

# Kagawa Journal

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October 2009

English

Publisher: Kagawa Prefecture International Exchange Association

The Kagawa Journal is a quarterly journal published by the Kagawa International Exchange Association in order to provide information on daily life and events in Kagawa for those who speak English.

Kagawa International Festival 2009

~Friends

Interaction

Completing the Circle~

**360° of Friends**

Time Nov. 1, 2009 (Sun)

9:30~16:00

Place IPAL Kagawa

Takamatsu Chuo Park



かがわ国際フェスタ2009

Kagawa International Festival 2009 香川国際節2009 Festival Internacional de Kagawa 2009

Our apologies for the long wait! The Kagawa International Festival will be held again this year!

We hope that you look around 360° and see a world of big smiling faces. With this goal in mind,

~Friends, Interaction, Completing the Circle~

**360° of Friends**

is the theme. With an action packed

schedule, IPAL, along with other participating organizations, are eagerly waiting for you.

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# Living Guide Pickup

Are you feeling psychologically drained during your daily routine in an unfamiliar Japan? Or do the differences between Japan's climate and weather take a toll on you physically? In these cases it's important to go to the hospital sooner than later. In this edition we will discuss some essential knowledge about hospitals in Japan.

## 「Health Care and Insurance Systems」

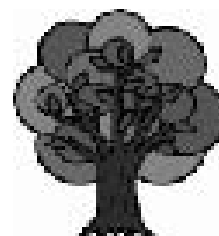
(For more information please refer to the *Daily Life Library* or *A Guide to Living in Kagawa*)

### (1) Hospital Fundamentals

- ① Required items for a health examination
  - a. Health Insurance Card (issued in Japan)
  - b. Alien Registration Card or other accepted form of identification
  - c. Cash (hospitals that accept credit/ATM cards are not common)
  - d. Address, phone number, symptoms, current prescriptions or medications, etc.
- ② If you're worried about your Japanese ability, go with someone who can help translate.
- ③ Regarding the exam results, medication, etc, make sure the doctor explains these things so that you have a good understanding.
- ④ Please be punctual for appointments and meetings (or patient visits).
- ⑤ Please don't use mobile phones in the hospital.
- ⑥ In the event that you have trouble paying your bills, or if you don't understand how the hospital works, please consult with the hospital.
- ⑦ Business Hours (vary between hospitals so please double check)  
Most hospitals are closed on Saturday afternoons, Sundays, national holidays.

## Useful Information for Hospital Visits !

Multilingual medical symptoms questionnaire for use at hospitals	<b>Multilingual Medical Questionnaire 【17 Languages】</b> <a href="http://www.k-i-a.or.jp/medical/">http://www.k-i-a.or.jp/medical/</a>
If you want an Japanese interpreter	<b>Volunteer Interpreter Dispatch</b> <a href="http://www.i-pal.or.jp/tsuyaku/">http://www.i-pal.or.jp/tsuyaku/</a>
Medical examinations in other languages	<b>Medical Institutions with Multi-lingual Doctors (International Affairs Division of Kagawa)</b> <a href="http://www.pref.kagawa.jp/kokusai/m_medical/index.html">http://www.pref.kagawa.jp/kokusai/m_medical/index.html</a>
H1N1 influenza info in several languages	<a href="http://www.pref.kagawa.jp/kenkosomu/hw-net/flu/health_center.html">http://www.pref.kagawa.jp/kenkosomu/hw-net/flu/health_center.html</a>



# Kagawa Traffic Law Enforcement Regulations Have Been Revised !

**Violators will receive penalties up to 50,000 yen!**

## ★Riding while using a mobile phone or other electronic devices

Using mobile phones or handheld communication devices or viewing the display (email, text messaging, etc) is prohibited while riding a bike.

Viewing the display of handheld games or portable music players is also prohibited.



