

Time Out



Iwaki City Monthly Event & Information Guide

IIA Thai Cooking Class

Volume 288 October 2015

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The IIA's Thai Cooking Class was held on the 11th of September, with 31 participants, including 7 from foreign countries. Ms Netrnapa Sakata, a Thai resident of Iwaki, taught everyone Thai recipes using local ingredients.

The main dish prepared was Green Curry, with participants also making Som Tam Carrot (Carrot Salad), Thai Spring Rolls, Vermicelli Salad, Sweet Potato Desert and Mango Smoothies.



The green curry, which was made with coconut milk had a distinct tingly spiciness amongst its mild flavour. Sweet Potato desert was made using coconut milk and everyone learnt that the key to bringing out the perfect flavour in both dishes is to not over-boil it.

Spring rolls are made differently in each country with Thai Spring rolls being made with a delicious Nam Pla fish sauce and have more vegetables inside making them packed full of nutrients.

The tip with Carrot Salad was to cut thinly with a peeler and add lots of dressing, making it very moreish.

Thank you Netrnapa and everyone who joined in the cooking class!



**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 をお待ちしております。

My Number



Envelope



Please don't throw it away

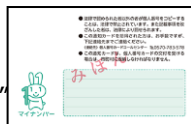
Your Individual Number

Important!

Notification Card



front



back

(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



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).

• 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。

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.

Namaste! Nepal Concert



There will be a charity event supporting Nepal.

Date & Time: 1st November (Sun), 2-4pm
Venue: Joshoin Ganjoji Temple (Taira Nakahirakubo)
Fee: 1000 yen (Those of high school age and younger, 500 yen)
Content: There will be songs and an opportunity to chat with Nepalese singer Sundari Mica and find out about some of the work being done by Iwaki Citizens in support of Nepal

Note: Donation money will help Mica's projects in aiding the education of impoverished Nepalese families and helping Nepalese women become more independent
Application and Inquiries: Kanako Lama (Support Nepal from Iwaki Group)
TEL: 080-2800-4594
Email: kanakolama@gmail.com
Application deadline: 25th October (Sun)

Multicultural Networking Event



Organiser Potluck Party is opening a networking event to help promote both multicultural exchange and exchange between fellow members.

For our first event, Canadian teacher Ms. Ariana Whitman will hold a Thanksgiving Day style event by encouraging exchange whilst making roast turkey. Please contact Ms. Takahashi if you would like to join in the event.

Date and Time: 12th October (Mon, Public Holiday), 11am-4pm
Venue: Iwaki City Cultural Centre, cooking room (2nd floor)
Fee: 1000 yen for IIA members, 3000 yen for non-members
Capacity: 15 people

Contents: Casual networking whilst making roast turkey
Application and Inquiries: Chikako Takahashi (Potluck Party)
TEL: 0246-29-8418 or 080-5576-1024 (mobile)
Email: tikatikagogogo1024@yahoo.co.jp

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 (scheduled)
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

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 Website: www.iia-fukushima.or.jp/



Japanese Classes

A. Speaking Course:

October 1 to December 3 – Thursdays, 10am-12pm

B. Writing Course:

October 1 to December 3 – Thursdays, 1pm-3pm

C. Reading Course:

September 30 to December 2 – Wednesdays, 10am-12pm

D. Japanese Culture Course:

September 30 to December 2 – Wednesdays, 1pm-3pm

Participants: 15 people per class

Number of Classes: 10 classes per course

Class Fee: Free

Course Materials: Textbooks will need to be purchased.

Venue: Lifelong Learning Plaza (Shogai Gakushu Plaza), Washington Hotel (4th floor)

Lecturers: Volunteer teachers from IIA members



Please contact the IIA for more information about the classes. The content of the classes will be adjusted to the level of the students. If you are a first-timer to the IIA classes, please take the placement test to check your Japanese language level.



Volunteer Japanese Language Teachers' Training Session

The IIA is promoting the teaching of Japanese to foreigners who would like to learn the language. Anyone who has an interest in the Japanese language is welcome to participate.



1st Session: Functions and mechanisms of the Japanese language

We will learn about the functions and mechanisms of the Japanese language from a different angle to Japanese grammar taught in school.

Would you like to try and comprehend these language systems and teach Japanese to other foreigners?

Date and Time: 7th November (Sat) 1:30-3:30pm
Venue: Iwaki Lifelong Learning Plaza, Large Conference Room 2 (4th floor)
Lecturer: Professor Satoshi Abe, Junior College of Aizu, Faculty of Social Welfare
Participants: Anyone including IIA members
Fee: Free
Contents: Learn about Japanese language systems
Application deadline: 30th October (Fri)

2nd Session: The beauty of the Japanese language

Come along and realise the beauty and appeal of the Japanese language in order to teach it to other foreigners.

