

Informational Newsletter for English-Speaking Residents

Hiroshima NOW

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Articles in **Hiroshima NOW** are excerpts from *Hiroshima Shimin to Shisei*, a free newspaper produced by the City of Hiroshima. This monthly newsletter is published in English, Chinese, Portuguese, Spanish, Vietnamese, and Simplified Japanese. They are all available on our website (h-ircd.jp/) or in print at various public facilities.

Hiroshima Shimin to Shisei is available to view on the city's website. It can also be translated via an automatic translation app into several languages (English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Filipino).

 For those who would like to receive notices via e-mail regarding new issues, etc., please send an e-mail to the following address: internat@pcf.city.hiroshima.jp

Table of Contents

- National Health Insurance Payments Reduction During Maternity
- Applications for April 2024 Enrollment in Nursery School
- Beware of Norovirus
- Electrical Fire Prevention and Safety Tips
- Garbage collection schedule for national holidays
- Fall COVID-19 vaccination boosters and latest COVID-19 information
- Useful Japanese words for everyday life: *Bōnenkai* & *Shin'nenkai*

 Unless stated otherwise, services and webpages mentioned are likely to be only provided in Japanese. Translations of proper nouns are not necessarily official English translations.

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How to apply

Applications will be accepted at your local ward office's National Insurance and Pension Division (details below) or at your local branch office beginning 6 months prior to your delivery date. Be sure to bring your insurance card and Maternal and Child Health Handbook (*Boshi Kenkō Techō*) with you when visiting in person.

Inquiries:

National Insurance and Pension Division (*Hoken Nenkin Ka*) for your local ward

Ward	Telephone	Ward	Telephone
Naka	082-504-2555	Asaminami	082-831-4929
Higashi	082-568-7711	Asakita	082-819-3909
Minami	082-250-8941	Aki	082-821-4910
Nishi	082-532-0933	Saeki	082-943-9712

Applications for April 2024 Enrollment in Nursery School

保育園などの一次受け付けを開始 「ひろしま市民と市政」11月15日号 (P3)

The primary application period for April 2024 enrollment in nursery schools has begun and, beginning on November 24, applications are now being accepted at the Welfare Division (*Fukushi Ka*) of each ward office.

Who is eligible?

Parents or guardians who cannot take care of their children at home during the day because of work, health conditions, family affairs, etc., and are either:

- ① Parents or guardians applying for the first time for April 2024 entry into nursery school
- ② Parents or guardians who have applied for nursery school, but have not yet been admitted

Available nursery schools

Available school information is shown in the list of schools, which is provided in print at nursery schools and on the City of Hiroshima website.

Spaces are available at:

- Public or private nursery schools (保育園, *Hoikuen*)
- Public or private certified child care centers (認定こども園, *Nintei-kodomo-en*)
*Exclusively for 2-gō and 3-gō *Nintei Bubun* (2 & 3号認定部分)
- Private small childcare services (小規模保育事業所, *Shōkibo-hoiku-jigyōsho*)
- Daycare facilities established in places of business (事業所内保育事業所, *Jigyōsho-nai-hoiku-jigyōsho*) *Exclusively for local community users

How to apply

Submit the required documents to the Welfare Division (*Fukushi Ka*) of your nearest ward office. Online applications are also accepted. For more information about online applications, please see the City's official website.

Documents you will need to prepare**For people under category ①**

A completed application form and a formal document stating that your child needs care. Application forms and the list of available schools can be downloaded from the City's website and are available at:

- The Welfare Division (*Fukushi Ka*) of all ward offices
- Branch offices
- The available nursery schools

For people under category ②

The Welfare Division (*Fukushi Ka*) of the ward office for the area where you want your child to attend will send you any necessary documents by mail.

Application period

- Apply directly to the ward office

Until January 10 (Wed), 2024

Offices are open from 8:30 am to 5 pm on weekdays (Mon-Fri).

- Online

Until December 22 (Fri), 2023

[Temporary extended hours]

The Welfare Division will accept applications on the following dates and times, in addition to regular business hours:

December 19 (Thu), 2023 & January 5 (Fri), 2024 8:30 am-**8 pm**

Sunday, December 10, 2023 9:30 am-4 pm

What do I do if my applications are put on hold or I don't make my submission in time?

