

HIGASHIHIROSHIMA



Newsletter



Living info

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Website <http://www.city.higashihiroshima.lg.jp/koho/multilingual/3491.html>

Summer festivals around Higashihiroshima City

- 東広島近辺で開催される夏祭り

The following are some of the many summer festivals held in Higashihiroshima:

Domannaka Toyosaka Heso Matsuri

16:00-21:30, Saturday August 4th, in the Toyosaka Fureai Ground, Toyosaka

This festival features a bellybutton dancing competition, musical performances, dancing, a bazaar, and fireworks, amongst other attractions.

Contact: Domannaka Toyosaka Heso Matsuri Committee (Domannaka Toyosaka Heso Matsuri Unei-iinkai, どもんなか豊栄ヘソまつり運営委員会), tel.: 082-432-3393.



Kurose Fureai Natsu-matsuri 2018

16:00-21:00, Saturday July 21st, around Kurose Lifelong Learning Center, Kurose



This festival features live performances, events for children, food stalls and a bazaar. The festival will finish with a fireworks display.

Contact: Kurose Fureai Natsu-matsuri Committee (Kurose Fureai Natsu-matsuri Jikko-iinkai, 黒瀬ふれあい夏祭り実行委員会), tel.: 0823-82-3075.

Riverside Festival

17:00-20:30, Saturday July 28th (evening events)

9:30-14:50, Sunday July 29th (main festival)

At Kochi Citizens' Ground, and by the Mukunashi River, Kochi

On July 29th, this festival features the chance to catch sweetfish (*ayu*) in the river with your hands. There will also be a range of games, etc., held in the river.

Contact: Riverside Festival Committee (Riverside Festival Jikko-iinkai, リバーサイドフェスティバル実行委員会), tel.: 082-437-2228.



Higashihiroshima Fireworks Festival

20:30-21:00, Sunday July 29th, at Mitsuhaman, Akitsu.

This event features 2000 fireworks, launched from Mitsu Bay. The Japanese character '万' will also be illuminated on a nearby mountain.

Contact: Higashihiroshima Fireworks Festival Planning Committee (Higashihiroshima Hanabi Taikai Jikko-iinkai, 東広島花火大会実行委員会), tel.: 090-3745-0101.



Summer festivals around Higashihiroshima City

- 東広島近辺で開催される
- 夏祭り

Higashihiroshima City Children and Youth Center Summer Festival

Young people from the Higashihiroshima City 'Youthful Challengers Group' will hold a summer festival at the Children and Youth Center in Sunsquare (Jido Seishonen Center, 児童青少年センター), on Sunday July 22nd, from 13:30 to 16:30. The event is aimed at infants and children of elementary school age, and will include hand-made games, stalls, etc. The number of participants is limited to 100.

Contact: Children and Youth Center (Jido Seishonen Center, 児童青少年センター), tel.: 082-493-7625.

Swimming pools will be open for free

- プール無料開放
-
-

Municipal swimming pools and the swimming pools at municipal elementary schools will be open for free during the summer holiday period. Opening times will generally be between 13:00 and 15:30. However, for full details of opening dates, times, etc., of municipal pools, please contact the Sports Promotion Division (Sports Shinko-ka, スポーツ振興課), and for details regarding elementary school pools, please contact the relevant elementary school. Children who are not strong swimmers (children of the second grade of elementary school and under) should be accompanied in the water by a parent or guardian, and both children and adults should wear swimming caps.

Contact: Sports Promotion Division (Sports Shinko-ka, スポーツ振興課), tel.: 082-420-0978.

Genki Sukoyaka health checks have started!

- 「元気すこやか健診」が
- 始まりました!

Genki Sukoyaka health checks are now available. The system of notifications for the Genki Sukoyaka health checks has changed this year. The booklet that has sent out in previous years will no longer be distributed. Instead, you will receive an envelope (white, with red lettering) containing health check vouchers. This was sent at the beginning of June to those eligible for health checks. The information is only in Japanese, so please contact the Health Promotion Division if there is anything you do not understand.

