

Ota Informa

August 10th, 2018 Edition

Edited and Issued by
Ota International Association

太田インフォルマ 2018年8月10日号 (英語版)

- P1. 日本語教室 (あゆみの会・虹の会) のご案内・太田市災害時言語ボランティア募集中・太田市国際交流協会会員募集中
- P2. 熱中症に対する応急手当・国民年金保険料の後納制度は9月30日で終了します・生ごみは水分切ってダイエット
太田強戸スマートインターチェンジ&パーキングエリアDEBUT!
- P3. 限度額認定証の申請と更新・外国人のための法律相談SOS
市税の8月納税・無料相談 (法律・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開設日
エイズ&特定感染症の検査
折り込みチラシ
✓外国人市民相談窓口開設時間&「くらしのガイド」をご覧ください
✓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」

Japanese Language Courses

Volunteer Group "Ayumi no Kai" (Ota Region)



SUNDAY Class:

Dates: September 9 to December 9, 2018
(every Sunday) from 14:00 to 16:00.

※ Closed on October 28th and November 11th

TUESDAY Class:

Dates: September 11 to December 4, 2018
(every Tuesday) from 18:30 to 20:30.

WEDNESDAY Class:

Dates: September 12 to December 5, 2018
(every Wednesday), from 13:30 to 15:30.

★ Tuition: ¥500

※ 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: Ota-Shi Hama-Cho 2-7

Contact Information: Kokusai Kouryu Kyoukai

☎0276-48-1001 or e-mail at otaia@mx.city.ota.gunma.jp
(Weekdays only)

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

Every **MONDAY** from 19:00 to 20:30 (excludes holidays)

Application: Sign up directly at Kizaki Community Gyousei Center before class starts. **It's FREE!!**

Location: Kizaki Community Gyousei Center

Address: Ota-Shi Nitta Kizaki-Cho 1215-1 * Approx. 3 min. walk from Kizaki Elementary School.

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

E-mail: otaia@mx.city.ota.gunma.jp



Ota is looking for Volunteer Interpreters to help during Potential Disasters!

Looking to use your language skills for a good cause? Help break the language barrier between the city and foreign residents during a potential disaster by registering below!

<http://www.city.ota.gunma.jp/005gyousei/0020-007kikaku-kouryu/01news/volunteer.html>

For more information: Exchange Promotion Division ☎0276-47-1908



Ota International Association Welcomes New Members!

If you are interested in international cultural exchange, please come join us at Ota International Association!

Membership Contribution (annual): ★ Corporation: ¥5,000 ★ Individual: ¥1,000

For more information: Ota International Association Office ☎0276-48-1001



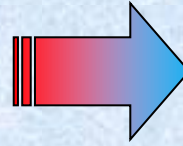


Let's Prevent Heat Stroke!

Days with high temperatures will continue, so please be aware of 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 be careful!

Preventing Heat Stroke:

- Avoid the heat
- Think of how you dress
- Keep in mind to hydrate and drink liquids frequently
- Be attentive of days that become suddenly hot
- Be prepared and well-equipped for the heat
- Take care of your body



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 nauseous, 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, which continues to rise. This can be life-threatening!
- If you call for someone and your response is slow, call 119 immediately.
- 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 with infants and elderly.

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 Shoubu Honbu", ☎0276-33-0119

National Pension Insurance Deferred Payment System Ends September 30th, 2018!

The deferred payment system allows individuals to pay their late pension premiums up to 5 years back. Paying your pension premiums not only increases your overall pension amount, but can make those still unqualified to receive pension qualified. However, this system will end on September 30th, 2018. Please submit an application at the Ota Pension Office and make your payments by September 30th!

- ※ Pension payment slips will take several days for issue.
- ※ Those receiving basic pension are ineligible.

Contact Information: Ota Pension Office ☎0276-49-3716 and Pension Enrollment Dial ☎0570-003-004



Let's Cut Water Weight from Food Waste!

Approximately 50% of burnable waste disposed by families contains water weight. Before throwing out your food scraps, let's use a mesh sink strainer to cut water weight! By cutting water weight, it not only reduces waste but it also prevents attracting bugs and bad smells from rotten food. If all households reduces water weight by 10g (about 1 bottle cap), it would contribute to an overall reduction of 94 tons of waste! Let's start cutting water weight!

Contact Information: Seisou Cleaning Center ☎0276-31-8153



OPEN!!! Ota Godo Smart Interchange & Parking Area

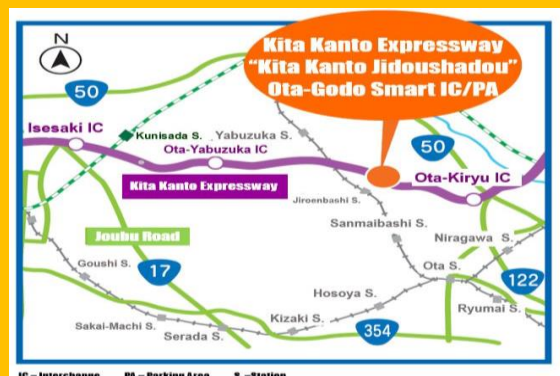
Smart Interchange: Vehicles with ETC cards installed

- ※ Open 24 hours
- ※ You cannot exit into normal roads from the smart IC if you go into the parking area from Kita Kanto Expressway.
- ※ If you come in from the smart IC, you can utilize the parking area and merge into the Kita Kanto Expressway.

