

# FUKUROI NEWSLETTER

2023  
November

<HEALTH・健康>



**Free Medical Examinations by FUKUKEN! Kenshin**

ふくけん！健診



Details	To promote the health of citizens, the Medical Examination by FUKUKEN! Kenshin will offer <b>free medical exams</b> that are not included in regular medical exams. The same examination will be carried out <b>after around 5 years</b> , and based on these results, research and development of disease prevention methods will be conducted. Please check the city website for details.	<b>Medical Examination Date</b>
		① Thursday 1 February
Time	8:00 am – 3:30 pm (approximately 3 hours)	② Friday 2 February
Location	Date ①–⑥: General Health Center <i>Heartful Plaza Fukuroi</i>	③ Saturday 3 February
	Date ⑦–⑯: Sawayaka Arena	④ Tuesday 6 February
Examination	Regular medical examinations, muscle mass, arteriosclerosis, ophthalmology, bone density and visceral fat (only for those wishing to take this exam at a later date) For people aged 65 and older: In addition to the above examinations, a memory test, physical fitness test and cranial MRI scan (only for those wishing to take this exam at a later date)	⑤ Wednesday 7 February
		⑥ Thursday 8 February
Target	Residents of the city aged 40 – 84 enrolled in the National Health Insurance ( <i>Kokumin Kenko Hoken</i> ) or the Medical Insurance System for the Elderly aged 75+ ( <i>Koki Koreisha Iryo Seido</i> )	⑦ Tuesday 13 February
Limit	Approximately 72 people/day ◆ In order of application	⑧ Wednesday 14 February
Cost	Free of charge	⑨ Thursday 15 February
How to Apply	Please submit your name, address, age, gender, phone number, e-mail address, and the desired date for the exam via the application form on the city website. Application period: Monday 20 November 2023 – Friday 12 January 2024	⑩ Tuesday 20 February
		⑪ Wednesday 21 February
		⑫ Thursday 22 February
		⑬ Tuesday 27 February
		⑭ Wednesday 28 February
		⑮ Thursday 29 February
		⑯ Friday 1 March

**Explanatory Briefing Before the Medical Examination**

Date & Time	Day ①: Friday 12 January 2024 1st slot: 10:00 am – 11:00 am / 2nd slot: 11:30 am – 12:30 pm Day ②: Saturday 27 January 2024 1st slot: 9:30 am – 10:30 am / 2nd slot: 11:00 am – midday (Day ①・②: same content)
Location	① Sub Arena of Sawayaka Arena ② Fukuroi Central Hall of Fukuroi Minami Community Center
Details/Target	Explanation for those wishing to take the medical examination by FUKUKEN! (Attendance at this briefing is not compulsory.)
Contact Details	Shizuoka Graduate University of Social Health and Medicine, FUKUKEN! Secretariat ( <i>Shizuoka Shakai Kenko Igaku Daigakuin Daigaku, FUKUKEN! Jimukyoku</i> ) ☎ 080-4950-2614 Open 9:00 am – 4:00 pm, closed Mondays, Sundays and national holidays

<PUBLIC COMMENT・意見>



**Public Comments on Fukuroi's Proposed Plans**

かくしゅけいけいあん たい 各種計画案に対する意見



Subject	Mid-Term Review of the “City Development Plan Regarding Multicultural Relations” (Proposed)
Where to View Materials	At the following counter, the Information Corner of 3F City Hall, Civic Hall of 1F Asaba Branch Office, Fukuroi International Friendship Association and on the city website
Period	Material Viewing & Public Comment Submission Period: Tuesday 14 November – Wednesday 13 December ※Need to be submitted by Wednesday 13 December
Information/ Submission Address	Collaborative Community Development Division, Foreign Nationals' Social & Intercultural Relations Promotion Section ( <i>Kyodo Machizukuri-ka, Gaikokujin Katsuyaku Kyosei Syakai Suishin-shitsu</i> ) ☎ 0538-44-3138 FAX:0538-43-2132 ✉ shimin-kyodo@city.fukuroi.shizuoka.jp Address: Postal code 437-8666, Fukuroi-shi, Araya 1-1-1
Target	People living/working, businesses and organizations in Fukuroi
How to Submit	Please submit your written comment, your name, address, phone number and the title of the subject via fax, via email via post, or directly to the counter during the above period.
Other	Comments on the proposed plan via phone cannot be accepted, and no personal responses will be provided. Your comments submitted, excluding personal information, will be published on the city website along with the city's approach.