Information about the health checks is also available in English, Chinese and Portuguese. You can get this information from the Health Promotion Division (2F, City Office main building) or from the Communication Corner. You can also download it from the following web address:

<http://www.city.higashihiroshima.lg.jp/soshiki/seisakukikaku/1/2/1/4/8341.html>

Contact: Health Promotion Division (Kenko-zoshin-ka, 健康増進課), tel. 082-420-0936.

Register to receive emails with living information for foreign residents

- 外国人生活情報メール配信
- 登録受付中

Emails are sent at the beginning of each month to those who have registered their email address. These emails contain useful information about life in Higashihiroshima City, including a summary of the information in each month's newsletter, local event information, Q&As about formalities at the City Office, etc.

To register your email address, from a mobile phone/smartphone or from a computer, please send an email to corner@hhface.org with your preferred language (English, Chinese or Portuguese) in the Subject line. You will not receive a reply, but your email address will be registered. Registration is free, and you can receive emails on a mobile phone, a smartphone, or a computer. You can register or cancel your registration at any time. If you wish to change the information you have registered, please contact the Communication Corner.

The information you provide will not be used for any purpose other than for sending these emails.

Contact: Communication Corner, 1F Sunsquare (コミュニケーションコーナー), tel.: 082-423-1922.

Nihongo Waiwai Hachihonmatsu

- にほんごわいわいはちほん
- まつ

A Nihongo Waiwai course is now being held in Hachihonmatsu on Sundays from 10:00 to 12:00.

In this course, participants can speak Japanese with Japanese people. It is a good opportunity to practice Japanese both for work and for daily life.

The course is held in the small meeting room of Hachihonmatsu Meeting Hall (Hachihonmatsu Shukaisho, 八本松集会所).

Contact: Communication Corner, 1F Sunsquare (コミュニケーションコーナー), tel.: 082-423-1922.

Information about the National Health Insurance Premium

- ・国民健康保険税の納税通知書・保険証の更新

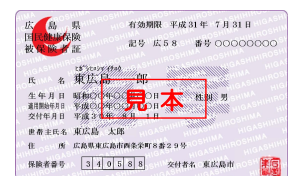
Notification of the amounts to be paid for the National Health Insurance premium for the financial year 2018-2019 will be sent by post to the head of each household around the middle of July.

Please be aware that responsibility for the payment of the premium rests with the head of each household. The National Health Insurance premium is paid on a household basis. Even if the head of the household is not personally enrolled in the National Health Insurance scheme, if there are members of the household who are enrolled, it is the responsibility of the head of the household to ensure that the tax is paid.

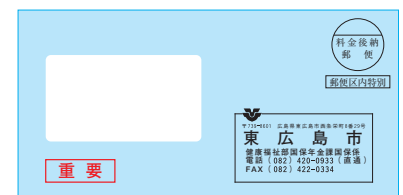
National Health Insurance payments are made each month from July to February of the following year. In other words, one year's premium is divided into eight payments. The amount payable is calculated based on the previous year's income of the person/people enrolled. The payments can be made in a range of ways.

If a household's income over the previous year has fallen beneath a certain level, then, based on the level of income, it is possible to receive reductions of the National Health Insurance premium. However, if a member of the household who is enrolled in the National Health Insurance scheme has not declared their income, these reductions will not be applied. It is necessary to declare your income even if you have no income, or if you are a dependent. Also, if you have become unemployed, then you may be able to apply for a separate reduction of the premium. Certain criteria need to be fulfilled in order to be able to apply for this reduction; please contact the National Health Insurance and Pension Division (Kokuho Nenkin-ka, 国保年金課) for details. In addition, if you are having difficulties paying the National Health Insurance premium, because of special circumstances such as having suffered from a natural disaster, having lost your job, etc., then you may be eligible to pay a reduced premium, or be exempted from payment. Please contact the National Health Insurance and Pension Division for details.