## ★Riding while using an umbrella

Riding while using an umbrella, which impedes visibility and can cause loss of balance, is prohibited while riding a bike. Until now, riding with an umbrella was prohibited only on roads with heavy traffic, but now it is prohibited at all times, regardless of the amount of traffic.



## ★Riding while using headphones at a high volume

While riding a bike, listening to loud music or using headphones at a high volume causing a state of not hearing police cars or ambulance sirens, police guidance and other sounds necessary for safe traffic, or voices is prohibited.



## Useful Terms



① My \_\_\_hurts. が痛いです。( ga itai desu.)

あたま 頭 (atama)	のど (nodo)	は 歯 (ha)	おなか (onaka)
headache	sore throat	toothache	stomachache

② When do I take medicine?

薬はいつ飲みますか? (Kusuri wa itsu nomimasuka?)

いちにち 1日〇回	しょくぜん 食前	しょっかん 食間	しょくご 食後
Ichinichi _ kai	shokuzen	shokkan	shokugo
〇times a day	Before meals	Between meals	after meals

③

熱が38度あります。  
Netsu ga san-jyuu hachi do arimasu.  
I have a fever of 38°C

④

吐き気がします。  
Hakike ga shimasu.  
I feel nauseous (sick)



Marugame International Exchange Center

日本語学習をお手伝いする団体紹介  
 An Introduction to Groups that Can Help You in Your Japanese Studies  
 ～シリーズの丸亀市国際交流協会～

No.		☎
①	Kagawa International Exchange Association	087-837-5908
②	Takamatsu International Exchange Association	087-837-6003
③	Marugame International Exchange Center	0877-56-1771
④	Higashikagawa International Exchange Association	0879-26-1215
⑤	“Wa no Kai” Japanese Circle	090-2893-6352
⑥	Mitoyo International Exchange Association	0875-56-5121
⑦	Miki Japanese Square	087-891-3314
⑧	Tadotsu Japanese Exchange Group	090-6280-6917
⑨	Manno International Exchange Association	0877-75-0200
⑩	Japanese “Manno”	0877-79-1266 080-2996-4567

This is who we are !



The Marugame International Exchange Center is holding Japanese classes for foreign residents in the area. We hold our “Wednesday Japanese Class” (since 1992) every Wednesday night for first time and beginning level learners. This class is run on a six-month system so you can learn Japanese with classmates from many different countries. Also, every Sunday morning, we hold our “Sunday Japanese Class” (since 2007). In this class, volunteer teachers lead small groups, and you can study at your own pace. These two classes that we currently hold both have their own unique feel to them.

The biggest characteristic of our Japanese class setup is that beyond just studying Japanese, by learning together with other foreign residents living in Japan, you can relieve your worries and stress with one another. When you live in a foreign culture, in which it is difficult to communicate, it tends to be more or less stressful (even for those who *can* communicate). When such stress builds up, it's often helpful to have others around you who are in the same boat (even if they're not from the same country as you), people whom you can consult and who understand your feelings. If you have that, then you can lighten your load and get back to your daily activities with a fresh start. Also, by studying Japanese together, you can learn a lot from your classmates as you progress (many of them will have jobs, even in such fields as heavy labor).

In the case of the small group classrooms, one of the important points is that you get not only very detailed instruction where you can work at your own pace, but also, by interacting with the volunteer teachers (members of the community), you can get the chance to mingle with locals and explore the local scene. There are people of all types here (whether by age, gender, or occupation), just like the Japanese people you will find living near you in your own neighborhood. The Japanese people in your neighborhood can help you out with your studies, and you, as a resident foreigner can learn together with them. This is an important step for foreign residents to fit in with the area in which they live.

There are many ways that you can find local support for your Japanese studies, but isn't the most important common goal to transcend nationality and live well together? The Marugame International Exchange Center holds this goal dear, and we seek to steadfastly continue our activities.