<INFORMATION・お知らせ>



**Temporary Suspension of Certificate Printing Services at Convenience Stores**

しょうめいしょ こうふ りんじきゅうし 証明書コンビニ交付サービスの臨時休止



Date & Location	Saturday 25 November (all day), at convenience stores nationwide
Contact Details	Citizen Division, Citizen Registration Section ( <i>Shimin-ka, Koseki-Jumin kakari</i> ) ☎ 0538-44-3112



<INTERNATIONAL EXCHANGE EVENT・国際交流イベント>



**American Home Cooking Class  
by CIR (International Relations Coordinator)**



国際交流員によるアメリカ家庭料理教室

Date & Time	Sunday 10 December, 10:00 am – 12:30 pm (Reception from 9:50 am)	
Location	Mellow Plaza, 1F Kitchen Room (Chori-shitsu)	
Details	Try American Christmas home cooking, such as gingerbread cookies and gratin with chicken, vegetables, and bread in casseroles with the CIR from US in easy-to-understand English and Japanese! Participants will enjoy decorating the gingerbread cookies, tasting the finished dishes, chatting about their countries of origin and exchanging their families' Christmas traditions.	
What to Bring	Apron, headscarf, dish towel(s), slippers/indoor shoes, mask, oven mitten, drink of your own	
Target	People living or working in Fukuroi City who are in the 5th grade of elementary school and older (Those aged 18+ may participate by themselves.)	
Limit	14 foreign nationals and 14 Japanese, Up to 2-3 people per group ◆ If there are many applications, participants will be chosen randomly.	
Cost	¥500 per person (including materials)	
How to Apply	Please submit your name (all participants' names), address, nationality, phone number, e-mail address, and the age of your child wishing to participate via phone, via email, via the application form on the city website or directly to the contact details below. Application period: Sunday 14 – Monday 27 November	
Contact Details	Collaborative Community Development Division, Foreign Nationals' Social & Intercultural Relations Promotion Section (Kyodo Machizukuri-ka, Gaikokujin Katsuyaku Kyosei Syakai Suishin-shitsu) ☎ 0538-44-3138 FAX:0538-43-2132 ✉ shimin-kyodo@city.fukuroi.shizuoka.jp	

<MULTICULTURAL EVENT・多文化共生イベント>



**Multicultural Course (FUPPY Kyoshitsu)**

**“Intercultural Exchange Through Brazilian Christmas Cooking”**

多文化共生講座FUPPY教室「ブラジルクリスマスの食を通して異文化交流」



Date & Time	Sunday 17 December, 9:30 am – 2:00 pm	
Location	Fukuroi Nishi Community Center, Kitchen Studio	
Details	Enjoy intercultural exchange while cooking some of the common Brazilian Christmas dishes with a city hall staff from Brazil! Participants will taste the finished dishes together. Menu: Stewed meat, lasagna, and Christmas cake in a simple recipe	
What to Bring	Apron, headscarf, dish towel(s), slippers/indoor shoes, mask, drink of your own	
Target & Limit	15 People living or working in Fukuroi City, aged 18+ ◆ In order of application	
Cost	¥500 per person (including materials, to be paid on the day)	
How to Apply	Please submit your name, address, age, phone number, and e-mail address via phone, via email, or directly to the contact details below. Application period: Tuesday 14 November – Monday 4 December	
Contact Details	Collaborative Community Development Division, Foreign Nationals' Social & Intercultural Relations Promotion Section (Kyodo Machizukuri-ka, Gaikokujin Katsuyaku Kyosei Syakai Suishin-shitsu) ☎ 0538-44-3138 ✉ shimin-kyodo@city.fukuroi.shizuoka.jp	

