

FUKUROI NEWSLETTER

2022
December

<EVENT・イベント>



Disaster Prevention Experience Tour from Foreigner's Perspective with CIR (Coordinator for International Relations of Fukuroi City)

しこくさいこうりゅういん がいこくじんめせん ぼうさいたいけん
市国際交流員による外国人目線の防災体験ツアー



Date & Time	Sunday 29 January 2023, 12:30 pm – 5:30 pm
Meeting Location	Civic Hall, 1F City Hall
Details	A free disaster prevention experience bus tour to the Prefectural Earthquake Disaster Prevention Center (Shizuoka-shi, Aoi-ku, Komagata-dori, 5-9-1), where you will learn about disasters & preparation for disasters on a daily basis and as a foreign resident.
Target	25 people ※If there are many applications, participants will be chosen randomly
Limit	Those who fall under all of the following (1)-(4): (1) Residents of the city (2) Foreign nationals (3) Those who are able to understand explanations in Japanese (4) Those who are aged 9 + and are able to fasten seat belts
How to Apply	Please enter your name, address, age, nationality, phone number and e-mail address on the application form on the city website. Applications close: Friday 13 January 2023
Contact Details	Collaborative Community Division, Foreign Nationals' Social & Intercultural Relations Promotion Section (Kyodo Machizukuri-ka, Gaikokujin Katsuyaku Kyosei Syakai Suishin-shitsu) ☎ 0538-44-3138



Christmas Real Sport Festival (Gachi Fes) in Sawayaka Arena

Xmas ガチフェス in さわやかアリーナ



Date & Time	Sunday 25 January 2023, 10:00 am – 3:00 pm
Location	Sawayaka Arena
Details	All are welcome to a free event to try out various real-world sports [baseball game (realistic version of a board game), skateboarding, etc.]. You can also enjoy dance performances, various classroom experiences, a market and food from kitchen cars.
What to Bring	Comfortable exercise clothes, indoor shoes, a bag to put your shoes in
How to Apply	No need to apply. Head directly to the venue on the day. ※For skateboarding, please apply. Please check the website for details.
Contact Details	Sawayaka Arena ☎ 0538-31-2070 Closed 3rd Monday of the month

<INFORMATION・お知らせ>



Please Donate Unwanted Food to the Food Drive

フードドライブにご協力ください



Details	Fukuroi City is collecting unwanted food of good quality as part of a food drive project. The donated food will be given to the NPO "Foodbank Fuji-no-Kuni" to be distributed to families experiencing food insecurity. If possible, please donate!
Accepted Items	Please check the city website for details.
Location	(1) Fukuroi City Hall, 1F Lobby (2) Asaba Branch Office, 1F Citizen Service Division (3) General Health Center, 1F Fukuroi Social Welfare Council (4) Community Centers (5) Mellow Plaza (6) Tsukimi-no-Sato Workshop Center (7) Sawayaka Arena (8) Kazami-no-Oka Pool & Fitness Center (9) Okazaki Hall (10) Fukuroi B & G Pool ◆ Donation period only for the above locations (4)-(10): Wednesday 4 - Tuesday 31 January 2023
Donation	Head directly to the venue on the day.
Contact Details	Citizen's Wellbeing Division, Social Welfare Section (Shiawase Suishin-ka, Shakai Fukushi-kakari) ☎ 0538-44-3121 ✉ shiawase@city.fukuroi.shizuoka.jp



Request for Blood Donations

けんけつ きょうりょく
献血にご協力ください

Date & Time	Thursday 22 December 2022, 9:30 am – 11:15 am, 12:30 pm – 4:00 pm
Target & How to Apply	Any healthy person between 16 - 69 years old that meet donation requirements. Those who have received COVID-19 vaccinations of Pfizer or Moderna can donate blood from 48 hours after vaccination, and those who have received AstraZeneca vaccines can donate blood from 6 weeks after vaccination. No need to apply. Head directly to the bus on the day.
Location	Fukuroi City Hall Parking Lot, Blood Donation Bus
Contact Details	Citizen's Wellbeing Division, Social Welfare Section (Shiawase Suishin-ka, Shakai Fukushi-kakari) ☎ 0538-44-3121 Prefectural Red Cross Blood Center, Hamamatsu Office (Ken Sekijyujiki Ketsueki Senta, Hamamatsu Jimusyo) ☎ 053-421-3151

