



# Oh-i!



英語

Issued by Utsunomiya International Plaza (UIP)  
Edited by NPO Utsunomiya City International Association (UCIA)  
Tel: 028-616-1563  
E-mail: u1820@city.utsunomiya.tochigi.jp  
5F Omotesando Square, 4-1-1 Baba-dori, Utsunomiya City



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## Make sure to have a health exam once a year

**There are group health exams and individual health exams.  
Once you receive your medical exam voucher, please make an appointment.**

Type I: Group health exam  
(Health exam at a Healthcare Center, District Citizens’ Center, etc.)

- ① Choose a date and venue.  
Choose a date and venue by looking at the “Health Management Information Pamphlet” or city website.
- ② Make an appointment by phone or on the internet.

Phone

Call the Group Health Exam Appointment Center (*Shudan Kenshin Yoyaku Center*).

Hours: Monday – Friday 8:30AM - 5:15PM  
(Closed national holidays & new year’s holidays)

☎ 028-611-1311

Internet

Make an appointment on the Utsunomiya City website or using the Group Health Exam Appointment system.

- Smartphone

Read the image on the right ⇒

- Computer

<https://www.mrso.jp/kenshin/092011/top>



- ③ The city will send you a questionnaire, etc. by postal mail one week prior to your appointment.
- ④ On the day of your appointment, take your health exam ticket, My Number card, or certificate of qualification or questionnaire to the venue.
- ⑤ The results will be sent by postal mail to your home about one month after the day of your health exam.

Type II: Individual health exam  
(Health exam at the hospital of your choice)

- ① Select the hospital you want to go to by looking at the “Health Management Information Pamphlet” or city website. The types of medical testing offered differ by hospital.
- ② Make an appointment by phone.
- ③ On the day of your appointment, take your health exam ticket, My Number card, or certificate of qualification or questionnaire to the hospital.
- ④ Be informed of the results at the hospital.

Health Management Information Pamphlet

These are available at the city hall, Utsunomiya City Public Health Center, Utsunomiya City Health Center, various district citizens’ centers, and branch offices.



**There are also company health exams, but tests with different contents can be taken.**

Inquiries: Health Promotion Division (*Kenko Zoshin-ka*)  
☎ 028-626-1129

## How to dispose of “recyclable garbage” and “garbage the city doesn’t collect”

### Small household appliance recycling

Small household appliances that can fit in the collection box (electric appliances)  
(Items less than 50 cm wide × 15 cm tall × 30 cm deep)



⇒ Put in a collection box ↓ located in the city hall, a citizens' center, or library, etc.



### Cooking oil, etc. recycling

Oil used in cooking or oil that has expired



⇒ Put it in a container with a cap, such as a plastic bottle, and put it in a collection box at the city hall, a local citizens' center, or a participating supermarket.

Please confirm on the Utsunomiya City website →



### Garbage not collected by the city (Fee charged)

Garbage exceeding a length of 2.5 m in either the width, height, or depth or a weight of 100 kg

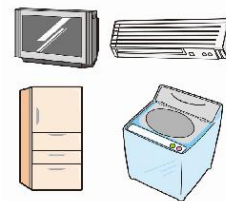


⇒ Inquire at the store which you bought the item, or a disposal business (A garbage collection company authorized by Utsunomiya City)

Please confirm on the Utsunomiya City website →



### Air conditioner, TV, refrigerator, freezer, washing machine, clothes dryer disposal methods (Fee charged)



▽There are two types of disposal methods.

⇒ **Request disposal to a store, etc.**

Confirm with the store at which you bought the appliance or are buying a new appliance.

⇒ **Take the item to a drop-off location.**

After looking up the name of the manufacturer and size of the item (model and no. of liters), call the Consumer

Electronics Recycling Ticket Center (☎ 0120-319-640) to confirm the recycling fee. Go to a post office counter to pay the fee and get a recycling ticket. Attach the recycling ticket to the home appliance and take it to the drop-off location.

#### Drop off location

▼Okayamaken Freight Transportation Co., Ltd.  
Utsunomiya Office  
@ 2730 Nishiosakabemachi

☎ 028-656-1981

▼Horie Soken Co., Ltd.  
Yanaze Warehouse  
@ 1568 Yanaze-machi

☎ 028-634-3367

▽Closed  
Sunday, national holidays  
8/13 - 16, 12/29 - 1/3  
※Holidays are subject to change on Saturdays.