<EVENT・イベント>



**Housework Starter Course for Men**

男性向け家事デビュー講座



Date & Time	Saturday 27 January, 1:30 pm – 3:30 pm	
Location	Fukuroi Nishi Community Center, Kitchen Studio	
Details	Learn cooking and simple household chores from professionals. Lesson 1) Cooking: Vegetable side dishes made with food from convenient stores (Tasting included). Lesson 2) Ironing and folding laundry	
What to Bring	Iron, ironing board, items to be ironed [collared shirt(s), handkerchief(s)], apron, hand towel	
Target	Men living or working in Fukuroi City (Partners and children in the 5th grade of elementary school and older can also join together.)	
Limit	20 people, Up to 3 people per group ◆ In order of application	
Cost	Free of charge ※Childcare available: ¥100 per child	
How to Apply	Please submit your name (all participants' names), address, phone number/e-mail address, the number of children and their ages (if wishing to use childcare) via phone, via email, or via the application form on the city website to the contact details below. Application period: Tuesday 14 November 2023 – Tuesday 9 January 2024	
Contact Details	Collaborative Community Development Division, Foreign Nationals' Social & Intercultural Relations Promotion Section (Kyodo Machizukuri-ka, Gaikokujin Katsuyaku Kyosei Syakai Suishin-shitsu) ☎ 0538-44-3138 FAX:0538-43-2132 ✉ shimin-kyodo@city.fukuroi.shizuoka.jp	



**After Hours and Holiday Emergency Care Roster**

**15 November – 15 December 2023**

夜間・休日救急当番医表 令和5年11月15日～12月15日

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

※The reception hours of after-hour care clinics on duty in the city is until 9:30 pm on weekdays (excluding national holidays).

Date	Clinic Name	Address	Medical Practice	TEL (0538)	
11/15	WED	Mizoguchi Family Clinic	Asaoka 45-1	Internal medicine, paediatrics	23-8300
16	THU	Asaba lin	Asaba 1767-1	Internal medicine, gastroenterology	23-6320
17	FRI	Miki Shonika lin	Izumi-cho 1-7-5	Paediatrics	43-3797
18	SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center (TEL: 0537-21-5555)			
19	SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
20	MON	Shimura Naika lin	Kuno 1973-3	Internal medicine, pulmonology, paediatrics	44-1159
21	TUE	Shiraki Naika Junkanki Clinic	Takao 259-2	Internal medicine, cardiology	43-9555
22	WED	Yamana Shinryojo	Haruoka 588-1	Internal medicine, gastroenterology, cardiology, rheumatology	49-1331
23	THU	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
24	FRI	Asaba lin	Asaba 1767-1	Internal medicine, gastroenterology	23-6320
25	SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center (TEL: 0537-21-5555)			
26	SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
27	MON	Nagata Naika・Shokakika lin	Kawai 856-9	Internal medicine, gastroenterology	43-2355
28	TUE	Tanaka Junkanki Naika Clinic	Takao 1766-1	Internal medicine, cardiology	41-0810
29	WED	Aoba Kodomo Clinic	Takao 1780	Paediatrics, allergology	41-0852
30	THU	Kurebayashi Naika Junkanki Naika lin	Kasui-no-mori 51-8	Internal medicine, cardiology, diabetes medicine	31-5123
12/1	FRI	Uesugi Naika Clinic	Kakenoue 19-2	Internal medicine, cardiology	41-3000
2	SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center (TEL: 0537-21-5555)			
3	SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
4	MON	Miki Shonika lin	Izumi-cho 1-7-5	Paediatrics	43-3797
5	TUE	Shimura Naika lin	Kuno 1973-3	Internal medicine, pulmonology, paediatrics	44-1159
6	WED	Shiraki Naika Junkanki Clinic	Takao 259-2	Internal medicine, cardiology	43-9555
7	THU	Asaba lin	Asaba 1767-1	Internal medicine, gastroenterology	23-6320
8	FRI	Yamana Shinryojo	Haruoka 588-1	Internal medicine, gastroenterology, cardiology, rheumatology	49-1331
9	SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center (TEL: 0537-21-5555)			
10	SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
11	MON	Karashidane Shinryojo	Kayama 1305	Internal medicine, nephrology	30-7080
12	TUE	Tanaka Junkanki Naika Clinic	Takao 1766-1	Internal medicine, cardiology	41-0810
13	WED	Mizoguchi Family Clinic	Asaoka 45-1	Internal medicine, paediatrics	23-8300
14	THU	Nagata Naika・Shokakika lin	Kawai 856-9	Internal medicine, gastroenterology	43-2355
15	FRI	Kurebayashi Naika Junkanki Naika lin	Kasui-no-mori 51-8	Internal medicine, cardiology, diabetes medicine	31-5123

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Fukuroi City Hall, Collaborative Community Development Division,  
Foreign Nationals' Social & Intercultural Relations Promotion Office

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)