

## Iwaki City Monthly Event & Information Guide

# Iwaki Three Han Kendo Tournament

Volume 289 November 2015

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The first ever Iwaki Three Han Kendo Tournament was held at Iwaki Taira Castle on the 27<sup>th</sup> September.

Matches were held between student teams from junior high schools and high schools throughout Taira and other parts of Iwaki. This kendo tournament was carried out outside rather than in a dojo so spectators could enjoy the tournament whilst appreciating the fresh air and surrounding beauty of Iwaki Taira Castle Ruins. Despite their young age, the students engaged in rather intense and competitive matches throughout the day.



The event was originally planned to commence on the 26<sup>th</sup>, however rainy weather meant the event had to be postponed until the 27<sup>th</sup>. Fortunately the cloudy weather didn't stop everyone from enjoying one of Japan's traditional martial arts outside.

It seemed as though a tremendous amount of effort was put into making such a great event. We look forward to seeing more kendo tournaments and similar events from now on.



**Time Out is produced by Division of  
Coordination and Citizenry Affairs  
Iwaki City Hall**

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The Division of Coordination and Citizenry Affairs  
and the IIA are open to the public. Please feel free to  
drop by, call, or e-mail us anytime. Website:  
<http://www.iaa-fukushima.or.jp>;  
<http://www.city.iwaki.fukushima.jp/gaikokugo/english/>

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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をお待ちしています。

## My Number



Envelope



Please don't throw it away

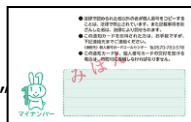
Your Individual Number

**Important!**

Notification Card



front



back

Application

### (1) Individual Number mailing will begin in October!

- ◆ The "My Number" Individual Number system is about to begin in Japan.
- ◆ The Individual Numbers, each one unique to its holder, are important because they are required for procedures at municipal offices, etc.
- ◆ From October 2015 on, your municipality will mail an envelope to your residence (at the address registered therewith).
- ◆ The envelope contains a "Notification Card" with your Individual Number on it.

### (2) Handle your Individual Number with care!

- ◆ Keep your Notification Card at hand and be careful not to throw it away or fold/tear it.
- ◆ To avoid illegitimate use of your Individual Number, do not tell it to others except as required.

### (3) "Individual Number Cards" will be available!

- ◆ Your "Individual Number Card" also serves as an ID card bearing your Individual Number.
- ◆ To apply for an "Individual Number Card", fill in and send back the application provided with the "Notification Card."

Individual Number Card



front



back

### (4) If you have any questions

- ◆ Go to the site below, or call the number below. You can also contact the municipal office of the town where you live (Iwaki City).



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• Web site: <http://www.cas.go.jp/seisaku/bangoseido/index.html>

• Call center : 0570-20-0291 (English / Chinese / Korean / Spanish / Portuguese)  
[Until 30 September 2015]

Monday – Friday 9:30 – 17:30 (not available on weekends or holidays)

[From 1 October 2015 through 31 March 2016]

Monday – Friday 9:30 – 20:00 Weekends/holidays 9:30 – 17:30 (Not available during the New Year's holiday)

\* Navi-Dial call charges will apply.

Iwaki City Government:

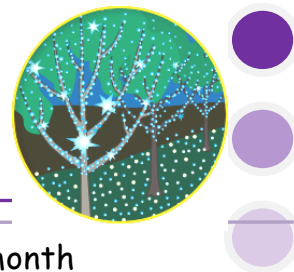
Resident Register Group, Public Affairs Division (For Notification Card and Individual Number Card related inquiries)  
0246-22-7444

「マイナンバー」についての説明文は、中国語と韓国語でも用意していますので、欲しい方は IIA にご連絡ください。  
Information regarding the "My Number" Individual Number is also available in Korean and Chinese. Please contact the IIA if you would like a Korean or Chinese version.

'마이 넘버'에 대한 설명문은 중국어와 한국어도 준비되어 있으므로 필요하신 분은 IIA 로 연락해 주세요.

关于「个人编号」，有中文和韩语的说明文，需要的人请与 IIA 联络。

# Festivals & Events



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

## Iwaki

**1<sup>st</sup>-8<sup>th</sup> November: Onahama Tairyobata (big catch flag) design competition winner's exhibition** @ Aquamarine Fukushima. From 9am-5:30pm. View some spectacular and original Tairyobata flags displaying a range of ocean themed artworks. For inquiries, please contact Aquamarine Fukushima: TEL 0246-73-2525. Email: amf@marine.fks.ed.jp

