

# Uta Informa

August 10<sup>th</sup>, 2019 Edition

Edited and Issued by  
Ota International Association

太田インフォルマ 2019年8月10日号 (英語版)

- P1. 太田市尾島ねぶたまつり・藪塚まつり・日本語教室 (あゆみの会&虹の会) のご案内・ハローワークおた外国人出張行政相談コーナー
- P2. 熱中症に対する応急手当・国民年金保険料の免除&納付猶予申請は毎年必要です・消費増税対策「プレミアム付商品券のお知らせ」
- P3. 限度額認定証の申請と更新・2019 SOS 外国人のための法律相談 市税の8月納税・無料相談 (法律相談・交通事故)
- P4. 休日当番医・急患のみ診察可能な救急指定病院・平日夜間急病診療所・休日歯科診療・英語の外国人市民相談窓口ワンストップセンター開設日・エイズ&特定感染症の検査

折り込みチラシ

- ✓英語版「くらしのガイド」をご覧ください
- ✓太田市国際交流協会会員募集中・太田市災害時言語ボランティア募集中・外国語版「太田市民のための防災マニュアル」があります!・外国人市民相談窓口ワンストップセンター開設時間
- ✓太田警察署からのお知らせ「台風や集中豪雨などの自然災害に備えましょう!」・「あなたのまちの交番&駐在所」

## Festivals Ojima Neputa Matsuri

Neputa starts moving at 6:30pm.

Dates: August 14<sup>th</sup> (Wed.) and 15<sup>th</sup> (Thu.) 10am~10pm

Location: on Route 142, "Ojima Shoutengai Odori"

(Traffic will be restricted partly from 5pm to 10pm.)

Contact: Commercial and Tourism Division ☎0276-47-1833



## Yabuzuka Matsuri

Date: August 31<sup>st</sup> (Sat.) from 4pm~9pm

Location: Yabuzukahonmachi Chuo Sports Park

Contact: Yabuzukahonmachi Community "Gyousei" Center ☎0277-78-2111



# Japanese Language Courses

Volunteer Group "Ayumi no Kai" (Ota Region)



**SUNDAY Class:** from 2pm to 4pm (every Sunday)

Dates: September 8<sup>th</sup> to December 8<sup>th</sup>, 2019

※Closed on October 27<sup>th</sup> and November 17<sup>th</sup>

**TUESDAY Class:** from 6:30pm to 8:30pm (every Tuesday)

Dates: September 10<sup>th</sup> to December 10<sup>th</sup>, 2019

**WEDNESDAY Class:** from 1:30pm to 3:30pm (every Wednesday)

Dates: September 11<sup>th</sup> to December 11<sup>th</sup>, 2019

- ★ **Tuition:** 500 yen (each course)  
※ 500-2500 yen for course materials
- ★ **Application:** sign up directly at the location listed below before class starts.
- ★ **Available Openings:** 50 people (each course)
- ★ **Location:** Ota International Center  
Ota City Hall South Government Building (2F)  
Address: 〒373-0853 Ota-Shi Hama-Cho 2-7



## Volunteer Group "Niji no Kai" (Nitta Region) FREE Japanese Course

Every **MONDAY** from 7pm to 8:30pm (excludes holidays) Location: Kizaki Community "Gyousei" Center

**Application:** Sign up directly at the location before class starts.

**Address:** Ota-Shi Nitta Kizaki-Cho 1215-1 \* Approximately 3 minutes walk from Kizaki Elementary School

**For more information about those courses:**

Ota International Association "Kokusai Kouryu Kyoukai" ☎0276-48-1001 (Weekdays only)

## Hello Work OTA in Ota City Hall

Governmental Consultation Branch Office for FOREIGN Residents

(Excluding national holidays, year-end and new year holidays)

Location: Consultation Counter for foreign residents in Ota (Ota City Hall 1F near Counter 5)

Seeking a job? Please visit or call for more info: Hello Work OTA ☎0276-46-8609



# Let's Prevent Heat Stroke!



The hot weather will continue, so please look after yourself to prevent heat stroke.

Be attentive to the temperature and humidity, and take measures against heat stroke by constantly hydrating your body with water. In particular, children and elderly are more prone to heat stroke, so please pay extra attentions.

