



Shibata Ayame News

No.244 2024 Jan.

Facebook
Shibata Topics
for Foreign Residents



Published by Shimin Machizukuri Shien Division-
Shibata City Hall

Would you like to experience Vietnam's Lunar New Year

"Tet"? Sponsored by Shibata Intercultural Community Coordinator (Local vitalization Coperator)

Date
and
Time


2/4/2024
(sun)

From 11am to 2pm
(10:45am Reception starts)

Place

Ikunesu Shibata: Kitchen room
(Reception: 2nd floor
multipurpose room)



- Participation target : Anyone (Elementary school students and younger must be accompanied by a guardian.)
- Participation fee (money) : 500 yen **Please check the flyer for details and contents!**
- Capacity : 16 people (8 Japanese people and 8 people from foreign countries)
- How to apply : Please apply using one of the methods below. Application form →  Application form
- Phone; 0254-28-9640 (Shibata City Citizen Town Development Support Division)
- Email; machizukuri@city.shibata.lg.jp
- Application acceptance period : Wednesday, January 17th – Friday, February 2nd
※Telephone calls are not accepted on Saturdays and Sundays.

How will you spend Tet?

【Standard Tet dishes】

- Pinechun

This is Vietnam's typical New Year's dish. It's like a chimaki made using sticky rice.

- Boiled pork and eggs in coconut juice.
- Fried spring rolls

They are eaten even when it's not Tet, but they are especially essential on Tet.

【Tet play】

- We play card games and board games.



Notice

Be careful of heavy snow.

You may not be able to move (stuck) for a long time if you drive car in case of heavy snowing. You need to remove snow not to block the muffler (the tube for exhaust gases under the rear of car) when you stay in car. There may be power outage in case of fallen tree due to snow and frozen snow. Please prepare flashlight and single use body warmer for power outage. You should check traffic situation because traffic like bus and train may delay when snowing. Please wear warm clothes as temperature will drop.



<Useful websites>



<https://www.niigata-ia.or.jp/category/medical/>

Medical and Disaster Prevention Information page in the home page of Niigata International Association. You are able to read new information for each city in Niigata with various languages.

<https://www.data.jma.go.jp/multi/index.html> (Japan Meteorological Agency)

You are able to read meteorological information for all over Japan with various languages.



<https://www3.nhk.or.jp/news/easy/> (NEWS WEB EASY)

There are news written in easy Japanese.



"Snow information in Niigata prefecture" is useful.

Information for snowing is updated every 10 o'clock in morning and 4 o'clock in afternoon.

Please check it when you go out for cleaning snow commuting to work or school.

Snow Information System➔



Please submit a health checkup questionnaire in 2024. (including application)

Inquiry: Kenkou Suishinka Seijin hoken kakari
TEL:0254-28-9212

The health checkup questionnaire is a survey that asks you to know your health checkup schedule and uses it as a health management including the city's health checkup. The questionnaire will be sent to the head of a household in early January. If you plan to undergo a medical examination at work or due to illness, please be sure to submit it.

Deadline January 25

For details, please see the leaflet enclosed in the health checkup questionnaire we sent you.

住所		令和6年度 健康診査調査票												
世帯主	電話番号	A欄 (お住まいの世帯)						日欄	C欄					
氏名		総務	労働	高齢	子育て	介護	障害	特定	人					
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← health checkup questionnaire sample

Information

At night and on holiday, please use the Shibata District Emergency Clinic and the Holiday Emergency Dental Clinic.



Place: Shibata-City, Hon-cho 1-16-14 Phone:0254-23-8350

Guideline for consultation: Sudden fever, stomach pain, feeling unwell,etc.

※May not be suitable for children. Please be sure to consult by phone before coming.

Please: Health insurance certificate, medical care recipient certificate, medicine notebook.