**7<sup>th</sup>-8<sup>th</sup> November: Renzansai School Festival** @ Iwaki Junior College, Taira. From 9:45am-4pm (Sat) and 10am-3pm (Sun). Free shuttle bus services both to and from Iwaki station. This year's school festival has the theme of "Harmony – the moment when everyone joins together as one" and includes a range of live performances and seminars. For more details and inquiries, please contact the Planning Committee for the Iwaki Junior College Renzansai: TEL 0246-24-8630. Website: <http://www.shk-ac.jp/>

**7<sup>th</sup>-15<sup>th</sup> November: Koyo Light Up** @ Shiramizu Amidado, Uchigo. From 5:30-8:30pm. Iwaki's National Treasure Shiramizu Amidado Temple lights up every year in mid-Autumn. There will be food and drink booths set up during the light up. There will also be markets selling local products on the weekends (7<sup>th</sup>, 8<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup>). For inquiries, please contact the Shiramizu Amidado Light Up Executive Committee: TEL 0246-27-1173. Email: info@repro-uchigo.jp

**8<sup>th</sup> November: Alios Park Festival** @ Taira Central Park (in front of Alios), Taira. From 11am-4pm. This is the last Alios Park Festival until April next year. 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. For inquiries, please email parkfesinfo@gmail.com. Website: <http://ameblo.jp/parkfes-iwaki/>

**15<sup>th</sup> November: La La Mew Markets** @ La La Mew. From 9am-5pm. Special markets offering bargain goods and services throughout the La La Mew hall. For inquiries, please contact Iwaki La La Mew: TEL 0246-92-3701

**21<sup>st</sup> November: Ueda Evening Markets** @ main road along Ueda Station. From 3-4:30pm. Held on the third Saturday of every month from June until December, these markets offer fresh local produce and other handmade produce and snacks. There will also be live performances and flea markets. For inquiries, please contact Ueda Shotengai: TEL 0246-62-8318

**22<sup>nd</sup> November: Tono Auto Camping Grounds Festival** @ Tono Auto Camping Grounds. From 9:30am-3pm. This annual camping festival showcases motorhomes and trailer houses as well as guides about camping products for first-time campers plus many other fun activities including traditional handicraft. For inquiries, please contact Tono Auto Camping Grounds: TEL 0246-74-1031. Website: <http://tohno-autcamp.com/?p=1467>

**22<sup>nd</sup> November: Oyster Festival** @ west side plaza of La La Mew, Onahama. From 11am. Purchase any item at La La Mew and present it so you can receive a free bowl of oyster hot pot. Limited number of oysters. For inquiries, please contact Iwaki La La Mew: TEL 0246-92-3701

## In the surrounding areas

**14<sup>th</sup> November: Sukagawa Fire Festival** @ Midorigaoka Park and Taimatsu-doori (main road of Sukagawa) Sukagawa, Fukushima. From 1-7:30pm. One of the three big fire festivals in Japan with over 420 years of history. Around 30 torches 10 metres high and weighing 3 tonnes will be carried through town then erected and set alight. For inquiries please contact the Sukagawa Fire Festival Committee: TEL 0248-88-9144. Website: <http://www.city.sukagawa.fukushima.jp/taimatsu>

# 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.

## Osechi Cooking Class



Nihongo no Kai will be holding an Osechi (traditional Japanese lunchbox cuisine eaten during the New Year) cooking class as a way of introducing a part of Japanese culture to all foreigners. We are looking forward to hearing from you.

**Date and Time:** 9th December (Wed) 10am-12pm  
**Venue:** Iwaki City Cultural Centre, cooking room  
**Fee:** 1000 yen  
**Contents:** Promote cultural exchange whilst making Osechi

**Application and Inquiries:** Yoko Suzuki (Nihongo no Kai)  
TEL: 0246-62-3218 or 090-6788-0290 (mobile)  
Mail: yohkosuz2000@yahoo.co.jp

## Multicultural Networking Event



The second Multicultural Networking Event will be a potluck and board game party. For each participant, please bring one item of finger food. Once we've finished our snacks we will enjoy board games such as Ticket to Ride, Kingdom, Scotland Yard, CATAN and Monopoly among others. Please bring any other board games if you have any. For those who would like to participate, please contact Ms. Takahashi.

**Date:** 12<sup>th</sup> December (Sat)  
**Time:** 12:30-5:30pm  
**Venue:** Uchigo Community Centre (Kominkan), cooking room (2<sup>nd</sup> floor)  
**Fee:** 200 yen (for those of high school age and above)

**Contents:** Potluck party and board games  
**Application and Inquiries:** Chikako Takahashi (Potluck Party)  
TEL: 0246-29-8418 or 080-5576-1024 (mobile)  
Email: tikitakagogogo1024@yahoo.co.jp

# Iwaki International Association Events

For applications and more information on IIA events, please contact the IIA.  
TEL: 0246-22-7409 FAX: 0246-22-7609 Email: [info@iia-fukushima.or.jp](mailto:info@iia-fukushima.or.jp) Website: [www.iia-fukushima.or.jp/](http://www.iia-fukushima.or.jp/)

## Volunteer Japanese Language Teachers' Training Session 2nd Session: The beauty of the Japanese language



The IIA is promoting the teaching of Japanese to foreigners who would like to learn the language.