Date and Time: 5th December (Sat) 1:30-3:30pm
Venue: Meeting room inside Iwaki City Cultural Centre (scheduled)
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
Fee: Free
Contents: Hear about proper Japanese and beautiful Japanese expressions from a former TV announcer
Application deadline: 27th November (Fri)



Volunteer Teachers for Japanese Language Study Meeting



1st Session: Language support for children of foreign ancestry.

Non-Japanese schoolchildren who need special guidance in Japanese have been increasing each year to reach up to 30,000 students throughout Japan. Schoolchildren with foreign ancestry who require such guidance have been on the increase here in Iwaki as well.

These children need special Japanese teaching urgently in order to adapt to Japanese school life and life in Japan. We will consider what kind of Japanese is necessary for these children. Anyone who is interested in supporting Japanese learning for children is welcome to participate

Date and Time: 3rd November (Tue/Holiday) 1:30-3:30pm
Venue: Iwaki City Cultural Centre, Meeting Room No. 3
Lecturer: Ms. Yumi Takeda from the Association of Japanese Language Teaching (AJALT)
Participants: Anyone including IIA members
Fee: Free
Contents: Learn about Japanese language support for children.
Application deadline: 30th October (Fri)

2nd Session: Thinking about Japanese Language Teaching

What comes to mind when you think about teaching Japanese to foreigners? We will study how to make effective lesson plans under the role and attitude of a volunteer Japanese teacher. Anyone who is interested in Japanese language teaching, regardless of nationality, can participate. We look forward to seeing those of foreign nationality participate as well.

Date and Time: 5th December (Sat) 10am-12pm
Venue: Meeting room inside Iwaki City Cultural Centre (scheduled)
Lecturer: Ms. Kyoko Nagashima, Japanese Teacher
Participants: Anyone including IIA members
Fee: Free
Contents: Learn how to form effective lesson plans under the role of and attitude of a volunteer Japanese language teacher
Application deadline: 27th November (Fri)

Volunteers required!

Intercultural Understanding Lecture

The IIA is still looking for volunteers for the Intercultural Understanding Lecture. If you would like to teach children about your country, culture and language please contact the IIA so we can sign you up. Anyone is warmly welcomed. We would really appreciate your help

30th October (Fri) Tsuzura Primary School (Uchigo)
6th Nov (Fri) Takasaka Primary School (Uchigo)
13th (Fri), 20th (Fri) Nov Oura Primary School (Yotsukura)

Time: held in the morning
Please contact the IIA if you can volunteer for a 1-2 hour workshop.
TEL: 0246-22-7409; Fax: 0246-22-7609
E-mail: info@iia-fukushima.or.jp



Lecture in Understanding Energy



We experienced the Great East Japan Earthquake and realised the importance of energy. Please come to our lecture where we will think about natural energy while making solar power panels by hand.

Date: October 18 (Sunday)
Time: 10am-4pm (please bring your own lunch)
Venue: Higashi Nippon International University, classroom 101
Lecturer: Director General Morihiko Shimamura of the Iwaki Otento Sun Business Union
Participants: General citizens including students
Fee: IIA members, 1,000 yen, non-members 2,000 yen, foreign residents free
Capacity: 24 people (first come, first served)

Festivals & Events



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

Iwaki

1st-25th October: Guri and Gura 50th Anniversary Exhibition @ Regular Exhibition Hall, Iwaki City Art Museum. From 9:30am to 5pm (museum entry closes at 4:30). Closed on 13th October. Celebrate the 50th anniversary of Rieko Nakagawa and Yuriko Yamawaki's works with over 170 original illustrations on display. Entry fee is ¥800 for adults, ¥400 for high school and university students and ¥200 for primary and junior high school students. Free entry and different fees may also apply. For inquiries please contact the Iwaki City Art Museum: TEL 0246-25-1111

11th October: Alios Park Festival @ Taira Central Park (in front of Alios), Taira. From 11am-4pm. Alios Park Festival is held in the second Sunday of every month from April to November. 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/>

17th-18th October Machinaka Concert in Taira @ Iwaki Station and surrounding areas in Taira. Numerous local bands and dancers including Iwaki's own Idol group Icle Girls will perform over two days in various parts of Taira. Visit the website and click 会場案内 to view a map of all stage locations. For inquiries please contact the Iwaki Machinaka Concert Executive Committee: TEL 0246-47-0130. Website: <http://www.iwaki-machicon.com/index.html> (Japanese)

24th October: IMU Super Live 2015 - Sonar Pocket @ Kodama Memorial Auditorium, Iwaki Meisei University. From 3pm. Sonar Pocket will perform at Iwaki Meisei University as part of their annual university festival live concert. Ticket price is ¥3,800. Must be at least primary school age to enter. Times and other details may change. For inquiries please contact Iwaki Meisei University: TEL 0246-29-7118.

