

HIGASHIHIROSHIMA



Newsletter



Living info

Published by Higashihiroshima City International Exchange Promotion Association
(Academic City Promotion Division, Higashihiroshima City Office) ☎ 082-420-0917

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

Itsudemo Nihongo Doyobi

This is a Japanese class held on Saturdays in Sunsquare. Hiragana, katakana and simple Japanese will be taught in the class. You can attend classes at any time while they are being held, but you need to buy tickets in advance. The price is 2,000 yen for ten tickets. Please buy the tickets before 5 pm.

The classes will run until 23rd March, 2019. The class time is 19:30-21:00.

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

• いつでもにほんごようび



Nihongo Waiwai Hachihonmatsu

A Nihongo Waiwai course will be held in Hachihonmatsu on Sundays from 10:00 to 12:00, starting from June 3rd. 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 will be 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.

• にほんごわいわいはちほんまつ

Genki Sukoyaka Kenshin health check-ups will start shortly

• 元気すこやか健診が始まります



Genki Sukoyaka Kenshin health check-ups will be starting soon. From this year, the way that information about these check-ups is distributed has changed. The information booklet that was sent out in previous years will no longer be sent. Instead, at the beginning of June, envelopes (white with red lettering) containing check-up coupons should arrive at your address. The information in these envelopes will all be in Japanese, but an English version of the information should be available on the City website around the end of June. If you do not understand the information contained in the

envelope you receive, please check the English version on the City website.

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

Check-up coupons will be sent to citizens of Higashihiroshima City aged 40 or over, and to females of an even-numbered age, as of March 31st, 2019.

Even if you do not receive the coupons, you can receive a health check-up as follows:

1: Basic health check-up: Those aged 39 and under can receive a basic health check-up, only in groups. The cost for this is 2000 yen per person.

2: Cervical cancer check-up: Females of an odd-numbered age between 21 and 39 who did not undergo a cervical cancer check as part of the Genki Sukoyaka Kenshin scheme in the previous financial year can receive a cervical cancer check-up. The cost for this is 500 yen per person.

For details of the check-ups, please see the information you receive, or the City website.

If you wish to apply for a group check-up, you need to apply using the group check-up application postcard, included with the check-up coupons. Group check-ups are available between Thursday July 19th and Tuesday October 10th. If you allow a check of your taxation status to be made (by indicating this on the application postcard), then if you are eligible, you will receive a document to show that you can receive the check-up for free. This will be sent with the other documents needed for your check-up.

Continued on page 2

Genki Sukoyaka Kenshin health check-ups will start shortly

- 元気すこやか健診が始まります
-
-

Continued from page 1

If you wish to receive your check-up at a medical institution, then it is not necessary to apply using the postcard. Please contact your preferred medical institution directly to make an appointment. Those who are eligible for a free or reduced-cost check-up will receive a document to show this. Please go to the counter of the Health Promotion Division to receive this before you receive your health check-up. Medical institution check-ups are available between Friday June 1st, 2018 and Thursday January 31st, 2019.

If you are a member of a household exempted from paying municipal and prefectural tax, or a household receiving welfare payments, the health check-up is free, and you can receive a document to prove your eligibility. However, prostate cancer check-ups are not free.

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.

Child Allowance Notification of Current Situation

- 児童手当の現況届の提出
-
-

Forms for Notification of Current Situation (genkyo-todoke, 現況届) were sent at the end of May to all those currently receiving Child Allowance (jido-teate, 児童手当). This paperwork was in an orange envelope. The paperwork is necessary in order to confirm the situation (as of June 1) of those receiving Child Allowance, and to confirm continued eligibility for Child Allowance.

Please complete the relevant sections of this paperwork, and return it to the Children and Family Support Division with any necessary documents (such as a copy of your Health Insurance Certificate) by Friday June 29th. The paperwork can be returned to the Children and Family Support Division by post.

Please be aware that if the form is not submitted, Child Allowance will not be paid from June onwards.

Contact: Children and Family Support Division (Kodomo-katei-ka, こども家庭課), tel.: 082-420-0407.

Declaration of income for National Health Insurance payments and Latter Stage Elderly Health Insurance payments

- 国民健康保険税・後期高齢者医療保険料の所得申告
-
-

Those aged 18 and over (as of January 1st, 2018) who are enrolled in the National Health Insurance Scheme and those enrolled in the Latter Stage Elderly Health Insurance Scheme must each make declarations of income, even if they have no income or only income that is not subject to tax. Those who need to make a declaration received a form at the beginning of February.

