



Excerpts from the Newsletter issued by Abiko City [Tel: 04-7185-1111](tel:04-7185-1111)

## EVENTS

### Abiko International Relations Association Festival

Date: November 24 (Sun) 11:00~16:00

Place: Civic Plaza

Stage Events

Kocarina wooden flute, gospel choir, traditional Japanese art (Lion Dance & festival music), Mongolian Khoomii (throat-singing), Mongolian dance, Yokobue (flute), picture storytelling by Japanese class students, foreign language choir, introduction to foreign culture, and raffle.

International Exhibits

Cultural displays and tastings from Cyprus, Uzbekistan, Korea, China, Myanmar, France, Germany, the UK, and Chile. Foreign language course info also available.

Tea Ceremony

limited to 100, and cost 400 yen. No application required

Kimono Dressing Experience

For foreigners (limited to 30), cost 500 yen (including tabi fee)

To apply, please call AIRA at 04-7183-1231

For more details, see the AIRA website.



▲AIRA HP

### Agricultural Festival

Date: November 16 (Sat), 10:00-15:00 (canceled in heavy rain)

Place: Teganuma Aquatic Park

The festival includes a Farmers' Market, kids' photo contest display, seedling and rice cake giveaways, local food stalls with pork miso soup, and more.

•Produce Exhibition

Vote for local farm produce, and win a 100-yen voucher (voting 10:00~12:00, sales from 13:30)

•Autumn Harvest Experience

10:30 to 12:00, limited to 30. It costs 500 yen, please bring clothes you don't mind getting dirty, and work gloves.

Inquiry: Agricultural Section, 04-7185-1481

## Japan Bird Festival 2024 ~ Japan's largest bird festival! ~

Dates: November 2 (Sat) 9:30 ~ 16:00, November 3 (holiday) 9:30 ~ 15:00

Place: Teganuma Aquatic Park and other venues

Enjoy stamp rallies, stage events, hands-on experiences, and exhibitions.

For more details, please check the JBF website.

Inquiry: Teganuma Section, 04-7185-1484



▲JBF HP

## Comprehensive Disaster Drill

Acquire knowledge to protect ourselves in times of disaster!

Date: November 16 (Sat), from 9:30 to 11:30

Place: Kawamura Gakuen Woman's University grounds

Activities include rescue operations, fire extinguishing, medical aid, and more. There will also be hands-on exhibits and lectures.

Inquiry: 04-7185-1111, extension 217, civic safety section

## Health Fair

Date: November 17 (Sun) 10:00 ~ 15:00 (Reception until 14:30)

Place: Abista

Fee: Free

Enjoy learning about health through exercise habits, improving your diet, health checkups, aromatherapy and hand treatments, and laughter yoga. Flower seedlings and popcorn will also be given away! For details, please visit the city's website.

Inquiry: Health Promotion Support Section, 04-7185-1126

## Individual Number Card Services on Weekends and in the Evening (By reservation only)

Call the Civic Section at 04-7185-4326 (9:00 ~ 17:00 on weekdays except national holidays) for a reservation one day or more in advance.

Dates and Hours		Reservation will be accepted
November 9 (Sat)	9:00 ~ 12:00	Accepting reservations
December 15 (Sun)	9:00 ~ 12:00	From 9:00 on Nov 27 (Wed)

November 22 (Fri) 17:00~19:00 Only for issuance	From 9:00 on Nov 6 (Wed)
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Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, 2 kinds of ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

### **Advisory Services - November 2024 \* Reservation required**

Item	Date/Time	Location	Contact
Legal Advice	Nov 7, 14, 19, 21 and 26 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext. 394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

### **Public Health Care Center Programs – Nov. 2024 Tel:04-7185-1126\***

Item	Date	Eligibility
Maternity Class (Welcome Baby Gakkyu)	Nov 2, 9 and 16 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	Nov 5 and 12 (Tue)	Children born in June 2024
Health Checkup for 18-month-old children	Nov 7 (Thu)	Children born between Apr 11 to May 5, 2023

Dental Checkup for 2-year and 8-month-old children	Nov 14 (Thu)	Children born in Mar 2022
Health Checkup for 3-year-old children	Nov 7 (Thu)	Children born between Apr 10 to 30, 2021
Dental Checkup for 5-year-old children	Nov 14 (Thu)	Children born between Oct 11 to Nov 7, 2019
Baby Food Class for 4 to 6-month-old babies	Nov 29 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	Nov 13 (Wed) Reservation required*	First 20 applicants. Children born in Feb 2024
Childcare Consultations	Nov 20 (Wed)	Nikoniko Hiroba
	Nov 28 (Thu)	Public health care center

## — Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions  
Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday / night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.
2. Child's Sudden Illness at Night: telephone consultation with a nurse  
Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.
3. Sudden Illness at Night and Holidays: telephone consultation with a nurse  
Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day  
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day
4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020  
(1) Dentist: 9:00 -11:30 (2) Internal Medicine & Pediatrician: 9:00 - 11:30,13:00 - 16:30  
Note: Holidays: Sundays, national holidays, year-end/New Year holidays  
Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

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