



Oh-i!



英語

Issued by Utsunomiya International Plaza (UIP)
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Be Careful of Heat Stroke!



Every day has been super hot recently , hasn't it? I just feel worn out.

That's actually a dangerous sign. Are you doing anything to prevent heat stroke?



I often hear about heat stroke, but don't have a clue about it.



①

It is easy to get heat stroke from around June through September. I'll tell you about heat stroke.



1. Heat stroke symptoms

- Dizziness and/or a hot face
- Sore muscles and/or muscle cramps
- Feel worn out or nauseous (headaches, etc.)
- Strange way of sweating
- High body temperature, skin abnormalities (turns red, etc.)
- Do not respond when called, can't walk straight → Dangerous situation, so please go to a hospital immediately

②

Results of a survey conducted on persons born abroad regarding "Japan's heat"

- More than 70% experienced heat stroke
- Over 50% of the symptoms were "feeling worn out or nauseous"
- The No. 1 place used when feeling the danger of heat stroke outside are restaurants ("Zero heat stroke research rooms")

This is the Ministry of the Environment's heat stroke countermeasure & prevention website smart phone QR code. The heat stroke index (numbers that indicate how easily it is to get heat stroke) can be confirmed.



Next I'll tell you about heat stroke prevention methods and countermeasures.



2. Heat stroke prevention methods & countermeasures

<< Enabling your body to withstand heat >>

- Drink fluids often
- Intake an appropriate amount of sodium
- Make your sleeping environment comfortable
- Build a strong body (eat healthy well balanced meals and get good sleep, etc.)

<< Strategies for heat >>

- Always be aware of the temperature and humidity
- Keep the room temperature cool
- Choose clothing wisely
- Avoid direct sunlight
- Put on cooling goods (cooling sheets and scarves, etc.)

<< Protect yourself from the heat >>

- Carry a beverage with you
- Take breaks often
- Be aware of the heat stroke index

③



There was much damage due to the heavy rains in July in western Japan. In Tochigi Prefecture there is much lightening and the rain and wind can suddenly become quite strong, so please be careful.

Do a search for the "Utsunomiya City Hazard Map"

(<http://www.city.utsunomiya.tochigi.jp/kurashi/anshin/bosai/1003241.html>) and be sure to confirm where you live. It is very important to protect yourself.



④

Information for Dog and Cat Owners



1. If your dog/cat is missing, please contact the humane society immediately

The humane society takes in lost dogs and injured cats, etc. and posts that information on the city's website. Contact is also made with the humane society by people who have found and taken in dogs and cats within the city. If your dog or cat is missing, please contact the humane society immediately.

2. Put your (the owner's) contact information on your dog/cat

When a lost dog or cat is taken in if the animal's owner's contact information is known, it is possible to return the animal to the owner. Please attach the following information to your pet's collar, etc. It is also effective to insert a microchip with information on your pet's vet, etc.



Put a dog license (a license that can be received by registering your dog with your municipality) and a "Rabies vaccine tag" on your dog's collar.

Put a tag with your (owner's) name and phone no., etc. on your cat's collar.



3. It is best to keep cats inside

There are many dangers for animals being kept outdoors, such as contagious diseases and being hit by cars. Sometimes injured cats are brought in to the humane society. Please keep your cats inside.

Inquiries: Seikatsu Eisei-ka

(Daily Life & Health Division)

Health Division ☎ 028-626-1108



Learn Japanese Useful for Work

The Health, Labor, and Welfare Ministry (JICE (Japan International Cooperation Center)) conducts training to learn Japanese and manners about working in Japan for foreigners looking for work to enable them to work long term. Starting in September there will be a basic Japanese course L3 and training to learn how to talk at the workplace.

- ▽ Period Mid-September – mid December, Monday – Friday, 9:00AM - 12:00PM, 42 times
(Test planned on September 13)
- ▽ For Spouses of Japanese nationals, permanent residents, spouses of permanent residents, fixed residents that have a visa and who know hiragana and katakana and can speak a little conversation
- ▽ Fee Free
- ▽ Sign up Sign up will begin at a "Hello Work" nearby in mid-August.
- ▽ Venue Tochigi Fukushi Plaza (Tochigi Welfare Plaza)
(1-10-6 Wakakusa Utsunomiya City)
- ▽ Inquiries JICE Local Contact Person Suzuki 080-4336-1348



Fun events



Enjoy Picture Books From Around the World

- 🕒 September 9 (Sun) 1:30PM – 3:30PM
- 😊 Native speakers read aloud picture books and tell about their country's language and games. Spanish, Nepalese, American, and Ukrainian picture books will be read.
- @ Higashi Toshokan (East Library)
(3-5-1 Naka Imaizumi)
- ☎ Utsunomiya City International Association
028-616-1870



