広報ふくろい英語版第77号【No.77】

# FUKUROI NEWSLETTER

# 2023 November

<HEALTH・健康>



### Free Medical Examinations by FUKUKEN! Kenshin

ふくけん!健診



		Medical Examination Date			
Details	Details  To promote the health of citizens, the Medical Examination by FUKUKEN! Kenshin will offer free medical exams that are not included in regular medical exams. The same examination will be carried out after around 5 years, and based on these results, research and development of disease prevention methods will be conducted. Please check the city website for details.				
Time	8:00 am - 3:30 pm (approximately 3 hours)	4 Tuesday 6 February			
Location	Date ①-⑥:General Health Center Heartful Plaza Fukuroi	Wednesday 7 February     Thursday 8 February			
	Date ⑦-(16):Sawayaka Arena	6 Thursday 8 February			
	Regular medical examinations, muscle mass, arteriosclerosis, ophthalmology, bone density and visceral fat (only for those wishing to take this exam at a later date)	Tuesday 13 February			
Examination	For people aged 65 and older: In addition to the above examinations, a memory test, physical	Wednesday 14 February			
	fitness test and cranial MRI scan (only for those wishing to take this exam at a later date)	Thursday 15 February			
Toward	Residents of the city aged 40 – 84 enrolled in the National Health Insurance (Kokumin Kenko	10 Tuesday 20 February			
Target	Hoken) or the Medical Insurance System for the Elderly aged 75+ (Koki Koreisha Iryo Seido)	Wednesday 21 February			
Limit	Approximately 72 people/day ♦ In order of application	Thursday 22 February			
Cost	Free of charge	(13) Tuesday 27 February			
	Please submit your name, address, age, gender, phone number, e-mail address, and the	<b>Wednesday 28 February</b>			
How to Apply	desired date for the exam via the application form on the city website.	(5) Thursday 29 February			
	Application period: Monday 20 November 2023 – Friday 12 January 2024	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: Same content)					
Location					
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 (Shizuoka Shakai Kenko Igaku Daigakuin Daigaku, FUKUKEN! !Jimukyoku ) 2080-4950-2614 Open 9:00 am – 4:00 pm, closed Mondays, Sundays and national holidays				

< PUBLIC COMMENT • 意見 >



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

かくしゅけいかくあん。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,		
Writere to view inaterials	Fukuroi International Friendship Association and on the city website		
Davied	Material Viewing & Public Comment Submission Period:		
Period	Tuesday 14 November – Wednesday 13 December		
Info was atticated	Collaborative Community Development Division, Foreign Nationals' Social & Intercultural Relations Promotion Section		
Information/	(Kyodo Machizukuri-ka, Gaikokujin Katsuyaku Kyosei Syakai Suishin-shitsu) 🕿 0538-44-3138 FAX:0538-43-2132		
Submission Address	☑ 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		
now to Submit	via post, or directly to the counter during the above period.		
Other	Comments on the proposed plan via <b>phone</b> cannot be accepted, and no personal responses will be provided. Your comments		
Other	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 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 (Shimin-ka, Koseki-Jumin kakari) 2 0538-44-3112		



### **Closure Schedule of Fukuroi Library**

ふくろいとしょかんきゅうかん 袋井図書館休館



Details	The library will be closed due to renovation work on the premises during the following period. You will be able to check out reserved books. While this library is closed, you can use the Asaba Library or the Tsukimi-no-Sato Workshop Center (Gakuyukan) Library. For further information, please check the library's website.		
Closure Period	Thursday 4 January – Thursday 29 February 2024		
Contact Details	Fukuroi Library ☎ 0538-42-5325 Open 9:30 am – 5:30 pm (9:30 pm – 7:00 pm: only Wednesdays & Thursdays)		



#### **Shizuoka Prefectural Minimum Wage**

はすまかけんさいていちんぎん静岡県最低賃金



Details	As of 1 October 2023, the minimum wage for workers in workplaces using the "Shizuoka Prefectural Minimum Wage" was revised
	to <b>¥984 per hour</b> . For more information, please inquire at the contact details below.
Contact Details	Shizuoka Prefectural Labor Bureau, Labor Standards Department, Wages Office (Shizuoka-ken Rodo-kyoku Rodokijyun-bu
	Chingin-shitsu) 🕾 054-254-6315 Iwata Labor Standards Supervisory Office (Iwata Rodokijun Kantoku-sho) 🕾 0538-32-2205