## Preventing Heat Stroke:

- Avoid the heat • Dress in clothes that will keep you cool • Drink liquids frequently
- Be attentive of days that become suddenly hot • Be prepared and well-equipped for the heat
- Rest well and be healthy

## Symptoms of heat stroke:

- Initial symptoms include complaints about pain in your arm/leg muscles and involuntary stiffness in your muscles
- Complaints about feeling sick with body heaviness, feeling sick, headaches and dizziness will follow and develop
- Typical symptoms include a lack of concentration from lightheadedness and absentmindedness
- If you start to stop sweating and your skin becomes red and dry, your body becomes unable to adjust its body temperature, and continues to rise. This can be life-threatening.
- Heat stroke does not always develop when you are strenuously exercising under the scorching sun, but can occur by staying in rooms or cars with no air conditioning for long periods of times, especially for infants and elderly.
- If you call for someone and their response is slow, call **119** immediately.

## First Aid Treatment for Heat Stroke:

**Move to a cool, breezy place in the shade or room with air-conditioning.  
Remove clothes and cool your body.**

For more Information: Ota-Shi Fire Department "Ota-Shi Shoubo Honbu," ☎0276-33-0119



## Apply for Exemptions (Deferment) of Contributions for National Pension Insurance **EVERY YEAR.**

Exemptions or deferments (for under 50 years old) from contribution payments are available to those who have low income and are having difficulties making National Pension Insurance payments. You can apply up to 2 years and one month before of unpaid contributions when you apply. The period that you have been exempted from will be added to the entitlement period of the receiving pension (pension amount will not be added).

### Application for the Exemptions of the Contribution System

You may also be exempt from contribution payments if the previous year's income of you, your spouse (including a spouse living separately), and the head of household are lower than the standard or is unemployed. If your application for exemption is granted, you can be qualified for either full-amount-exemption, 3/4-amount-exemption, half-amount-exemption, or 1/4-amount-exemption.

※If you fail to pay the remaining contribution amount due, it will be considered to be a non-payment rather than partial exemption, causing you to be unable to receive the pension.

### Application for Deferred Contribution Payments

If you (must be below 50 years of age) and your spouse's (including a spouse living separately) previous year's income is lower than the standard or is unemployed, you are eligible for deferred contribution payments if your application is approved.

### Period of approval: From now till June 2020

※Individuals who were exempted of the full amount or deferred for their previous fiscal year's portion can re-apply (application renewal) beforehand (excluding cases due to unemployment).

### Things to bring

ID (driver's license, Resident "Zairyu" Card, etc.), Individual Notification Card or Individual Number "My number" Card, personal seal "Inkan" ※If you are applying due to unemployment, you need to bring your Employment Insurance Qualification Certificate "Koyou Hoken Jyukyu Shikakushasho" or your letter of resignation "Rishokuhyo" from your employer.

Place to Apply: Ota Pension Office "Ota Nenkin Jimusho" ☎0276-49-3716

Ota City Hall, Medical Welfare and Pension Division "Iryou Nenkin-Ka" 1F - Counter 12 ☎0276 - 47-1941

## Premium Vouchers

will be sold  
to mitigate  
the impact of  
the tax increase.

Eligible persons:

- ① persons exempt from municipal inhabitant tax for fiscal year 2019  
(excludes dependents whose family members pay municipal inhabitant tax and households that receive welfare.)  
※Application form to receive an exchange ticket was sent to you last month.
- ② Heads of families with a child born during the period from April 2<sup>nd</sup> 2016, to September 30<sup>th</sup> 2019  
※An exchange ticket will be sent to you by the end of September. (No need to apply for it)

Note- Those eligible can buy a maximum of 25,000 yen vouchers per person (sales price: 20,000 yen).

Please check the letter attached with the ticket for further details.

**Ota City Hall, Social Assistance Division "Shakai Shien-Ka" Tel: 0276-47-1827**

# Applying and Renewing for an Eligibility Certificate for Ceiling-Amount Application

If you have a high-cost medical expense (copayment), the Eligibility Certificate for Ceiling-Amount Application "Gendogaku Ninteisho" is a certificate that limits payments made at hospitals.

Please re-apply and renew when they expire.

## Eligible persons (must be paid all of the National Insurance tax):

- under 70 years
- 70~74 years old in a household exempt from municipal taxes
- ※Eligibility Certificate for Ceiling-Amount Application and Reduction of the Standard Amount of Patient Liability for exempt households from municipal taxes.
- ※Individuals enrolled in health insurances other than the municipality's (Kokuho) must apply and receive their certificate from their respective medical insurer.

