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Happy New Year!

Enjoy another healthy year ahead in enchanting Utsunomiya, where dreams and desires come true!

What is attractive about Utsunomiya?

Gyoza town

It contests for the highest amount of gyoza (dumpling) consumption in Japan each year.



Cocktail town

There are many great bartenders who have won prizes at domestic and international competitions.



Jazz town

Live jazz performances can be enjoyed every day.



Oya rock town

"Oya rock," a famous building material commonly used in Japan and overseas, is integrated into life.



Hyakunin Isshu town

The town where Hyakunin Isshu (a traditional Japanese poetry card game) originated.



Child-friendly town

A full-force effort is being made to support families raising children.



3x3 town

The opening event of the tour to determine the world's No. 1 team, the "FIBA 3x3 World Tour Utsunomiya Opener," is held every April.



Bicycle town

The "Utsunomiya Japan Cup Cycle Road Race," the top Asian one-day race, is held every October.



Agricultural kingdom town

Seasonal agricultural products are delicious. There are many places to buy fresh agricultural products.



▼ When you dispose of garbage, please separate it into “recyclable garbage” (shigen gomi) and “regular garbage” (= 4 types of garbage below).

1. Recyclables (9 types)
2. Hazardous garbage
3. Combustible garbage
4. Incombustible garbage
5. Oversize garbage

▼ This month's edition explains about the separation and disposal methods of “**recyclable garbage**.”

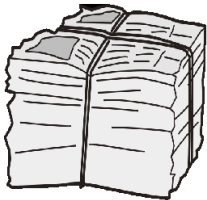
Please separate “recyclable garbage” into the following 9 types when disposing of it.

Please refer to the next month's edition which will explain about the separation and disposal methods of “regular garbage” (4 types of 2. – 5. listed above).

Recyclables (Separate into 9 types)

① Newspaper

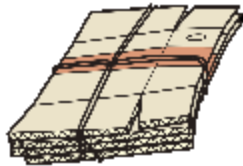
(Including ads)



⇒ Stack and tie in a crisscross fashion using string.

② Cardboard

(Corrugated cardboard with a wavy cross section)



⇒ Flatten to condense and tie in a crisscross fashion using string.

③ Magazines & Other Paper

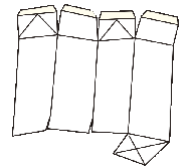
(Magazines, books, paper boxes, envelopes, etc.)



⇒ Tie magazines in a crisscross fashion using string. Put other paper in a paper bag or plastic bag.

④ Paper Beverage Cartons

(Paper beverage cartons for milk or juice, etc. that are white inside)



⇒ Rinse out and tie in a crisscross fashion with string or put in a plastic bag.

⑤ Cloth

(Clothing such as shirts, and cloth such as towels, etc.)



⇒ Put in a plastic bag. Do not dispose of on rainy days.

⑥ Glass Bottles & Cans

(Glass bottles and cans for beverages, food, medicine, cosmetics, etc.)



⇒ Remove caps, rinse out, and then put glass bottles and cans together in a plastic bag.

⑦ PET Bottles

(PET bottles with a “PET bottle symbol” for beverages and seasonings)



⇒ Remove caps and labels, rinse out, and then put in a plastic bag without flattening.

⑧ White Styrofoam Trays

(Trays without any color or design used for meat, fish, etc.)



⇒ Remove food waste and then put in a plastic bag.

⑨ Plastic Containers & Packaging

(Plastic containers and packaging no longer needed after removing or consuming the contents of the product)



Items with “プラ”
(plastic) symbol



⚠Caution Items that are difficult to clean are to be disposed of as combustible garbage

⇒ Rinse off dirty items and put in plastic bag.

※Please use a transparent or semi-transparent plastic bag for the plastic bags mentioned above.

【Inquiries】 Waste Reduction Promotion Division (Gomi Genryo-ka) Garbage separation = 028-632-2414
Garbage collection = 028-632-2423

International Exchange Salon 🎵

🕒 Every 4th Saturday 4:00PM – 6:00PM

January 24 (Sat)

😊 An opportunity to enjoy interacting with people from various countries.