<INFORMATION・お知らせ>

FY2023 Cancer Screening Examination

令和5年度がん検診



Period	May – December 2023 [The ages of those eligible for the following cancer screenings: As of 31 March 2024]				
Other Info	<p>➤ Those who took these exams in 2022 or who have already applied for these exams in 2023 do <u>not</u> need to apply. The examination form and the cancer screening information will be mailed to you in April 2023.</p> <p>➤ <u>Those who have applied for a gastric cancer screening can take a specific medical examination (only at the city-designated medical institutions) on the same day.</u> Please check the information which will be mailed to you at a later date.</p> <p>➤ <u>The sputum examination is only conducted for those eligible.</u> Please inquire about the requirements.</p> <p>➤ The dates, methods of the exams, and the amount of copayment are subject to change. Please check the examination form.</p>				
How to Apply	<p>Please submit your name, date of birth, phone number, and the examinations you wish to receive via phone or email to the contact details below. Applications close: Friday 20 January 2023</p> <p>◆ Applications will be accepted even after the application due date, but please apply as soon as possible.</p>				
Contact Details	<p>Health Promotion Division, Medical Examination Guidance Section (Kenko Zukuri-ka, Kenshin Shidou-kakari) ☎ 0538-42-7275</p> <p>FAX: 0538-42-7276 ✉ kenkoudukuri@city.fukuroi.shizuoka.jp</p>				
Examination	Target	Venue	Period	Description of Examination	Copayment
Gastric Cancer Screening	People aged 40+	General Health Center (Heartful Plaza Fukuroi), Asaba Health Center, etc (Medical examination vehicle)	May-Dec	X-ray (barium)	¥ 1,300
Colorectal Cancer Screening				Fecal occult blood reaction test (Stool test)	¥ 500
Chest Screening (Lung Cancer and Tuberculosis)	People aged 40+ & Required for People aged 65+	Community Centers, etc (Medical examination vehicle)	May-Dec	X-ray examination	Free
				Sputum examination	¥ 700
Prostate Cancer Screening	Men aged 50+	General Health Center (Heartful Plaza Fukuroi) or City-designated medical institutions	May-Dec	Blood test (PSA test)	¥ 1,100
Cervical Cancer Screening	Women aged 20+	Community Centers, etc (Medical examination vehicle)	May-Dec	Consultation, Internal examination, Cytological examination	¥ 1,300
		Chutoen General Medical Center	Jun-Oct		
		Obstetrics and Gynecology Clinics in the City	Jun-Dec		
Breast Cancer Screening	Women aged 30+	Community Centers, etc (Medical examination vehicle)	May-Dec	Consultation, Mammography, or Breast echo (Varies by age)	¥ 1,300
		Chutoen General Medical Center	Jun-Oct		



Public Facilities Year-End and New-Year Holiday Operation Schedule

ねんまつねんし きゅうぎょういちらん
年末年始の休業一覧

Month・Date・Day Name・Tel (0538)		December 2022 (Year: Reiwa 4)																January 2023 (Year: Reiwa 5)									
		15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9
		Th	F	Sa	S	M	Tu	W	Th	F	Sa	S	M	Tu	W	Th	F	Sa	S	M	Tu	W	Th	F	Sa	S	M
City Hall (Certification service)	43-2111			C	●					C	●				C	C	C	C	C	C				C	●	C	
City Hall (Other services)	43-2111			C	C					C	C				C	C	C	C	C	C				C	C	C	
Asaba Branch Office (All services)	23-9211			C	C					C	C				C	C	C	C	C	C				C	C	C	
Chutoen General Medical Center	0537-21-5555			C	C					C	C				C	C	C	C	C	C				C	C	C	
Seirei Fukuroi Municipal Hospital	41-2777			C	C					C	C				C	C	C	C	C	C				C	C	C	
City Holiday Emergency Care	84-9131	C	C	C		C	C	C	C	C	C		C	C	C						C	C	C	C			
Vaccination Call Center	84-7813														C	C	C	C	C	C							
General Health Center	84-7836 43-3020 42-7275			C	C					C	C				C	C	C	C	C	C				C	C	C	
General Consultation service																											
Social Welfare Council																											
Fukuroi Health Center				C	C					C	C				C	C	C	C	C	C				C	C	C	
Asaba Health Center	23-9222			C	C					C	C				C	C	C	C	C	C				C	C	C	
Mellow Plaza	30-4555						C							C	C	C	C	C	C	C	C						
Tsukimi-no-Sato Workshop Center	49-3400	C						C						C	C	C	C	C	C	C	C	C					
Fukuroi Library	42-5325				C				C			C			C	C	C	C	C	C						C	
Asaba Library	23-6801				C							C			C	C	C	C	C	C						C	
Tsukimi-no Sato Workshop Center Library	49-3402	C						C						C	C	C	C	C	C	C	C	C					
All Community Centers	Each Center				C							C			C	C	C	C	C	C						C	
Toyosawa Community Hall	43-0900						C							C	C	C	C	C	C	C	C	C					
Sawayaka Arena	31-2070				C									Reduced Hours: 9 am - 6 pm													
Fukuroi B & G Pool	43-1523				C									C	C	C	C	C	C	C	C						
Kazami-no-Oka Pool & Fitness Center	24-0345					C								C	C	C	C	C	C	C	C						
Sunlife Fukuroi	43-5051											C		C	C	C	C	C	C	C	◆						
Tourist Information Office	43-1006														C	C	C	C	C	C							
City Education Center	86-3111														C	C	C	C	C	C							

