

Informational Newsletter for English-Speaking Residents

Hiroshima NOW

1

2024

English No. 21


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

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 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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Childcare Support Services

にっこり笑顔の集う場所：子育て支援情報を提供しています
「ひろしま市民と市政」12月1日号なか版



Many parents can go through feelings of anxiety or uneasiness when taking care of their children. If that happens, know that you are not alone and don't be afraid to ask for help. Below, you can find information about support offered by the City of Hiroshima to parents.

Community Childcare Support Center (*Chi'iki Kosodate Shien Sentā*)

Community Childcare Support Centers are located in your local ward offices. Feel free to drop in for advice on childcare from public health nurses, childcare workers, and nutritionists.

■ Support services available

- Individual consultations available in-person and via telephone
- Information about events and gatherings where both children and families can interact with other children and families
- Seminars and lectures about childrearing

Community Childcare Support Center (*Chi'iki Kosodate Shien Sentā*)

- ▷ Each center is located inside the Community Support Division (*Chi'iki Sasaeai Ka*) of your local ward office.

Ward	Telephone	Fax	Hours
Naka	082-504-2174	082-504-2175	Monday to Friday 8:30 am-5:15 pm Closed: National holidays, August 6, 12/29-1/3
Higashi	082-261-0315	082-568-7790	
Minami	082-250-4134	082-254-4030	
Nishi	082-503-6288	082-294-6113	
Asaminami	082-877-2146	082-877-2146	
Asakita	082-819-0617	082-819-0602	
Aki	082-821-2821	082-821-2832	
Saeki	082-921-5010	082-921-5010	

Childcare Open Spaces

Childcare Open Spaces are places for children and families to gather and interact with other children and families. Activities and events held here are usually organized and carried out by local citizens and take place at community halls (*kōmin-kan*), children's community centers (*jidō-kan*), or meeting places (*shūkaisho*). Several times a year, these open spaces welcome public nurses, nutritionists, or childcare workers from the Childcare Support Center to offer childcare guidance. Everyone is welcome to join events; for information about when and where Childcare Open Spaces will be available, please inquire at your local Community Childcare Support Center (details above).

Monthly Health Guidance



During these monthly meetings, health nurses or childcare workers from the Childcare Support Center perform infant health checks and offer childcare advice to parents. This is a great service to help alleviate any anxieties you may have about parenting. No reservations necessary! For information on when and where health guidance meetings will be held, please contact your local Community Childcare Support Center (details above). Be sure to bring your Maternal and Child Health Handbook (*Boshi Kenkō Techō*) and a towel (necessary for the infant health check) with you when participating.

Childcare Information

Childcare Support Handbook: *Anshin Kosodate Support Book*

- ▶ Please note that this handbook is in Japanese.

Find useful information regarding childcare services, such as temporary care services at nursery schools, and how to apply for nursery schools and kindergarten. Also contains information on where to find advice from healthcare professionals and consultation services.

Childcare Support App: *Boshimo*

- ▶ This digital service is available in 12 different languages (Japanese, English, Chinese (traditional and simplified), Korean, Portuguese, Spanish, Tagalog, Thai, Vietnamese, Indonesian, Russian, and Nepali).



Boshimo is a maternal and child health handbook app that provides helpful information on childcare.

What you can do with this app:

- Receive local childcare information
- Search local clinics, nursing schools, kindergartens, parks, etc.
- Keep a record of your child's development
- Manage vaccination records

For more information about *Boshimo*, please see the official City of Hiroshima website:
<https://www.city.hiroshima.lg.jp/soshiki/84/4852.html> (in Japanese)



👏 **If you are not confident in your Japanese, please contact the office below:**

Hiroshima City & Aki County International Resident Consultation Service

Tel: 082-241-5010

Opening Days and Hours: Monday to Friday 9 am-4 pm

Closed: Saturdays, Sundays, national holidays, August 6, and December 29-January 3

Available Languages: Chinese, Portuguese, Spanish, Vietnamese, English, and Filipino

Filipino language is only available on Fridays and 1st and 3rd Thursdays.

Applications for April 2024 enrollment in after-school childcare

来年度の放課後児童クラブの利用申し込み 「ひろしま市民と市政」12月1日号 (P4)

Hōkago Jidō Clubs (Afterschool Childcare) are for elementary school students whose parents need childcare services after school and meet certain criteria.

Who is eligible?

Parents or guardians who are not at home due to work etc., and need regular childcare after school for elementary school children until around 5 pm.