You can apply during the secondary application period.

Secondary application period:

- Apply directly to the ward office

From February 19 (Mon) to February 26 (Mon), 2024

Offices are open from 8:30 am to 5 pm on weekdays (Mon-Fri).

- Online

From February 19 (Mon) to February 20 (Tue), 2024

**Can I apply for 2024 March enrollment?**

Your application for 2024 March enrollment will be accepted from November 24 (Fri), 2023 to January 10 (Wed), 2024. For more details, refer to the official City of Hiroshima website.

Nursery School Q&A

Q: Can I apply to more than one nursery school?

A: Yes. For information on nursery schools, please contact the Welfare Division of the ward office.

Q: Can I apply for a nursery school which is not in the ward where I live?

A: Yes. Apply at the Welfare Division of the ward where your desired nursery school is.

Q: Can I visit a nursery school to see what it is like?

A: Please contact the nursery school which you would like to visit.

Q: Do you offer adjustment periods for children?

A: When returning to your old workplace from childcare leave or when starting a new job, you can apply to have your child enter nursery school two weeks prior starting work. You can use this two-week period to have your child adjust to daycare.

Inquires:

For more details, refer to the official City of Hiroshima website:

Childrearing: Applying for Nursery School (General Nursery School Information)
<https://www.city.hiroshima.lg.jp/site/english/190169.html>

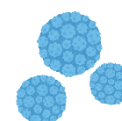


Welfare Division (*Fukushi Ka*) of your local ward office

Ward	Tel	Ward	Tel
Naka	082-504-2569	Asaminami	082-831-4945
Higashi	082-568-7733	Asakita	082-819-0605
Minami	082-250-4131	Aki	082-821-2813
Nishi	082-294-6342	Saeki	082-943-9732

Beware of Norovirus

ノロウイルスによる食中毒に注意 「ひろしま市民と市政」11月15日号 (P3)



Norovirus is highly infectious and contagious, meaning it can be easily spread from one person to another. Norovirus is a year-round risk, but the risk of norovirus-related food poisoning increases during the winter months from November to February. Exercise caution and protect yourself from infection until May at the earliest.

■ Norovirus facts

- ☒ Alcohol-based sanitizers and hand sanitizers are not effective at protecting you from norovirus infection.
- ☒ Wash your hands thoroughly with soap and water before cooking and be sure to thoroughly heat foods, especially shellfish (clams, oysters, scallops, and others). You can catch norovirus by eating foods prepared with contaminated hands or eating undercooked shellfish.

- ❑ Symptoms normally develop 24-48 hours after exposure, and symptoms may include vomiting, diarrhea, fever, etc.
- ❑ Be very careful when cleaning up vomit and feces (poo) from those infected as they are contaminated by the virus.

■ Hand washing is the best way to prevent norovirus infections

Alcohol-based sanitizers and hand sanitizers are not effective at minimizing the risk of norovirus infection. Protect yourself and others from norovirus by washing your hands thoroughly with soap and water.

■ Tips to prevent infection

① Handle and prepare food safely

People who are sick should not prepare food for others.

② Practice proper hand hygiene

Wash your hands thoroughly with soap and water before eating, preparing, or handling food.

③ Cook food thoroughly

Cook food thoroughly to a high temperature in order to kill norovirus

④ Clean and disinfect surfaces

Disinfect surfaces using a bleach-based household cleaner, such as a chlorine bleach solution.



◆ How to make a bleach-based household cleaner

You will need:

- One empty 1-liter PET bottle
- Chlorine bleach solution (塩素系漂白剤 (Ensokei-hyōhaku-zai))
 - 👉 Use a 5% concentrated (undiluted) chlorine bleach solution (原液濃度 (Gen'eki-nōdo 5%)). Ask a member of staff at the drug store before purchasing.



Instructions:

- ① Pour one cap full of chlorine bleach solution into the empty PET bottle.
- ② Fill the PET bottle with water to dilute it.

Uses:

Spray or use paper towels to wipe down surfaces with the solution.

👉 Important Notes

- Wear rubber gloves when making and using the cleaner.
- Only make the cleaner directly before using it.
- **Do not drink the cleaner.** Put a label on the bottle in order to prevent accidental ingestion.