【C】Closed 【●】City Hall's Certification service: 18, 25 December & 8 January, 8:30 am – 12:00 pm 【◆】Sunlife Fukuroi :4 January, 9:00 am – 5:00 pm

<INFORMATION・お知らせ>



Year-End and New-Year Garbage Collection Schedule

ねんまつねんし しょうりいちらん
年末年始のごみ処理一覧



Month・Date・Day Name・Tel (0538)				December 2022 (Reiwa 4)												January 2023 (Reiwa 5)					
				21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	
				W	Th	F	Sa	S	M	Tu	W	Th	F	Sa	S	M	Tu	W	Th	F	
Burnables	Standard Collection Days	MON & THU collection areas	Environmental Policy Division (Kankyo Seisaku-ka) ☎ 44-3115	—	○	—	—	—	○	—	—	○	—	—	—	C	—	—	○	—	
		TUE & FRI collection areas		—	—	○	—	—	—	○	—	—	○	—	—	—	C	—	—	—	
		WED & SAT collection areas		○	—	—	○	—	—	—	○	—	—	C	—	—	—	○	—	—	
	Bring-in	Chuen Clean Center	☎ 30-0530	◎	◎	◎	△	C	◎	◎	◎	C	C	C	C	C	C	◎	◎	◎	
Recyclables/ Landfills	Bring-in	Chuen Large Garbage Disposal Center (Chuen Sodai Gomi Shori Shisetsu)	☎ 37-4854	★	★	★	C	C	★	★	★	C	C	C	C	C	C	★	★	★	
	Point Collection	Plastic Package and Container Recycling Center (Yoki Hoso Shigenka Senta)	☎ 43-2518	□	□	□	△	△	□	□	□	C	C	C	C	C	C	□	□	□	

※ 【○】... Burnable Collection Days ※

- Chuen Clean Center (address: Fukuroi-shi, Okazaki 6635-192): Burnables bring-in hours: 【◎】...9:00 am – 12:00 pm, 1:00 pm – 5:00 pm. 【△】...9:00 am – 12:00 pm 【C】...Closed ※ Fees will be charged according to the weight. ※
- Chuen Large Garbage Disposal Center (address: Iwata-shi, Shingai 59-1) Recyclables/Landfills bring-in hours: 【★】...9:00 am – 12:00 pm, 1:00 pm – 4:30 pm 【C】...Closed
- Plastic Package and Container Recycling Center: 【□】...9:00 am – 12:00 pm, 1:00 pm – 4:00 pm. 【△】...9:00 am – 12:00 pm 【C】...Closed
- City Hall & Asaba Branch Office, Waste Paper Collection Boxes

During the period from **Thursday 29 December 2022 - Tuesday 3 January 2023**, the City Hall & Asaba Branch Office collection boxes cannot be used, but the Chuen Clean Center collection box will be available during the year-end and New Year's holidays.

Contact Details	City Hall, Environmental Policy Division, Environmental Hygiene Section (Kankyo Seisaku-ka, Kankyo Eisei-kakar) ☎ 44-3115 Asaba Branch Office, Citizen Service Division, Citizen Service Section (Shimin Sabisu-ka, Shimin Sabisu-kakar) ☎ 23-9211 Chuen Clean Center ☎ 30-0530 Chuen Large Garbage Disposal Center (Chuen Sodai Gomi Syori Shisetsu) ☎ 37-4854
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<EVENT・イベント>



Winter Star Viewing

ふゆ ほしぞらかんさつかい
冬の星空観察会



Date & Time	Saturday 21 January 2023, 6:00 pm – 8:00 pm
Location	Chuen Clean Center-Incineration Facility (address: Fukuroi-shi, Okazaki 6635-192)
Details	A free event to enjoy viewing the "Winter Triangle" & the Pleiades star cluster. ※Cancelled in case of stormy weather.
Target & Limit	30 residents of the city ※If there are many applications, participants will be chosen randomly.
How to Apply	Please enter your name, address, school grade (if you are a student), phone number and email address on the application form on the city website. Applications close: Wednesday 21 December 2022
Contact Details	Environmental Policy Division, Environmental Planning Section (Kankyo Seisaku-ka, Kankyo Kikaku-kakar) ☎ 0538-44-3135

<MULTICULTURAL NOTES・多文化コラム>



New Year's Soup (Ozoni) & Gift for Children (Otoshidama) in Japanese Culture

にほんぶんか そうじ としだま
日本文化のお雑煮とお年玉について



During the New Year's holidays each year in Japan, families and relatives gather to celebrate the New Year.