Clinical department Consultation day / Reception hours

Clinical	Consultation day	Reception hours
Internal Medicine Pediatrics	Weekday night	① 7:30p.m~9:30p.m
	Saturday night	② 6:30p.m~9:00p.m
	Sunday・Holiday	③ 9:00a.m~11:30a.m/1:30p.m~4:30p.m 6:30p.m~9:00p.m
Surgery	Sunday	④ 9:00a.m~11:30a.m/1:30p.m~4:30p.m
Dentistry	Sunday・Holiday	

Multilingual Living Consultation Center in Niigata

Do you have any trouble?

There is a contact point where people of foreign can discuss their difficulties.

Foreign languages are available

Let's learn Japanese culture!



Name	Tel	Address	How to consult
Shibata City Hall Citizen Town Development Support Division	0254-28-9640	Shibata City Hall 6F, Chuocho3-3-3, Shibatashi	phone,email, machizukuri@city.shibata.lg.jp
FRCN Consultation Center for Foreign Residents	025-241-1881	Bandaijima building F2, 5-1, Bandaijima, Chuoku, Niigatashi	phone, phone,email, or zoom. nia10@niigata-ia.or.jp URL: https://www.niigata-ia.or.jp/
Yoriso Hot line	0120-279-338 (If the instructions are correct, please choose 2)		phone, URL: https://www.since2011.net/yoriso/
Niigata help no kai	025-228-2212 080-6596-0168		phone



Setsubun

February 3rd

To throw beans

To drive away bad things (demons) and attract good things (good fortune), beans are thrown saying "Demons out" and "Fortune in"



Setsubun is a day to wish everyone's happiness and health and to expel bad things.

Setsubun has the meaning of dividing the seasons.

The beginning of spring, the day before Risshun (around February 4) has come to be called Setsubun.

To eat the number of your ages beans

It is said that if you eat as many beans as your age, your body will become stronger, and you will be less likely to get sick.

To eat Ehomaki

It is said that if you eat Ehomaki facing the auspicious direction of the year, and praying of your wish, without saying a word at night, your wish will come true.



Shibata Japanese Class

Shibata Japanese class helps foreign people who want to learn Japanese. You can join anytime. For more information and inquiry: Noriko Takahashi Tel (0254-22-6441)



Class	Wednesday Daytime	Thursday Daytime	Thursday Night	J school
For	Adults	Adults	Adults	Elementary and Junior high school students
Day	Wednesday	Thursday	Thursday	Saturday
Time	10:00a.m. ~11:30a.m.	10:00a.m. ~11:30a.m.	19:00p.m. ~20:30p.m.	13:30p.m. ~15:00p.m.
Place	Shimin Bunkakaikan Koudo	Shogai Gakushu Center Kensityushitsu 2	Kenko chojyu akutibu kouryu center Okunai hiroba	Kenko chojyu akutibu kouryu center
Address	4-11-7 Chuo-cho, Shibata City	5-8-7 Chuo-cho, Shibata City	3-13-2 Chuo-cho, Shibata City	3-13-2 Chuo-cho, Shibata City
Fee	¥ 2,000/ 1st term: April~July ※Fees for textbook is not included.	¥ 2,000/ 1st term: April~July ※Fees for textbook is not included.	¥ 2,000/ 1st term: April~July ※Fees for textbook is not included.	¥ 1,000/month
	Jan. 10, 17, 24, 31	11, 18, 25	11, 18, 25	13, 20, 27
	Feb 7, 14, 21, 28	8, 15	8, 15	3, 10, 17, 24
	Mar. 6, 13	7, 14	7, 14	2, 9, 16

Shibata Ayame News is mailed to those who wish to receive it. If you would like us to send you, please contact Shimin Machitsukuri Shien Division- Shibata City Hall. If you want to see the previous issues, please see the city homepage

Contact : Shimin Machitsukuri Shien Division- Shibata City Hall Tel : 0254-28-9640

Address : 〒957-8686 Shibatashi cyuuoucyou 3-3-3 Email : machizukuri@city.shibata.lg.jp