### Recommended Book

『When and How to Use Japanese Grammar: 200 Forms』



Publisher : ALC  
 Price : ¥2,415

This is a textbook you can use to learn expressions for the beginning and intermediate levels through grammar forms and example problems. Explanations are in Japanese, English, and Chinese, so it is very appropriate for individual study. There is also an intermediate/advanced textbook in the same series called 『When and How to Use Japanese Grammar: 500 Forms』



## Autumn Event Info

Date Location	Event	Contact ☎
Oct. 4 (Sun) ~ Oct. 31 (Sat) [Tonosho-cho]	An Angel Halloween on Angel Road 2009 ◆From Oct. 5 through Oct. 30, angel and ghost jack-o'-lanterns will make an appearance on Angel Road.	Tonosho Office of Commerce and Tourism ☎:0879-62-7004
Oct. 10 (Sat) 18:30 Departure [Zentsuji-shi]	Moonlight Walk and Akari Lamps We will enjoy a walk from the city hall to Hachibuse Fureai Park (about 4km) in the autumn night under a shower of moonlight and the sound of insects. Made from bamboo, the lamps are works of art which emit a candle glow to produce a fantastic world of light. Anyone is welcome to come and view "Akari Lamps" and "Observe the Moon."	Zentsuji Board of Education, Lifelong Learning Division ☎:0877-63-6328
Mid-Oct. (Sun) [Sakaide-shi]	Sakaide City Hachiman Temple Yearly Festival Portable shrines ( <i>taikodai</i> and <i>danjiri</i> ) of all sizes from Sakaide will be gathered with a lively display of "kakikurabe" (teams carrying the shrines on their shoulders and competing with other teams.)	Sakaide Office of Commerce and Tourism ☎:0877-44-5015

The following is an interview we had with Oh, Yu, Shu, and Chan, four people from China who are taking the aforementioned Japanese class.

Q1 : What were your goals in coming to Japan?

We came to Japan as technological trainees, and now we are all applying what we have learned.

Q2 : Do you find Japanese difficult?

Yes, there are some ways in which it is hard. Outside of kanji there are also the hiragana and katakana writing systems, along with a grammar that is different from Chinese, so we are trying very hard to learn.

Q3 : Please tell us how you study Japanese.

Outside of the classroom, we use books to study, and we actively start conversations with other Japanese people.

Q4 : What's your biggest impression of Japan?

The air is very clean, and we feel that there are many people who are very polite.

Q5 : What is your dream from here on out?

We haven't clearly decided, but we want a chance to succeed back home by using our experiences gained in Japan!

Date Location	Event	Contact ☎
Oct. 30 (Fri) ~ Nov. 1 (Sun) [Takamatsu-shi]	Kinashi Bonsai-Gardening Festival Produce from farmers including nearly 50,000 plants comprised of around 1000 types of pine trees, persimmons, mandarin oranges, seasonal plants such as wild herbs and grass, will be sold at 80% of market value. Auctions, a bonsai diagnosis center, a bonsai shaping experience corner, and other events are very popular among bonsai and gardening lovers.	(Agriculture) Kagawa Prefecture Kinashi Ueki Bonsai Center ☎:087-881-2808
Nov. 3 (Tue) [Sanuki-shi]	2009 Sanuki-shi 88 Temple Pilgrimage Walk Three routes are available: Sanuki City Hall to Okuboji Temple 26km (experienced walkers), Michi no Eki Nagao to Okuboji Temple 11km (leisurely course), and Tawa Elementary School to Okuboji Temple 5km (easy course). Select a course that matches your fitness level and let's walk along the 88 Temple Pilgrimage Road.	Sanuki Board of Education, Sanuki 88 Temple Pilgrimage Walk Executive Committee ☎:0879-42-3107

## I-PAL Info!



~Friends Interaction Completing the Circle~

**360° of Friends**  
Date/Time:  
**Nov. 1, 2009 (Sun)**  
**9:30~16:00**  
Place: I-PAL Kagawa  
Chuo Park, Takamatsu

This year's International Festival is being held with the theme "360° of Friends" on Sunday November 1st in Chuo Park and at I-PAL Kagawa. We are looking forward to seeing you all there!