## Submit an application at:

\*Ota City Hall – National Health Insurance Division "Kokumin Kenkou Hoken-Ka" 1F-Counter 16

\*Community "Gyousei" Centers (Ojima, Kizaki, Ikushina, Watauchi, Yabuzukahonmachi)

**What to bring:** National Health Insurance Card "Kokumin Kenkou Hoken", Individual Notification Card / Individual "My Number" Card, personal seal "inkan," and ID (Driver's License Card, Resident "Zairyu" Card, etc.)

## For more information:

National Health Insurance Division "Kokumin Kenkou Hoken-Ka" 1F-Counter 16 ☎0276-47-1825

## SOS - Legal Consultation for Foreign Residents

Free, Confidential, Interpreter Provided (English, Portuguese, Spanish, Chinese, and Tagalog)

**Date:** Sunday, September 8<sup>th</sup>, 2019

**Location:** Oizumi-Machi Kouminkan Minami Bekkan 2F (Oizumi-Machi Yoshida 2011-1)

**Consultation time:** 10am~3pm

*People with reservations will be given priority over walk-ins.*

**Advisors:** Attorneys, gyoseishoshi (immigration specialist),  
shakai hoken romushi (specialist in labour / social insurance / pension issues)

**Contact:** Gunma Association of Tourism, Local Products & International Exchange

☎027-243-7271 (090-1215-6113 on consultation days only)



## Upcoming Fiscal Year 2019 Payment Deadlines for Taxes

**Municipal/Prefectural Inhabitant (2<sup>nd</sup> period) and National Health Insurance Tax (2<sup>nd</sup> period)**

is due on Monday September 2<sup>nd</sup>



Please be sure to make payments by the deadline.

For tax payment inquiries, contact the Tax Payment Division "Nouzei-Ka" in Ota City Hall (2F / Counter 23) ☎ 0276-47-1820.

## FREE LEGAL ADVICE (Consultation in Japanese only)

Location	Date	Hours	Capacity	Information / Appointment	Note
Ota City Hall (3F/Counter 38)	Aug. 21 <sup>st</sup> and 28 <sup>th</sup> (Wednesday)	9:30~12:00	14	Ota City Hall, Residents' Consultation Division "Shimin Soudan-ka," ☎ 0276-47-1897 (Limited to those who live or work within the city limits)	Service at all locations require an appointment beforehand; you can make an appointment up to 2 weeks in advance.
Fukushi Kaikan (Ota-Shi Iida-Cho 1549)	August 19 <sup>th</sup> (Monday)	13:00~16:00	7	Ota City Social Welfare Conference ☎ 0276-46-6208 (Preferences will be given to those who reside or work within the city limits)	
Legal advice through the phone	Mon. ~ Fri. (Excludes holidays and between 13 <sup>th</sup> and 16 <sup>th</sup> in August)	13:00~16:00	—	<b>Gunma Bar Association</b> ☎ 027-233-9333	Approximately 10 minutes per person

## FREE CONSULTATION ON TRAFFIC ACCIDENTS (Consultation in Japanese only)

Gunma Prefectural Government Office (23F) (Address: Maebashi-Shi Ote-Machi 1-1-1)	Mon. ~ Fri. (Except National Holidays)	9:00~15:30	—	Gunma Prefectural Government Office, Traffic Accident Consultation Center "Koutsuu Jiko Soudanjo," ☎ 027-243-2511	No prior appointment is necessary; please come by 15:00
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# Doctors on Duty on Sundays and Holidays (Emergency)

Aug. 18 (Sun.)	I.M.	Murota Naika lin (Yabuzuka-Cho)	0277-78-2711
	I.M. / Pediatrics	Hirahara Naika • Shoukakika (Komaigi-Cho)	0276-45-3891
	Otorhinolaryngology (ENT)	Sato Jibiinkouka lin (Iizuka-Cho)	0276-48-4526
Aug. 25 (Sun.)	I.M.	Kasuga lin (Hon-Cho)	0276-22-2257
	I.M. / Pediatrics / Dermatology	Kizaki Clinic (Nitta Kizaki-Cho)	0276-56-7770
	Orthopedics	Koiso Seikeigeka Clinic (Ryumai- Cho)	0276-60-5518
Sept. 1 (Sun.)	I.M. / Pediatrics	Asahi Clinic (Yabuzuka-Cho)	0277-78-7575
	Pediatrics	Ishikawa Kodomo Clinic (Takahayashi Kita-Cho)	0276-38-0101
	Orthopedics	Kitazume Seikeigeka Clinic (Nitta Kizaki-Cho)	0276-20-8250
Sept. 8 (Sun.)	I.M. / Pediatrics	Arisaka lin (Ryumai-Cho)	0276-45-3681
	Pediatrics	Minami Yajima Kodomo Clinic (Minamiyajima-Cho)	0276-60-0415
	Ophthalmology	Kobayashi Ganka Clinic (Hama-Cho)	0276-46-7066

\* Emergency medical services are subject to change.