- Children who can use this service will be selected from a pool of applications.
- For children whose parents or guardians are employed, their parents or guardians can apply for this service when they are away for work at least 4 days/week.
- For more information about requirements, please contact the Municipal Board of Education.

How to apply

Apply directly to the *jidō-kan* (Children's Community Center) or *Hōkago Jidō Club* to use this service for the year. Please contact them before you visit.

- For more information including documents that you need to prepare, please contact the Municipal Board of Education.

Application period

February 8 (Thurs)-February 21 (Wed), 2024

Inquires:

Municipal Board of Education After-School Care Division (*Kyōiku linkai Hōkago Taisaku Ka*)

Tel. 082-242-2014



Preventing traffic accidents

二輪車の死亡事故が増えています 「ひろしま市民と市政」12月1日号

Reports of fatal traffic accidents caused by motorcycles and bicycles are on the rise. As motorcycles and bicycles are less visible behind cars and trucks, pay close attention when riding motorcycles or bicycles in order to prevent collisions. Always ride slowly around curves and slow down and stop at intersections to watch for oncoming traffic.

Follow safety rules and etiquette, and always ride responsibly to prevent accidents.

Pedestrians

- Use pedestrian crosswalks when crossing.
- Obey traffic signals, look left and right for oncoming traffic.
- Wear reflectors or have a light when walking at night or when visibility is poor.



Elderly drivers

Changes in physical and mental conditions take place as we get older, and our ability to drive safely is affected by these changes. Try to understand how aging can affect driving and what you can do to respond to these changes in order to continue driving safely.

Bicyclists

- Bicycles are vehicles. Follow the same rules and responsibilities as those who drive cars and other automobiles.
- Obey traffic rules and wear a helmet when riding.



NEVER drink and drive, do not let those who have been drinking drive

- It is illegal to drive under the influence of alcohol. Drunk driving may cause serious accidents.
- Alcohol affects driving ability and impairs your ability to think. NEVER drink and drive. It is also illegal to drink and ride your bicycle. NEVER let anyone who has been drinking drive or ride bicycles/motorcycles.



Inquiries: Road Management Division (*Dōro Kanri Ka*) Tel: 082-504-2122



Garbage collection schedule for national holidays

2024年2月と3月の祝日のごみの収集スケジュール

○ . . . Garbage 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
February 12 (Mon)	×	○
February 23 (Fri)	×	○
March 20 (Wed)	×	○

▶ Household waste guidelines available on the official City of Hiroshima 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



COVID-19 Vaccination Booster

新型コロナウイルスワクチンの接種を実施しています



The COVID-19 updated booster at group vaccination sites ended in December 2023. Beginning in January 2024, you can only receive vaccines at medical facilities offering individual vaccinations. Please confirm with the medical facility where you want to receive your 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 Sunday, March 31, 2024

😊 For details about the updated boosters, 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

Please note these services are in Japanese.

- **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 24/7

Please note these services are in Japanese.

If you are not confident in your Japanese, please contact the Hiroshima City & Aki County International Resident Consultation Service.

◆ Latest COVID-19 Information

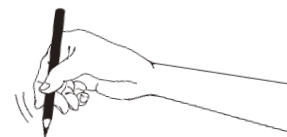
Please visit the official City of Hiroshima website:

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



Useful Japanese daily
rules and customs

Tondo Matsuri



 **Featured words:**

とんど (*Tondo*)・左義長 (さぎちょう // *Sagichō*)

Tondo Matsuri is a bonfire festival which usually takes place on January 15. People bring their new year ornaments to burn in a bonfire while wishing for good health and prosperity for the year. New year ornaments include decorative pines (*kadomatsu*), new year decorations (*shimekazari*), and new year calligraphy (*kakizome*).

This traditional custom was originally called *sagichō*, but there are many different names for this traditional event and each local area has its own name, such as *Tondo-yaki* or *Dondo*. In Hiroshima, it is commonly known as *Tondo*.

In Japan, it's believed that the gods known as *Toshigami* visit each home during the New Year season, providing good luck. New year decorations are made to welcome *Toshigami* at the beginning of the year and are displayed at the doors to homes, expressing to the gods that the home is ready to welcome them.

It is said that *Toshigami* return to sky in the flames of bonfires. The larger flames are, the more happiness is on the way. Besides burning the previous year's new year decorations, people also roast mochi rice cakes and eat them while wishing for good health, as well as burn new year calligraphy writings while wishing for improved handwriting.

We hope you enjoyed all the different traditional New Year events for 2024!



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Hiroshima City & Aki County International Resident Consultation Service

Tel: 082-241-5010

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

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

Hours: Monday to Friday 9 am-4 pm

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