## International Exchange Salon 🎵

🕒 Every 4<sup>th</sup> Saturday 4:00PM - 6:00PM

May 23 (Sat)

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

**Cost** Free

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

☎ 028-616-1563



## 14<sup>th</sup> South Library Children's Festival "Come On Baby"

🕒 May 16 (Sat) 9:30AM - 3:00PM

😊 Fun book and storytelling, etc. library Experience-based event 🎵

**Cost** Free

**For** Children ages 0 through prior to entering elementary school

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

☎ 028-653-7609

## Festa my Utsunomiya 2026

~ "International Exchange Square" on site ~

🕒 May 17 (Sun) 10:00AM - 3:00PM

< International exchange square booths >

😊 Tea ceremony workshop, Brazilian cuisine, Taiwanese cuisine, etc., as well as international exchange group informative booths from various countries

< Main stage >

**Cost** Musical performances, hula dancing, etc..  
Free (Informative booths, stage)

@ Utsunomiya Castle Park (*Utsunomiya Joshi Koen*) (1-15 Honmaru-machi)

☎ Utsunomiya City International Association (UCIA) 028-616-1870



## 30<sup>th</sup> Utsunomiya Azalea & Flower Fair

🕒 May 23 (Sat) – 31 (Sun)  
9:00AM - 5:00PM

😊 Azalea exhibition, flower and bonsai exhibition, on site sales, etc.

Azalea

**Cost** Free

@ Michino Eki Utsunomiya Romantic Village  
(254 Nissato-machihei)

☎ Agricultural and Forestry Production Distribution Division  
(*Norin Seisan Ryutsu-ka*)  
028-632-2457



## 20<sup>th</sup> Century Masterpiece Theater

🕒 May 22 (Fri) 2:00PM

May 23 (Sat) 10:00AM

😊 "Girl and the River"

**Cost** Free

**Limit** First 50 people

**Sign up** Not required

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



## Interview

## Betty of Peru



We asked Betty of Peru about the town of Lima, “Peru, the country of great cuisine,” the reason for coming to Japan, cultural differences, her job, what she wants to do in the future, etc.

¡Hola a todos! (“Hello” in Spanish)

Betty came to Tochigi Prefecture at the age of 19.

### UCIA: What kind of place is Lima, your hometown?

Betty: Lima is a historic city with a large church, and I used to go there often with my family to participate in events. At Costa Verde on the coast, many people enjoying paragliding.

### UCIA: Why is it said that Peru is a country of great cuisine?

Betty: The selection of ingredients is abundant, including 3,500 varieties of potatoes, as well as seasonings and seafood. Traditional food, ceviche, has lemon, onions, ají amarillo, salt, etc. used to flavor white fish which is eaten cold. It is light and delicious.

### UCIA: What was the reason you came to Japan?

Betty: Thirty-five years ago, many Peruvians worked in Japan, and I also wanted to go to Japan. I was going to work for a year and return home, but I met my husband and decided to live permanently in Utsunomiya.

### UCIA: What kind of cultural differences do you sense?

Betty: At first, I sensed a difference between cuisine, and I was at a loss because I couldn't eat Japanese food. My mother-in-law made a very conscientious effort to cook Japanese food for me, so I became able to eat it. I can eat natto and curry and anything now.

### UCIA: What kind of job do you have?

Betty: I work remotely at home as an interpreter for Japanese government offices, police, insurance companies, and as a teacher of Spanish. I was able to have this job because I had the opportunity to work as a counselor at TIA\* and learned Japanese and various procedures. I am still commuting to Tokyo to take a Spanish instructor training course.

### UCIA: Is there something you want to do in the future?

Betty: I want to create a circle to teach Japanese children Spanish in an easy and fun way.

### UCIA: Betty, muchas gracias! (Thank you!)

\*TIA (Tochigi International Association)

## Utsunomiya International Plaza (UIP) Services

### General consultation in various languages



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

## UCIA's official LINE account

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-ii!” 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>



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