Inquiries: Food Sanitation Division (Shokuhin Hoken Ka) Tel: 082-241-7434

Electrical Fire Prevention and Safety Tips

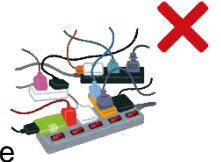
防ごう電気火災 「ひろしま市民と市政」 11月15日号

Electrical fires are fires caused by electric appliances, wires, cords, and similar. As we face increasing numbers of these kinds of fires every year, it is important to regularly check places in your home and workplace that are at risk of electrical fires and take measures to prevent them.

Safety tips to avoid electrical fires:

Do not exceed the recommended wattage

Every electric cord and power strip has a recommended wattage. Do not exceed the recommended wattage or overload electric adapters by plugging too many appliances into one socket. As heat builds inside the plugs on cords, the more cords you connect to the outlet, the higher the risk of fire.



Perform regular checks and maintenance

To reduce the risk of fire from overheating due to worn insulation, do not put electric cords underneath rugs, carpets, or wedge them behind furniture. Replace worn, old or damaged electric cords, always ensure the plug is fully in the socket, and clean any dust or dirt that accumulates on the plug to help prevent electrical fires.



Lithium-ion batteries

Lithium-ion batteries are used in various devices and commonly used in cellphones, laptops, and tablets. When a strong external shock is applied, lithium-ion batteries can overheat, catch fire, or explode, resulting electric fires.

- Be careful not to drop your cellphone or hit it against surfaces.
- If your battery overheats or you notice abnormalities in the battery, such as a change in shape, discontinue use immediately.

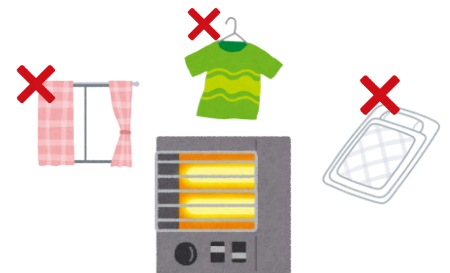


Electric heaters

If you are using an electric heater to keep warm, keep it away from anything flammable. Be sure to exercise caution as improper operation of electrical appliances may result in fire.

- Do not place electric heaters close to any flammable materials, like curtains or bedding.
- Never use electric heaters to dry your clothes.

Inquires: Fire Prevention Division (*Yobō Ka*) Tel: 082-546-3476



Garbage collection schedule for national holidays

2023年12月29日～1月3日と2024年1月の祝日のごみの収集スケジュール

○・・・Garbage is collected ×・・・Garbage is **NOT** collected

National Holiday	[Burnable Trash / Plastic Bottles / Recyclable Plastics] In your local ward	[Recyclable & Harmful Waste / Non-combustible / Other] In your local ward
December 29 (Fri)	○	×
From December 30 (Sat) to January 3 (Wed)	×	×
January 8 (Mon)	○	○

▶ Household waste guidelines available on the Hiroshima City official website:

<https://www.city.hiroshima.lg.jp/site/kateigomi/318942.html>

Inquiries: City Office Environmental Bureau, Operation Division I
(Kankyō Kyoku Gyōmu Dai-ichi Ka) Tel: 082-504-2220



Fall COVID-19 Vaccination Booster

新型コロナワクチン:秋開始接種を実施しています「ひろしま市民と市政」11月1日号 (P3)



The COVID-19 updated booster is now available at either medical facilities offering individual vaccinations, or the group vaccination sites listed below. In order to receive the vaccine, you must make a reservation.

- ▶ Children aged 6 months to 11 years can only receive a vaccine at medical facilities offering individual vaccinations. Please confirm with the medical facility where you want to receive the vaccine for details.

Who can receive a booster shot?

Booster shots are available to individuals aged 6 months or older who have completed the 1st dose of the vaccine. One shot per person.