Parking Area: Restrooms, commercial facilities (food court, shopping corner), and gasoline stand

- ※ It is scheduled to be available for access from normal roads even after exiting the smart IC.

Contact Information: Town Development Promotion Division ☎0276-47-3320



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

If you have a high-cost medical expense (copayment/deductible), the Eligibility Certificate for Ceiling-Amount Application "Gendogaku Ninteisho" is a certificate that limits payments made at the counter to a specified ceiling-amount.

Details are specified below:

Individuals under 70 years or 70~74 year olds 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) are eligible. Patients must present their eligibility certificate at the counter. In addition, certificates must be renewed when they expire (new certificates are valid until July 2019). Households cannot have any National Health Insurance taxes unpaid or unaccounted.

※ Individuals enrolled in other health insurances 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, Individual Notification/Number Card, inkan-seal, and identification (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: September 9, 2018 (Sun.)

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

Consultation time: 10:00~15:00 (priority given to reservations)

Consultants: lawyers, administrative procedure specialists, certified social insurance labor consultants

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

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



Upcoming Heisei 30 (FY2018) Payment Deadlines for Municipal Taxes

Municipal/Prefectural Inhabitant (2nd period) and National Health Insurance Tax (2nd period) is due on



August 31st, 2018 (Friday).



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. 22 nd and 29 th (Wednesday) (Excludes holidays)	9:30~12:00	14	Ota City Hall, Residents' Consultation Division "Shirmin 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 20 th (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. (Closed 8/13~8/16)	13:00~16:00	—	Gunma Bar Association ☎ 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. 12 (Sun.)	I.M.	Ota Kyoritsu Shinryoujo (<i>Ishihara-Cho</i>)	0276-45-4911
	I.M. / Pediatrics	Igarashi Iin (<i>Obara-Cho</i>)	0277-78-2405
	Orthopedics	Ishii Seikeigeka Iin (<i>Yabuzuka-Cho</i>)	0277-78-0211
Aug. 19 (Sun.)	Gynecology / I.M.	Takara Josei Clinic (<i>Yura-Cho</i>)	0276-32-2159
	I.M. / Pediatrics	Waga Clinic (<i>Obara-Cho</i>)	0277-20-4370
	Obstetrician-gynecology	Fujii Ladies Clinic (<i>Higashi Yajima-Cho</i>)	0276-60-3111
Aug. 26 (Sun.)	I.M.	Yokomuro Iin (<i>Ojima-Cho</i>)	0276-52-0502
	I.M. / Pediatrics	Ito Naika Shonika Clinic (<i>Iizuka-Cho</i>)	0276-46-3311
	Ophthalmology	Ota Chuo Ganka (<i>Yura-Cho</i>)	0276-31-6226
Sept. 2 (Sun.)	I.M.	Kuroiwa Naika Kokyukika Clinic (<i>Kamitajima-Cho</i>)	0276-32-9618
	I.M. / Pediatrics	Sayaka Clinic (<i>Hon-Cho</i>)	0276-55-1365
	Ophthalmology	Fujyu Ganka Iin (<i>Hama-Cho</i>)	0276-45-3358
Sept. 9 (Sun.)	I.M.	Sawano Clinic (<i>Ushizawa-Cho</i>)	0276-60-5050
	I.M. / Pediatrics	Shinohara Clinic (<i>Serada-Cho</i>)	0276-52-5501
	Orthopedics	Kogure Seikeigeka (<i>Takahayashi Kita-Cho</i>)	0276-55-3017

* Note 1: The doctors and dentist above are only on duty for seeing emergency patients.
Other patients are asked to seek treatment on weekdays.

I.M. → Internal Medicine

* Note 2: Emergency medical services are subject to change. Please call the telephone number below for confirmation.
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 (includes Saturday) Hours: 18:45~21:45

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

Note: Excluding holidays, year-end and New Year holidays.

Types of services: Internal Medicine or Pediatrics (Note: Please make sure to call before consultation.)

Dental Services on Sundays, Holidays, and Year-End/New Year Holidays (10:00~13:00)

Ota Nitta Shika Ishi Kaikan (Note: southwest of Ota City Hall; 2-3 min away walking distance.) ☎0276-45-7320



Assistance in English

EN Every Thursday
From 13:00 to 16:00



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 by 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 week on Mondays (except on holidays) from 8:45 to 9:45 (make an appointment in advance by telephone). The first Mondays of every month is also from 17:30 to 18:30 (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 homepage

- OTA CITY HALL, Exchange Promotion Division "Kouryu Suishin-Ka" and
- OTA INTERNATIONAL ASSOCIATION "Ota-Shi Kokusai Kouryu 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/005gyousei/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)