In this month's column, we would like to introduce "Ozoni" and "Otoshidama" which are indispensable in explaining the Japanese New Year's custom.

Main Ingredients for Ozoni	
Rice cake, bonito broth, kelp broth, carrot, shiitake mushroom, taro, spinach, komatsuna, burdock, radish, chicken/pork, fish paste, etc. (※Ingredients vary by household.)	



Simply put, **Ozoni** is a traditional Japanese New Year's soup dish made of rice cakes, vegetables and meat, which is eaten on/around New Year's Day.

At New Year's, children receive money called "Otoshidama" (New Year's Gift) from their parents and relatives, such as uncles, aunts, grandparents, etc.

For this custom, adults are supposed to prepare enough money to spend during the New Year's holidays. Parents who have received a New Year's gift for their children will also give it to the children of those who gave it to them.

The Amount of Otoshidama Varies by Child's Age	
The amount of Otoshidama increases with the age of the child. For example, to elementary school students, 1,000 yen-3,000 yen (for lower grades)/ 3,000 yen-5,000 yen (for higher grades) is given by each adult/couple etc. Generally, children before/in schools (sometimes universities) receive it.	
Otoshidama Is Put in a Small Envelope Called "Pochibukuro"	
"Pochi" originates from the word "koreppocchi", which refers mainly to things of small value, such as small gratuities. Before/During the New Year's holidays, Pochibukuro with characters printed on them are available at supermarkets and convenience stores.	



After Hours and Holiday Emergency Care Roster

15 December 2022 – 15 January 2023

夜間・休日救急当番医表 令和4年12月15日～令和5年1月15日

※When seeking emergency care, please call and inform the doctor of your symptoms before visiting the clinics/hospital.

Date	Clinic Name	Address	Medical Practice	TEL (0538)
12/15 THU	Nagata Naika・Shokakika lin	Kawai 856-9	Internal medicine, gastroenterology	43-2355
16 FRI	Miki Shonika lin	Izumi-cho 1-7-5	Paediatrics	43-3797
17 SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
18 SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
19 MON	Shimura Naika lin	Kuno1973-3	Internal medicine, pulmonology, paediatrics	44-1159
20 TUE	Shiraki Naika Junkanki Clinic	Takao 259-2	Internal medicine, cardiology	43-9555
21 WED	Mizoguchi Family Clinic	Asaoka 45-1	Internal medicine, paediatrics	23-8300
22 THU	Tokunaga lin	Nishidori 149-1	Internal medicine, paediatrics, dermatology, rehabilitation	23-2017
23 FRI	Yamana Shinryojo	Haruoka 588-1	Internal medicine, gastroenterology, cardiology, rheumatology	49-1331
24 SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
25 SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
26 MON	Nagata Naika・Shokakika lin	Kawai 856-9	Internal medicine, gastroenterology	43-2355
27 TUE	Tanaka Jyunkanki Naika Clinic	Takao 1766-1	Internal medicine, cardiology	41-0810
28 WED	Hiro Clinic	Shimoyamanashi 2070	Internal medicine	48-5200
29 THU	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
30 FRI	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
31 SAT	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
1/1 SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
2 MON	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
3 TUE	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
4 WED	Aoba Kodomo Clinic	Takao 1780	Paediatrics, allergology	41-0852
5 THU	Tokunaga lin	Nishidori 149-1	Internal medicine, paediatrics, dermatology, rehabilitation	23-2017
6 FRI	Mizoguchi Family Clinic	Asaoka 45-1	Internal medicine, paediatrics	23-8300
7 SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
8 SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
9 MON	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
10 TUE	Tanaka Jyunkanki Naika Clinic	Takao 1766-1	Internal medicine, cardiology	41-0810
11 WED	Hiro Clinic	Shimoyamanashi 2070	Internal medicine	48-5200
12 THU	Kurebayashi Naika Junkanki Naika lin	Kasui-no-mori 51-8	Internal medicine, cardiology, diabetes medicine	31-5123
13 FRI	Yamana Shinryojo	Haruoka 588-1	Internal medicine, gastroenterology, cardiology, rheumatology	49-1331
14 SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
15 SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131

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袋井市役所 協働まちづくり課 外国人活躍・共生社会推進室 TEL 0538-44-3138

Orientation Video for Foreign Residents – Living in Fukuroi



Please check out this video made by the city with helpful information about living in Fukuroi on YouTube.



Foreign Resident Consultation Desk

We provide consultations for Japanese language study, education and work etc. Available in English.

TEL (0538) 43 - 8070

Location: Fukuroi International Exchange Center (Araya 1-1-15)