If even one member of a household does not make a declaration of income, then no matter how low the income of the household, the members of the household will not be eligible for reductions or exemptions for payments for the National Health Insurance Scheme and the Latter Stage Elderly Health Insurance Scheme.

Continued on page 3

Declaration of income for National Health Insurance payments and Latter Stage Elderly Health Insurance payments

- ・国民健康保険税・後期高齢者医療保険料の所得申告

Continued from page 2

Based on the declaration of income, the amount paid by the individual in the case of expensive medical treatment may rise, and the individual may become unable to receive reductions in the cost of food and treatment in medical facilities.

Those who have not yet made a declaration who need to do so should have received a form at the end of May. The deadline for declarations is Friday June 8th.

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

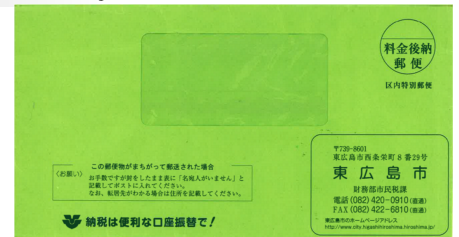
Notification of Municipal and Prefectural Tax for the 2018-19 financial year

- ・市県民税納税通知書の郵送

Municipal and Prefectural Tax is calculated based on income for the previous year (January to December 2017). Therefore even those with no income currently (because they are no longer working, for example) may still need to pay tax. If you have had tax deducted from your wages automatically in the past, but you have changed jobs, you will be sent a notification, and you will need to pay your tax yourself. If you wish to have tax deducted from your wages automatically at your new place of work, your employer will need to contact the City Office.

Notifications of the amount of tax payable during the 2018-2019 financial year will be sent by post on June 1st. The envelope will be green.

Contact: Municipal Tax Division (Shimin-zei-ka, 市民税課), tel.: 082-420-0910.



Participants for Kurose and Akitsu B&G Ocean Club activities

- ・B&G黒瀬安芸津海洋クラブ活動参加者募集



The B&G Ocean Club is now accepting new members (elementary school students and above). The club activities take place once a week, from June 3rd to the end of August, normally on Saturdays or Sundays from 9:30 to 11:30. Participation in even one event is welcome. To apply, please send a postcard, email or fax to the address/number below, with the participant's name, sex, date of birth, age, address and telephone number, and the name of the parent or guardian. Applications can be accepted at any time between June and August. If you are having difficulties applying, please contact the Communication Corner for help (tel.: 082-423-1922).

Contact: Higashihiroshima Foundation for Affairs of Culture and Education (Higashihiroshima-shi Kyoiku Bunka Shinko Jigyodan, 東広島市教育文化振興事業団), tel./fax: 0823-82-7075,
email: center02@diary.ocn.ne.jp
Address: 18-4 Narahara, Kurose-cho, Higashihiroshima-shi, 739-2613.

Higashihiroshima Music Festival 2018

- ・ひがしひろしま音楽祭2018

The 2018 Higashihiroshima Music Festival (Ongakusai) will be held on Saturday June 9th and Sunday June 10th. The main events are as follows:

Saturday June 9th (from 12:00): 'Sakagura Ensemble'

Place: Ebisu Storehouse, Fukubijin Brewery

Saturday June 9th (from 16:45): Sakagura Jazz Night

Place: No. 1 Storehouse, Kamotsuru

Sunday June 10th: 'Minna de Tanoshiku Kurara Hall' event

Place: Large hall, Kurara

Contact: Higashihiroshima Tourism Association (Higashihiroshima-shi Kanko-kyokai, 東広島市観光協会),
tel.: 082-420-0310.



Deadline for payment of taxes: Monday July 2nd

- 6月の納税・納期限は
- 7月2日(月)

Please pay Municipal and Prefectural Tax (the first installment) by Monday July 2nd.

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.

40-minute free legal consultations are available on Saturday June 9th, at 13:00, 14:00, 15:00 and 16:00. The date for July is Saturday July 14th. 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.

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/iryo/3/11522.html>

In English: <http://www.city.higashihiroshima.lg.jp/kenko/iryo/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 Shinryosho, 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 June 17th, the internal medicine and pediatrics departments will be open until 21:00.

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 April, 2018:

Population of Higashihiroshima City: 186,495
Population of foreign residents: 6,532