Also, all types of Health Insurance Certificates (hoken-sho, 保険証) will be renewed. The new certificates (a light purple color) will be sent out during the middle of July (in a light-blue-colored envelope), and will be valid from August 1st. From this year, the National Health Insurance scheme is being run on a prefectural basis, rather than by each municipality, and therefore the design of the health insurance certificates will change.



If (by July 31st) you become ineligible to be enrolled in the National Health Insurance Scheme, for example because you start a new job, etc., and it is necessary to withdraw from the scheme, you will need to complete formalities for this. Please return your current (pink) health insurance certificate, and the new certificate valid from August 1st, to the National Health Insurance and Pension Division, or to a Branch Office or Sub-branch Office of the City Office. When completing formalities for withdrawing from the scheme, you will need to show an insurance certificate for the insurance scheme you have enrolled into in place of the National Health Insurance Scheme. You will also need to show certificates for any members of your household who are supported by you. Copies of these certificates are acceptable.



Contact: National Health Insurance and Pension Division (Kokuho Nenkin-ka, 国保年金課), tel.: 082-420-0933.

Q & A about the National Health Insurance scheme:

Q1: Health insurance is higher than last year. Why?

A: There are two main reasons for this:

1. Your income is higher. Health insurance payments are calculated based on an individual's income during the previous year. If you are a foreign national who has only just come to Japan, then you will have had no income in Japan for the previous year, and therefore your health insurance payments for the year in which you came to Japan will be the lowest level possible. If you get a part-time job, etc., after coming to Japan, and gain income, then your payments for the following year will be higher.
2. You have not made a declaration of income. Even if your income has not increased or if you have a low income, if you have not made a declaration of income for the previous year, then you will not be eligible for any reductions in the amount you have to pay. Once you make a declaration of income, any reductions you are eligible for will be applied.

Q2: Do I have to pay health insurance even though I have no income?

A: Health insurance is calculated in three parts: an income-based portion, a per-capita portion, and a portion paid equally by each household. Even if you had no taxable income for the purposes of calculating health insurance payments, you will still have to pay the per-capita portion (calculated based on the number of enrolled people in the household), and the portion paid equally by each household.

Q3: I am not enrolled in the National Health Insurance scheme, but I received a payment slip or a notice of non-payment.

A: There are two main reasons for this:

1. You are the head of the household, and there are members of the household enrolled in National Health Insurance. The head of the household is responsible for the payment of the health insurance payments, irrespective of whether he/she is enrolled in the scheme himself/herself. However, the calculation of payment amounts is based on the income of the enrolled members.
2. You have enrolled in a different health insurance scheme, but you have not completed the formalities for withdrawing from the National Health Insurance scheme. Please ensure that you complete these formalities. Even if you enrol in another scheme, you are not automatically withdrawn from the National Health Insurance scheme. Please take your National Health Insurance certificate and proof of your new insurance with you when you go to complete the formalities.

Deadline for payment of taxes: Tuesday July 31st

- 7月の納税・納期限は
- 7月31日(火)

Please pay Fixed Asset Tax and City Planning Tax (the second instalment), and the National Health Insurance Premium (the first instalment) by Tuesday July 31st.

A notice of non-payment (Tokusokujo, 督促状) will be sent to residents who have not paid their tax by the deadline. If you receive a Tokusokujo, please pay the tax immediately, using the payment slip enclosed.

※ **Note:** it takes about ten days for the Tax Collection Division to confirm payment of tax, and therefore you may receive a Tokusokujo even after you have completed payment. In this case, please ignore the letter.

Contact: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

Consultation services for non-Japanese residents

外国人相談窓口

Consultation services for non-Japanese residents are available at the Communication Corner, in Sunsquare Higashihiroshima. English-speaking staff are available daily, at the following times: Tuesdays, Wednesdays, Thursdays: 9:00 to 17:00, Saturdays: 9:00 to 13:00, Mondays, Fridays, Sundays: 13:00 to 17:00.