**Date:** 5<sup>th</sup> December (Sat)  
**Time:** 1:30-3:30pm  
**Venue:** Iwaki City Cultural Centre, large lecture room  
**Lecturer:** Professor Kazuo Okuaki, Koriyama Women's University, Division of Home Economics and Welfare Information Major, former FCT TV announcer  
**Participants:** Anyone including IIA members  
**Capacity:** 30 people  
**Fee:** Free  
**Contents:** Hear about proper Japanese and beautiful Japanese expressions from a former TV announcer  
**Applications:** Please apply by 27<sup>th</sup> November (Fri)

## Volunteer Teachers for Japanese Language Study Meeting 2nd Session: Thinking about Japanese Language Teaching

Anyone who is interested in Japanese language teaching, regardless of nationality, can participate.

**Date:** 5<sup>th</sup> December (Sat)  
**Time:** 10am-12pm  
**Venue:** Iwaki City Cultural Centre, large lecture room  
**Lecturer:** Ms. Kyoko Nagashima, appointed specialist, Fukushima University International Centre  
**Participants:** Anyone including IIA members  
**Capacity:** 30 people  
**Fee:** Free  
**Contents:** Learn how to form effective lesson plans under the role of and attitude of a volunteer Japanese language teacher  
**Applications:** Please apply by 27<sup>th</sup> November (Fri)



## Sri Lankan Cooking Class

The IIA is holding its first Sri Lankan Cooking Class. What comes to mind when you think of Sri Lanka? We will learn more about this country whilst making Sri Lankan cuisine.

**Date:** 20<sup>th</sup> January (Wed), 2016  
**Time:** 10am-1pm  
**Venue:** Iwaki City Cultural Centre, cooking room (2<sup>nd</sup> floor)  
**Participants:** Anyone is free to participate  
**Capacity:** 30 people  
**Dishes:** Sri Lankan homemade cooking  
**Fee:** 1500 yen for IIA members; 2000 yen for non-members  
**Instructor:** Ms. Reia Asurappulige (from Sri Lanka)  
**Applications:** Please apply by 13<sup>th</sup> January (Wed). Applications will close once capacity is reached.



## Christmas Party

The IIA is holding a Christmas Party as an opportunity for IIA members to interact with each other. Please contact the IIA if you'd like to offer a song or dance for the event (both Japanese and foreign songs and dances are okay). We're also looking for performers for the event so please contact the IIA if you're interested.

**Date:** 13<sup>th</sup> December 2015 (Sun)  
**Time:** 1:30-4:30pm  
**Venue:** Iwaki Taira Castle Ruins (28 Kyujoseki Taira)  
**Participants:** IIA members and their families  
**Capacity:** 70 people  
**Fee:** Free (for each participant, please bring a snack or drink to the party)  
**Contents:** Potluck party, songs and dances  
**Applications:** Please apply by 4<sup>th</sup> December



## English Conversation Seminar

There are lots of people who would like to try and talk about current topics in English. Would you also like to learn how to converse in English across a range of topics and themes after taking some short lessons to improve your conversation ability?

**Date:** 20<sup>th</sup>, 27<sup>th</sup> January; 3<sup>rd</sup> February 2016 (Wednesdays, 3 classes in total)  
**Time:** 6:30-8:30pm  
**Venue:** Meeting room inside Iwaki City Lifelong Learning Plaza (scheduled)  
**Fee:** 1000 yen for IIA members; 3000 yen for non-members (covers all three classes)  
**Participants:** People who can speak conversational English  
**Contents:** Enjoying learning English conversation skills  
**Applications:** Please apply by 13<sup>th</sup> January



We're also looking for volunteer native English Speakers who can help teach English and make our classes fun. Please contact the IIA by email ([info@ia-fukushima.or.jp](mailto:info@ia-fukushima.or.jp)) if you're interested. We look forward to hearing from you.

## From the Editor ●●●

We're now into the middle of Autumn with the days now coloured with Autumn leaves and the nights lit up with decorative illumination.

I have been in Iwaki for over three months now and have been able to experience a variety of intercultural exchange events. One particular event was the IIA's Zen Café, which involved members of our international community experiencing Zazen and learning some concepts of Zen from the chief priest. My legs were a little sore after the Zazen experience, but I enjoyed listening to the priest who said "if you're not suffering, you're not human". I found that message particularly interesting.

