwaki Coal and Fossil
Museum "Horuru"
Lectures and Workshops all from
1pm. Entry fees also apply.
Inquiries: email
gakuqe@iwaki-kankou.or.jp

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