### **Confirm Your Child-Rearing (Single Parent etc.) Allowance Payments**

じどうふょうてあて 児童扶養手当の振り込みをご確認ください



Payment Date	Friday 10 November
Details	<b>November</b> is a payment month for <b>child-rearing allowances for single parents</b> , <b>etc</b> . Payments for the period of <b>September – October 2023</b> will be transferred to the beneficiaries' designated accounts the on the date above.
Contact Details	Citizen's Wellbeing Division, Family Welfare Section (Shiawase Suishin-ka, Katei Fukushi-kakari) 🕾 0538-44-3184



#### November is the Month for Strengthening Crime Victims Support, Child Abuse Prevention and Women's Rights

11月は「犯罪被害者」「児童虐待防止」「女性の人権ホットライン」強化月です

Details	November is the month for strengthening "support of crime victims", "prevention of child abuse" and "protection of women's human rights". Crime victims/their families, people worried about child abuse or women worried about violence, please don't suffer alone, and contact the details below				
Crime Victims	<ul> <li>Crime Victim Support and Consultation Counter: Collaborative Community Development Division, Community Advancement Office (Kyodo Machizukuri-ka, Community Suishin-shitsu)</li></ul>				
Child Abuse	<ul> <li>Family and Child Consultation Office (in the Central Child-Raising Support Center)         (Kangaroo no Pocket, Katei Jido Sodan-shitsu)  \$\mathbb{C}\$ 0538-44-3161</li> <li>Citizen's Wellbeing Division, Family Welfare Section (Shiawase Suishin-ka, Katei Fukushi-kakari)  \$\mathbb{C}\$ 0538-44-3184</li> <li>Child Guidance Center (Jido Sodanjo): Nationwide dial 189</li> </ul>				
Violence Against Women	Nationwide Women's Rights Reinforcement Week: Wednesday 15 – Tuesday 21 November  Toll-Free Number for Women's Rights ☎ 0570-070-810  Operating hours during the above period: Monday- Friday, 8:30 am – 7:00 pm  Saturday & Sunday, 10:00 am – 5:00 pm  Regular operating hours: Monday – Friday (excluding national holidays), 8:30 am – 5:15 pm  Online consultation will also be available via the right QR code. ▶ ▶ ▶ ▶ ▶ ▶  Shizuoka Regional Legal Affairs Bureau, Human Rights Protection Division (Shizuoka Chiho Homukyoku, Jinken Yogo-ka) ☎ 054-254-3555				

#### <EVENT・イベント>



### Fukuroi Station Area Autumn Festival (Eki Machi Festa)

秋のフクロイエキマチフェスタ



Date & Time	Sunday 26 November, 10:00 am − 3:00 pm ※Cancelled only in case of stormy weather			
Location	Fukuroi Station Area			
Details	Enjoy exploring the station area in the city. An event using near-future electronic technology (Mira e Fair), where you can experience the AR (Augmented Reality), will also be held at the same time.			
Target	All are welcome.			
Limit	Some workshops: Capacity limited			
Cost Free of charge  **Some workshops: Participation or material fees required depending on their contents.				
Contact Details	City Planning Division, City Development & Planning Office (Toshi Keikaku-ka, Machizukuri Keikaku Chosei-shitsu) 🕿 0538-44-3194			



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



こくさいこうりゅういん 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 <b>gingerbread cookies</b> and <b>gratin with chicken</b> , <b>vegetables</b> , <b>and bread in casseroles</b> 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) 2 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"



をあんかきょうせいこうざる タ文化共生講座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. <b>Menu: Stewed meat, lasagna, and Christmas cake in a simple recipe</b>			
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			

#### <EVENT・イベント>



#### **Housework Starter Course for Men**

たんせいむ 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

でかん きゅうじつきゅうきゅうとうばんいひょう れいわ ねん がつ にち がつ にち 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).

Da	ite	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		andard treatment hours, or go to Chu	toen 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		andard treatment hours, or go to Chu	toen 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 Iin	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 sta	andard treatment hours, or go to Chu	itoen 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, neghrology	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 Iin	Kasui-no-mori 51-8	Internal medicine, cardiology, diabetes medicine	31-5123

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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)