\* The doctors above are only on duty for seeing emergency patients. Other patients are asked to seek treatments on weekdays.

\* Please call the telephone number below for confirmation.

I.M. → Internal Medicine

Hospital Guidance Telephone Service for Emergency Cases: ☎0276-45-7799

## Designated Emergency Hospitals providing Medical Services (only to emergency patients)

Ota Kinen Byouin ☎0276-55-2200

Motojima Sogo Byouin ☎0276-22-7131

Horie Byouin ☎0276-38-1215

IMS Ota Chuo Sogo Byouin ☎0276-37-2378

Shiroyama Byouin ☎0276-46-0311

Kouaikai Dai Ichi Byouin ☎0277-78-1555



## Weeknight Emergency Infirmary (Pediatrics or I.M.)

Reception Hours: Mon. to Sat. -6:45pm~9:45pm (Excluding holidays, year-end and new year holidays.)

Note: Treatments for mild illnesses are available. Please call before visit to check which specialist is on duty.

Location: Ota-Shi Health "Hoken" Center 1F Address: Iida-Cho 818 ☎0276-60-3099

## Dental Services on Sundays, Holidays, and Year-End/New Year Holidays

Opening Hours: 10am ~1pm Ota Nitta Shika Ishi Kaikan (Southwest of Ota City Hall; 2-3 min away walking distance) ☎0276-45-7320

## Assistance in English



**Every Thursday**  
**From 1pm to 4pm**



Location: Ota City Hall (1F), Consultation Counter for Foreign

Residents "Gaikokujin Shimin Soudan Madoguchi" (near Counter 5)

Information: Ota City Hall ☎0276-47-1111 (general) & ☎0276-47-1908

★ The Public Assistance and Child-rearing Allowance consultations can take time, so please come early.

Closed on holidays including Year-End and New Year holidays.



## Examination for AIDS & Other Specific Infectious Diseases

~ The consultation and examination is FREE, Confidential, and Anonymous ~

Every Monday (except on national holidays)  
From 8:45am to 9:45am

(The first Monday of every month is from 5:30pm to 6:30pm.)

Please make an appointment in advance by telephone.

Location: Ota Health & Welfare Office "Ota Hoken Fukushi Jimusho"

Address: Ota-Shi Nishihon-Cho 41-34, ☎0276-31-8243

※ Located along Ota Route 312, near junction with Route 2.

## This information bulletin is available at:

Airys Hall Arena, Arts Museum and Library Ota, Comprehensive Social Education Center "Shakai Kyouiku Sougo Center", Cultopia "Karutopia", Cultural Learning Center, Hello Work Ota, Ota Pension Office "Ota Nenkin Jimusho," Ota Main Post Office "Ota Yubinkyoku," Ota Police Station "Ota Keisatsusho," Touminrou Chinese Restaurant "Chuka Ryouri Touminrou" located at Ota City Hall 12F, every Community "Gyousei" Center, every Public Health "Hoken" Center, every Service Center, Ojima Government Building "Ojima Chousha," Ota International Center "Ota-shi Kokusai Koryuu Center," Ota City Hall (Information Desk, Consultation Counter for Foreign Residents "Gaikokujin Shimin Soudan Madoguchi"), and also available on the Ota International Association's website.

- OTA CITY HALL, Exchange Promotion Division "Kouryu Suishin-Ka" and
- OTA INTERNATIONAL ASSOCIATION "Ota-Shi Kokusai Kouryuu Kyoukai"

Address: 〒373-8718 Ota-Shi Hama-Cho 2-35 (Ota Shiyakusho)

☎0276-47-1908 & 0276-48-1001 FAX: 0276-48-1012

email: otaia@mx.city.ota.gunma.jp

<http://www.city.ota.gunma.jp/005gyosei/0020-007kikaku-kouryu/kokusaikouryu-eng/index.html>

太田市交流推進課・太田市国際交流協会 (英語版行政情報)