- ◇Stage Events ..... Many performances will unfold on the park's stone stage  
【Experience and Learn About Japanese Culture】 Traditional Japanese Performing Arts like *taiko* drums and *bunraku* puppet theater  
【Experience and Learn About World Cultures】 Performances from throughout the world  
Fun Events.....Quiz Games, etc.
- ◇Hands-On Zone ..... Children, adults, Japanese, and foreign residents can all enjoy various fun experiences under the shade of the park's trees  
【Crafts Experiences: Making Jack-o'-lanterns, Boomerangs, *Kagari Temari* (decorative cotton balls), etc.】
- ◇Sports Zone ..... You can enjoy autumn sports on the newly laid grass in Chuo Park!  
【Kagawans and foreign residents can enjoy such sports as *tamaire*, sports chanbara, etc. with one another】
- ◇Food and Drink Zone ..... Participating groups will be running food stalls featuring cuisine from various countries
- ◇Booth and Bazaar Zone ..... A flea market will be put on by foreign residents and prefectural residents, featuring foreign exchange exhibits and project information from participating groups, world cultural experiences, and sales of handmade goods from abroad.

※Also, there will be a "Health Check Station" (where you can check your blood pressure and estimate the approximate age of your blood vessels, etc.) and a Mini-Fun Walk, etc.

【Photo Submissions, Inquiries】

Kagawa Prefecture International Exchange Association  
I-PAL Kagawa, 1-11-63, Bancho, Takamatsu-shi, 760-0017  
☎087-837-5908





# Multilingual FM Radio Broadcasting

## ~Come on I-PAL

### SCHEDULE

10/11	Kagawa International Festival
10/25	Emergency Dial
11/22	Lifestyle Guidebook
12/6	Lifestyle Consultation, Legal Consultation
12/20	Lifestyle Consultation, Legal Consultation



Broadcasting dates and time:  
Sundays 20:55 ~ 21:00  
Broadcasting station:  
FM Kagawa (78.6MHz)  
Broadcasting languages: English,  
Chinese (Alternate weeks)

# Lifestyle Consultation Desk



## I-PAL Kagawa

At I-PAL Kagawa, we provide “Legal Consultation” (Third Friday of every month) and “Lifestyle Consultation” (any time) that include interpreting for foreign residents who are not yet used to the Japanese language. In addition to the staff who can help speakers of Portuguese and English, we have also added a permanent Chinese-speaking staff member who, since April 2009, is here to respond to consultation requests from ever growing number of Chinese residents currently living in Kagawa. Please feel free to come in for consultation regarding such things as work, visas, etc.

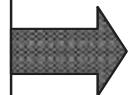
Consultants : Chinese (Ms. Ogawa), English (Ms. Sakka)、Portuguese (Ms. Matsuzaki)


★Inquiries : TEL 087-837-5908 (I-PAL Kagawa)

## “Legal Terrace” (Japan Legal Support Center)

The “Legal Terrace” (officially called the Japan Legal Support Center) provides consultation about legal troubles for anyone, at any time, from any part of the country.

Who should I consult?  
I'm not sure if mine is a legal problem or not.  
I'm worried about the cost of getting a lawyer.  
Can I ask this question?



 (Call Center)  
0570-078374  
For an English pamphlet ↓ ↓  
<http://www.houterasu.or.jp/content/e0425.pdf>

Kagawa Prefectural International Exchange Association

Kagawa International Exchange Center  
(I-PAL Kagawa), 1-11-63,  
Bancho, Takamatsu-shi, 760-0017  
TEL : 087-837-5908  
FAX : 087-837-5903  
URL: <http://www.i-pal.or.jp/>  
Closed : Mondays • 12/29 ~ 1/3



If you want to run information about international activities in the Kagawa Journal, please contact the I-PAL staff member in charge with the event name, time and date, location, contents, and contact information, etc. The deadline for the next January issue is the end of November.