Communication Corner website (English): <http://hhface.org/corner/en.html>

You can also access the Communication Corner website by using the upper QR code on the right.



Communication Corner website (English)

40-minute free legal consultations are available on Saturday July 14th, at 13:00, 14:00, 15:00 and 16:00. The date for August is Saturday August 4th. English translation is available. **Please make an appointment at least one week in advance.**

Contact: Communication Corner (コミュニケーションコーナー), tel.: 082-423-1922.



Facebook page

Communication Corner Facebook page:

<https://www.facebook.com/Communication-Corner-544685425697277>

You can also access the Communication Corner Facebook page by using the lower QR code on the right.

Night-time and holiday hospitals

夜間休日当番医

Full information about night-time and holiday duty hospitals (Primary Emergency Medical Care Hospitals) within Higashihiroshima City is published in the Japanese-language version of the monthly city newsletter 'Higashihiroshima' (the page inside the back cover), and on the Higashihiroshima City website:

In Japanese: <http://www.city.higashihiroshima.lg.jp/kenko/iryu/3/11522.html>

In English: <http://www.city.higashihiroshima.lg.jp/kenko/iryu/3/11526.html>

The information is also available (in Japanese and automatically-translated English) on the 'Kyukyu Iryo Net Hiroshima' site (<http://www.qq.pref.hiroshima.jp>). You will be able to find information about which medical facility to go to, and what times the facilities are open. The information on the site may be subject to change at short notice, so please contact the medical facility to confirm the information.

About emergency medical treatment

In the case of an injury or a sudden fever or illness, where you cannot decide whether the symptoms are serious or not, first of all go to a 'Primary Emergency Medical Care Hospital'. If the symptoms are serious, and emergency surgery or hospitalization is required, the doctor will provide an introductory letter for a 'Secondary Emergency Medical Care Hospital'. If the symptoms are clearly serious, do not hesitate to go to a Secondary Emergency Medical Care Hospital, or call 119 to summon an ambulance.

For details of Secondary Emergency Medical Care hospitals, where patients with serious symptoms can be treated, contact Higashihiroshima City Fire Department (tel.: 082-422-0119).

Higashihiroshima City Holiday Clinic (Kyujitsu Shirnyosho, 休日診療所) is a facility that can provide emergency treatment in the case of a sudden medical problem, for those who cannot get treatment anywhere else. Medical Departments: internal medicine, pediatrics and dentistry.

- Open: Sundays, holidays, year-end and New Year holidays (Dec. 30 - Jan. 3). Hours: 9:00 - 12:00, 13:00 - 16:00

On Sunday July 29th, only the internal medicine and dentistry departments will be open.

Call Center for Emergency First-aid for Children (Kodomo-kyukyu-denwa-sodan, こどもの救急電話相談), tel.: #8000 (from a normal phone or mobile phone) or 082-505-1399 (from an IP phone or hikari phone). Available 365 days a year, from 19:00 to 8:00 the following morning. Only in Japanese.

This newsletter contains selected information from the Monthly City Newsletter 'Koho Higashihiroshima'. This newsletter is available at the City Office and sub-branch offices, Hiroshima International Center, Communication Corner (Sunsquare Higashihiroshima, 1F), Hiroshima University, Kindai University, Hiroshima International University, Fuji Grand (Higashihiroshima store), Youme Town (Higashihiroshima, Gakuen, and Kurose stores), Shoji (Route 375 bypass and Toyosaka stores), Gyomu-yo Shokuhin Super (Saijo store), Manso (Hachihonmatsu and Takaya stores), Bankok Store, Higashihiroshima Catholic Church (Takamigaoka), Motonaga Hospital, etc.

As of the end of May, 2018:

Population of Higashihiroshima City: 186,674
Population of foreign residents: 6,597