I hope you might get the chance to learn Zazen from the chief priest of a temple and that it might help relieve some of the stress in your life.

-Ben 弁





# Iwaki Hospital Guide



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

## November Guide

### Sunday 1 November

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	Mizutani Jibiinkoka lin (ear, nose & throat)	9-5	73-1187
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175
Onahama Area	Kodomo Clinic Suzuki (paediatrics)	9-12	56-6336

### Tuesday 3 November

Uchigo Area	Suda lin	8:30-12	27-6060
Taira Area	New Town Jin-Naika Clinic (internal & nephrology)	9-12	46-0606
Taira Area	Hasegawa Seikeigeka lin (orthopaedic surgery)	8:30-11:30	25-5691
Onahama Area	Iizuka Clinic	9-5	52-2225
Nakoso Area	Mori no Kodomo Clinic (paediatrics)	9-5	38-7227
Joban Area	Iwaki Kusakidai General Clinic	9-5	28-1145

### Sunday 8 November

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	Nakamura Hospital	9-5	53-3141
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Onahama Area	Shiga Kodomo Clinic (paediatrics)	9-12	58-5505

### Sunday 15 November

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
Onahama Area	Iwaki Central Hospital Fuzoku Shinryojo	9-5	53-3511
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Sakamoto Naika Ichoka Clinic (internal and gastroenterology)	9-5	72-2022
Taira Area	Wakamatsu lin (paediatrics)	9-12	22-3838

### Sunday 22 November

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Aita Seikeigeka (orthopaedic surgery)	9-12	35-0808
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Onahama Seikyo Hospital	9-5	53-4374
Nakoso Area	Nakoso Hospital	9-5	65-7755
Joban Area	Seki Seikei Geka Clinic (surgery)	9-5	84-9905
Taira Area	Watanabe Clinic (paediatrics)	9-12	25-1170

### Monday 23 November

Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Ushiroda Naika Clinic (internal)	9-5	92-1222
Nakoso Area	Saito Naika Clinic (internal)	9-5	77-1001
Joban Area	Yoshinari Naika (internal)	9-5	42-2220

## Sunday 29 November

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	Kadoya Seikei Naika (orthopaedics and internal)	9-5	54-4047
Nakoso Area	Yabuki Hospital	9-5	63-1818
Joban Area	Kazawa Icho Seikeigeka (gastroenterology and orthopaedics)	9-5	42-2198
Uchigo Area	Aihara Shonika lin (paediatrics)	9-12	26-5551

## December Guide

### Sunday 6 December

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	Yokodai Clinic	9-5	55-5150
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Watanabe Sanka Fujinka (obstetrics and gynaecology)	9-5	42-4567
Joban Area	Iwaki Kusakidai General Clinic (paediatrics)	9-12	28-1145

### Sunday 13 December

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	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Haruyama lin	9-5	44-4011
Nakoso Area	Ohara Kodomo Clinic (paediatrics)	9-12	63-0001

# 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.






## 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.


# NOVEMBER 2015


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>Culture Day</b> Volunteer Teachers for Japanese Language Study Meeting 1 	4 IIA Japanese Reading Class 6 IIA Japanese Culture Class 6  Free Legal Consultations ( Social Welfare Centre)	5 IIA Japanese Speaking Class 6 IIA Japanese Writing Class 6  Yu no Hanakai	6	7 Volunteer Japanese Language Teachers' Training Session 1
8 Gender Equality Day Event (1-4pm)  <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin: 10px auto;">Lecture on balancing work and childraising/caretaking Time: Sun 2-3pm Inquiries: Gender Equality Centre: TEL 0246-27-8694.</div>	9	10	11 IIA Japanese Reading Class 7 IIA Japanese Culture Class 7  Free Legal Consultations (City Hall)	12 IIA Japanese Speaking Class 7 IIA Japanese Writing Class 7  Yu no Hanakai	13	14 Parent and Child English Conversation Cooking Class 1
15	16	17	18 IIA Japanese Reading Class 8 IIA Japanese Culture Class 8  Free Legal Consultations (City Hall)	19 IIA Japanese Speaking Class 8 IIA Japanese Writing Class 8  Yu no Hanakai	20	21
22	23 <b>Labour Thanksgiving Day</b> 	24	25 IIA Japanese Reading Class 9 IIA Japanese Culture Class 9  Très bien  Free Legal Consultations (City Hall)	26 IIA Japanese Speaking Class 9 IIA Japanese Writing Class 9  Yu no Hanakai	27	28 Parent and Child English Conversation Cooking Class 2
29	30	Dec 1	Dec 2	Dec 3	Dec 4	Dec 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

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

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

### 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](mailto: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.