Cost Free

@ Utsunomiya International Plaza
(4-1-1 Baba-dori)

☎ 028-616-1563



Animation Film Viewing

🕒 January 18 (Sun) 10:30AM & 2:00PM

😊 “The Bears’ Famous Invasion of Sicily”

Cost Free

For First 50 people each time
Admission ticket distribution starts 30 minutes before the film

@ Audiovisual Library in the East Library
(Higashi Toshokan 2F
Shichoukaku Library,
3-5-1 Nakaimaizumi)

☎ 028-638-5704



South Library Children’s Toy Hospital

🕒 January 24 (Sat) 10:00AM - 2:00PM

😊 Learn the importance of possessions by watching treasured toys being repaired

Cost Free

For Infants – high school students

Max First 27 people, 1 toy per child

Sign up January 8 starting at 2:00 by phone

@ South Library (Minami Toshokan)
56-1 Suzumenomiya-cho

☎ 028-653-7609

Enjoy Training

🕒 January 15, 22, 29 (Thurs)
1:30PM - 3:00PM

😊 Aerobic and muscle-building exercises

Cost 500 yen each

For Age 16 years or older

Max First 40 people

@ Brex Arena Utsunomiya (City Gym)
5-6-18 Motoimaizumi
City Sports Promotion Foundation
(Shi Sports Shinko Zaidan)

☎ 028-663-1611

Exciting Bean Throwing Event

🕒 January 31 (Sat) 11:00AM – 11:30PM

😊 Exciting and fun time
“Bean throwing for all”

Max First 15 people

For Age 2 - 2nd grade
elementary school

@ South Library (Minami Toshokan)
56-1 Suzumenomiya-cho

☎ 028-653-7609



First Aid Workshop

🕒 February 8 (Sun) 9:00AM - 11:00AM

😊 Learn general life-saving training, how to do Cardiopulmonary Resuscitation (CPR) and how to use an AED

Cost Free

Max First 30 people

Sign up Starting January 5
@ on the city’s website →
West Fire Department
Nishi Shobosho,
2-21-7 Tsuruta

☎ Fire Prevention Division (Keibo-ka)
028-625-3008



Interview

Violetta of Ukraine



We asked Violetta of Donetsk, Ukraine about the city of Donetsk, her favorite cuisine, traditional customs, raising children in Japan, what is important to her, etc.

добри дни! Dobri dni ("Hello" in Ukrainian)

Violetta came to Japan 22 years ago and is studying Japanese at UCIA.

UCIA: What kind town is Donetsk like?

Violetta: It is a town like Utsunomiya and is convenient with various facilities. Citizens continue to grow roses, so it has become famous as a "rose city."

UCIA: What is your favorite Ukrainian cuisine?

Violetta: I like varenyky. They look like boiled dumplings, but the skin is thick and they contain potatoes, cabbage, meat, strawberries blueberries, etc. My family cooks about 300 and eats them little by little.

UCIA: What is a traditional custom of Ukraine?

Violetta: As a celebration of Easter, there is a custom of boiling eggs, drawing on the eggs, decorating the dining table with them, and giving them to friends and family. The decorated eggs are called "Pysanka." The Pysanka Museum was also built, where you can experience the rich history and art of pysanka.

UCIA: How is raising children in Japan?

Violetta: When the children were little, they participated in local "Kodomo-kai" rice cake-making events, radio gymnastics, origami, and onigiri workshops. It was especially fun to cook together with other children's mother friends for the summer festivals.

UCIA: Are you teaching your children Ukrainian?

Violetta: I am busy with my job and can't spend time teaching them, so they can't speak Ukrainian, but they can understand a little. They still sing songs in Ukrainian that they used to sing at Christmas parties with friends from Ukraine and Russia.

UCIA: What is important to you?

Violetta: The war continues in Ukraine, but I hope it will stop soon, and the Ukrainian society will become a place where everyone can live in peace in the future. I hope for peace as soon as possible.

UCIA: Violetta, Дякую! Dyakuyu (Thank you!)

Utsunomiya International Plaza (UIP) Services

General consultation in various languages

※Assistance in other languages is possible using a tablet that can interpret and translate multiple languages.



		Spanish	Portuguese	Vietnamese	Chinese	Thai	English
UIP ☎028-616-1564	3:00PM – 6:00PM	Mon	1 st & 3 rd Mon		Tues	Wed	Fri
		4 th Sun (by appointment only)					
City Hall ☎028-632-2834 (Business hours only)	9:00AM - 12:00PM	Thurs		—	—	—	Thurs
	2:00PM - 5:00PM	Thurs		2 nd Thurs	3 rd Thurs	1 st Thurs	—

Clipart provision: Saya Kaneko, Yurika Usui, and Natsuki Nemoto

UCIA's Official LINE

We send out information on fun exchange events and everyday life information. Please register as a "Friend" to use it as an information gathering tool.



"Oh-it!" is available in easy Japanese, English, Chinese, Portuguese, Thai, and Vietnamese. You can also read it on the Utsunomiya International Exchange Association's (UCIA's) website at <https://www.ucia.or.jp>