24th October: Yucho Rakugo performance by Shofukutei Tsurube @ Main Theatre, Alios Performing Arts Centre. From 1pm (doors open at 12:30pm). Ticket prices are ¥4000-¥5000 yen and ¥2000 for those under 22 years old. For inquiries please contact Alios Performing Arts Centre. TEL 0246-22-8111. Alios Ticket Centre: TEL 0246-22-5800 (closed Tuesdays). Website: <http://iwaki-alios.jp/cd/app/?C=event&H=default&D=01633>

In the surrounding areas

2nd-4th October: Iizaka Fighting Festival: @ Hachimanjinja Shrine, Iizaka, Fukushima city. 3 day festival with main highlight on 3rd October (Saturday) when large stalls decorated in lanterns are rammed into each other. Main event starts from 8:30pm. For inquiries please contact Hachimanjinja Shrine TEL: 024-542-2560. Website: <http://hachimanjinja.info/>

From the Editor

We experienced a fair amount of turbulent weather including recent heavy rains during the change of seasons. But that period has finally passed and it seems we are about to enter into a more pleasant autumn. Autumn is said to bring out peoples' appetite due to the variety of delicious foods that come into season during autumn such as chestnuts, mushrooms, sweet potato as well as newly harvested rice. The cooler weather also offers a great a chance to go out strolling to see the changing autumn leaves. Shiramizu Amidado Temple is one highly recommended place to see the autumn leaves so don't miss out.



-Ben 弁



Iwaki Hospital Guide



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

October Guide

Sunday, 4 October

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	Izumi Central Clinic	9-5	56-6677
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175
Taira Area	Watanabe Clinic (paediatrics)	9-12	25-1170

Sunday 11 October

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	Iwaki Central Hospital Fuzoku Shinryujo	9-5	53-3511
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Onahama Area	Konnai Kodomo Clinic (paediatrics)	9-12	73-8815

Monday 12 October

Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Kashima Ladies Clinic	9-5	58-8577
Nakoso Area	Sato Maternity Clinic (obstetrics)	9-5	65-6900
Joban Area	Nemoto Naika Ichoka lin (internal and gastroenterology)	9-5	43-4100

Sunday, 18 October

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	Ishii Noshinkei Geka Ganka Hospital (neurosurgery and ophthalmology)	9-5	58-3121
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Hisa lin	9-5	43-2313
Uchigo Area	Aihara Shonika lin (paediatrics)	9-12	26-5551

Sunday 25 October

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	Kashima Hospital	9-5	58-8010
Nakoso Area	Nakoso Hospital	9-5	65-7755
Joban Area	Kato Naika Clinic (internal)	9-5	72-0072
Onahama Area	Shiga Kodomo Clinic (paediatrics)	9-12	58-5505

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 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 October

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

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.

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.

OCTOBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 27	Sep 28	Sep 29	Sep 30	Oct 1 IIA Japanese Speaking Class 1 IIA Japanese Writing Class 1  Yu no Hanakai	Oct 2	Oct 3 14 th Iwaki Global Citizen Festival (Day 1) Spanish Cooking Class 
4 14 th Iwaki Global Citizen Festival (Day 2) <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin: 5px auto;">Time: Sat 11am-3pm; Sun 10am-3pm Place: Aquamarine Park Note: IIA will be there on Sunday only</div>	5	6 Chinese Course 2	7 IIA Japanese Reading Class 2 IIA Japanese Culture Class 2 Volunteer Interpreter Training Workshop 4  Free Legal Consultations (Social Welfare Centre)	8 IIA Japanese Speaking Class 2 IIA Japanese Writing Class 2  Yu no Hanakai	9	10
11	12 Health-Sports Day Multicultural Networking Event 	13 Chinese Course 3	14 IIA Japanese Reading Class 3 IIA Japanese Culture Class 3 Volunteer Interpreter Training Workshop V  Free Legal Consultations (City Hall)	15 IIA Japanese Speaking Class 3 IIA Japanese Writing Class 3  Yu no Hanakai	16	17
18 Lecture in Understanding Energy 	19	20 Chinese Course 4	21 IIA Japanese Reading Class 4 IIA Japanese Culture Class 4  Free Legal Consultations (City Hall)	22 IIA Japanese Speaking Class 4 IIA Japanese Writing Class 4  Yu no Hanakai	23	24
25 Universal Design Seminar <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin: 5px auto;">Time: From 1:30-3pm Place: Iwaki Lifelong Learning Plaza, Large Conference Room Inquiries: Coordination and Citizenry Affairs Division TEL 0246-22-7415</div>	26	27 Chinese Course 5	28 IIA Japanese Reading Class 5 IIA Japanese Culture Class 5  Très bien  Free Legal Consultations (City Hall)	29 IIA Japanese Speaking Class 5 IIA Japanese Writing Class 5  Yu no Hanakai	30	31

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
 Multicultural Networking Event – 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.

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.