Waste Reduction Challenge 2018



- 🕒 August 25 (Sat) 10:00AM – 3:00PM
- 😊 • Free workshop on making things with products you don't need anymore!!
• Crawfish catching!!
• Green Park Mobara facility tour, etc.
- @ Utsunomiya-shi Kankyo Gakushu Center
(Utsunomiya City Environmental Learning Center) (777-1 Mobara-machi)
- ☎ 028-655-6030



International Exchange Salon

- 🕒 Every 4th Saturday 4:00PM – 6:00PM
- August 25 World Quiz
- 😊 An event at which you can talk with people from various countries. 
- Cost** Free 
- @ Utsunomiya International Plaza
- ☎ 028-616-1563

 **Held every 4th Saturday!**

Exciting ☆ Taiwan Festival



- 🕒 August 18 (Sat) 11:00AM – 8:00PM
- August 19 (Sun) 11:00AM – 6:00PM
- 😊 Event theme: "Feel Taiwan in Tochigi"
Enjoy authentic Taiwanese cuisine and beer 
- @ Orion Square (8-3 Eno-machi)
- ☎ Tochigi "Exciting ☆ Taiwan Festival"
Organizing Committee 028-634-1722

Story Square



- 🕒 Aug. 18, Sept. 15, Oct. 20, Nov. 17,
Dec. 15, Jan. 19, Feb. 16, Mar. 16
- 🕒 11:00AM – 11:30AM
- 😊 Reading picture books aloud, picture card stories, hand games, etc. and other fun activities each time.
- @ Chuo Shogai Gakushu Center
1st floor Library Corner (1-1-13 Chuo)
- ☎ Chuo Shogai Gakushu Center 028-632-6331
(Central Lifelong Learning Center)



"Cheers" Festival 2018 with Tochigi Local Wine

- 🕒 August 24 & 25 3:00PM – 9:00PM
- 😊 • Japanese sake, shochu, craft beer, wine, and cuisine from within Tochigi Prefecture for sale
• Seminar on sake and fermented food, etc.
- @ Orion Square (8-3 Eno-machi)
Shimotsuke Newspaper News Cafe
- ☎ Tochigi-ken Kogyo Shinkou-ka (Tochigi Prefectural Industrial Promotion Section)
(Chiiki Sangyo Tanto) 028-623-3198
(In charge of Regional Industry)



UCIA 20th Anniversary Commemorative Event Japanese Speech (10)



“My First Japanese Lessons”

Hello. My name is Takeshi Ito. I am a fourth grade elementary school student. My father is Japanese and my mother is Korean.

When I was three years old I went to Korea, lived there for almost six years, and returned to Japan last summer. At that time my Japanese ability was about the reading level of the 50 hiragana characters, so I was worried.

However, I heard that the Utsunomiya City International Association hold Japanese language classes during summer vacation, so I participated. There were many teachers and foreign kids, just like me there. I was able to play vocabulary games with friends, draw pictures, and have fun studying Japanese.

The teachers are very kind and made a great effort to teach us. My anxiety began to go away and I gained courage. Thanks to this opportunity I was able to go to school. I continue to enjoying studying Japanese with my friends.

My mother has also participated in Japanese language classes since coming to Japan. She said she is making an effort so that she won't fall behind my progress, but recently she asks me how to read and pronounce kanji. I enjoy pretending like I am a teacher. My mother also seems to enjoy studying Japanese. I want to compete with my mother to see which of us can become better at Japanese faster. I will do my best not to lose to my mom.

※This is an extract from his speech. We will also post other presenters' speeches in subsequent issues.

Utsunomiya International Plaza (UIP) Services



Consultation for foreign residents

		Spanish Portuguese	Chinese	Thai	English
UIP ☎028-616-1564	3:00PM - 6:00PM	Mon	Tues	Wed	Fri
		4 th Sunday of month (appointment needed)			
City Hall ☎028-632-2834 (during office hours)	9:00AM - 12:00PM	Thurs	2 nd Thurs	—	—
	2:00PM - 5:00PM	Thurs	—	2 nd Thurs	2 nd Thurs
Administrative Scrivener ☎028-616-1564	3:00PM - 5:00PM	3 rd Monday (appointment needed)			

Interpreter Volunteer Service

Go with someone needing language assistance to such places as national and prefectural facilities and the city hall, and interpret for them

- ▶ Monday – Sunday 8:30AM – 7:00PM
- ▶ 1 time (2 hours) 2,000 yen
- ▶ Please fill our application form at UIP, pay the fee, and submit the application.

“Oh-i!” is published in easy Japanese, English, Chinese, Portuguese, Thai and Vietnamese, is also available on the UCIA website. <http://www.ucia.or.jp> There you can enjoy reading past issues of the “Oh-i!” too.

Clip art on page 1 provided by: Yurika Usui & Natsuki Nemoto