Vaccination schedule

Until March 31, 2024

😊 For details about the group vaccination venues, updated boosters and ore, please visit the official city website:

<https://www.city.hiroshima.lg.jp/site/korona/206315.html> (Japanese)



◆ **Inquiries about COVID-19 Vaccine**

- **Hiroshima City COVID-19 Vaccine Call Center** Tel: 082-298-0525
(*Hiroshima-shi Shingata Korona-uirusu Wakuchin Sesshu Kōru Sentā*)
 - ▶ Available from 8:30 am to 5:15 pm everyday
 - ▶ Japanese only
- **Hiroshima Prefectural COVID-19 Vaccine Call Center** Tel: 082-513-2847
(*Hiroshima-ken Shingata Korona-uirusu Wakuchin Sesshu Sōdan Sentā*)
 - ▶ Available from 8:30 am to 5:30 pm everyday
 - ▶ Multilingual support offered in Chinese, English, Korean, Portuguese, Tagalog, and Vietnamese.

◆ **Inquiries about COVID-19**

- **The Hiroshima City COVID-19 Call Center** Tel: 082-241-4566
 - ▶ Available 24 hours/7 days a week
 - ▶ Japanese only
 - ▶ If you are not confident in your Japanese, please contact the Hiroshima City & Aki County International Resident Consultation Service.

◆ **Latest COVID-19 Information**

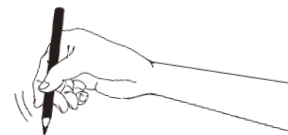
Please visit the City of Hiroshima website:

<https://www.city.hiroshima.lg.jp/site/english/list2370.html>



Useful Japanese daily
rules and customs

Year-End and New Year Parties



Featured words:

忘年会 (ぼうねんかい // *Bōnenkai*) ・ 新年会 (しんねんかい // *Shin'nenkai*)

Bōnenkai are social gatherings held at the end of year, around mid- or late December, where people come together, look back on the year's events, try to forget the bad times, and welcome the new year with a refreshed state of mind. There are various types of *bōnenkai*, such as *bōnenkai* for workplaces and those held among close friends. These gatherings are held all across Japan during December and are a part of Japanese culture.

Shin'nenkai are social gatherings to celebrate the New Year and are usually held in January among close friends or office colleagues. At *shin'nenkai* among close friends, you'll often hear *akemashite omedetō* (Happy New Year), the typical greeting when meeting someone you know for the first time in the New Year. In addition to these typical greetings, you'll also find good food and drinks, more often alcoholic than not. Office *shin'nenkai*, however, are a bit different. They are usually held to make new year's resolutions, pray for further business prosperity, and enhance motivation among employees.

Bōnenkai and *shin'nenkai* are both events where people gather to appreciate the hard work that they have done in the passing year and make a good start into the new year. For those with many friends and colleagues, *bōnenkai* and *shin'nenkai* season may be your busiest time of the year! We hope you enjoy the wonderful holiday season and celebrate the New Year in your own way. Don't forget to take good care of yourself, enjoy some good food and drinks, and remember: **NEVER** drink and drive!

Season's greetings and best wishes for the New Year from all of us!



Hiroshima City & Aki County International Resident Consultation Service

Where	Supported Languages	Days	Time
International Conference Center Hiroshima	English	Monday to Friday	9:00 am – 4:00 pm
	Chinese		
	Portuguese		
	Spanish		
	Vietnamese		
	Filipino	Fridays 1 st and 3 rd Thursdays	
Aki Ward Office	Portuguese	2 nd Wednesday	10:15 am – 12:30 pm 1:30 pm – 4:00 pm
	Spanish	3 rd Thursday	
Motomachi Kanri Jimusho	Chinese	2 nd Tuesday	

- ★ Closed on national holidays, August 6, and December 29 through January 3.
- Consultations for Filipino is available on Fridays, the 1st and 3rd Thursdays.
- If you need someone who can speak in languages other than those listed above, please contact us to arrange a consultation.
- On the 2nd Friday of every month, from 1:30 pm to 4:00 pm, Regional Immigration Bureau staff come to the Service to offer guidance on problems regarding residency status. (Reservation required)
- Our consultation staff can provide a simple orientation on life in Hiroshima City for new arrivals. (Reservation required)

Hiroshima City & Aki County International Resident Consultation Service

International Conference Center Hiroshima (*Hiroshima Kokusai Kaigi-jō*), in Peace Memorial Park
Hiroshima-shi Naka-ku Nakajima-cho 1-5

Tel: 082-241-5010 // Fax: 082-242-7452

E-mail: soudan@pcf.city.hiroshima.jp

URL: <https://h-ircd.jp/en/guide/consultation-en.html>

