



JULY 2024 NEWSLETTER

7月

English Version



✧ Enjoy the Numazu Summer Festival and the Kanogawa River fireworks festival! ✧

Reserved box seat (masu) tickets for watching the Kanogawa River fireworks festival will be on sale.

The 77th Numazu summer festival/ Kanogawa river fireworks festival will held on July 27th, Sat and July 30th, Sun.

• **Price:** ¥8,000, ¥10,000, ¥11,000

※On each day of the festivals, three spaces (masu) per person can be purchased.

※Maximum of six people per masu (about 3 m²).

※There will be no refunds if the festival is canceled due to bad weather.

※For more information visit the Numazu tourism portal.



Numazu tourism
portal

General sale

1. Online

After applying by the designated form, pick up tickets at the cashier at a Seven-Eleven store.

※Extra system fee will be charged.



Specified form

2. At Seven-Eleven

You can go through the procedure anytime at multi-copy machines in Seven-Eleven stores nationwide. For details, please visit the Seven Ticket website.



Seven Ticket
website

◆Both 1 and 2

Application starts: Sunday, July 7 at 10am (first-come-first-served)

Number of tickets: 300 masu in total of 1 and 2 for each day.

3. At the special ticket window in Plaza Verde

- **When:** July 7 (Sun.), 9:00am – 3pm (first-come-first-served) ※Number tickets will be distributed from 8:30am.
- **Where:** Kiramesse Numazu, 1F, Shimin salon
- **Number of tickets:** 200 masu for each day
- **Contact:** ☎055-934-4744 Numazu Summer Festival Committee, Fire Works Division at Industrial Strategy Promotion Division

Summer Festival T-shirts on sale!

- **Price:** ¥1,000
- **Colour • material:** White • Dry material
- **Size:** Size S 80 T-shirts, Size M 290 T-shirts, Size L 600 T-shirts, Size LL 60 T-shirts
- **Sale start:** July 1, Monday (first-come-first-served)
- **Where:** Numazu Chamber of Commerce and Industry, Numazu Station Tourist information 1st&2nd floor, Sannoura General Information Office, Heda tourist information office and Public Relations Division, 2nd floor at City Hall

- ※Each person can buy up to 4.
- ※Bring your own bag.



◆ **A special sales booth will be set up.**

- **When:** July 6 (Sat.), 10:00am – 12:00noon (first-come-first-served)
- **Where:** In front of the old Marusan bookstore, Nakamise Shotengai
- **Size:** Size S 20 T-shirts, Size M 60 T-shirts, Size L 100 T-shirts, Size LL 60 T-shirts

- **Contact:** ☎055-934-4703 Numazu Summer Festival Committee, Public Relations Division

✧ Please cooperate in separating ✧

To reduce and recycle waste efficiently, we are collecting separated garbage. Please separate your garbage and put it out at the designated collection point for your local area by 8:00 am on the designated day.

We encourage you to refer to the “Garbage separation • reduction guidebook” when putting out your garbage. For foreign residents, we have prepared “Easy-Japanese Guidelines” and guidebooks in Chinese, Korean, English, Indonesian, Portuguese, and Vietnamese.

Burnable Garbage

Food waste, paper scraps, tree branches, grass, items that require sanitary disposal, etc.

Plastic containers and packaging

Plastic • Plastic containers and packaging
This mark shows that the product is plastic!

Recycle day

Cans, bottles, metals, waste paper, batteries, lighters, plastic bottles, etc.

Landfill waste day

Ceramics, glass, rubber products, plastic products, wood products, leather products, etc.



Spontaneous combustion problems are increasing! Please dispose rechargeable batteries, lighters, electronic cigarettes, and other items that may cause fires and smoke in the yellow collection bins on “Recycle day”

Let's reduce waste!

The amount of garbage produced in 2023 was 54,991 tons, which is equivalent to 805g per citizen in a single day. Please participate in reducing waste by applying the 3Rs; Reduce, Reuse, and Recycle, by draining food waste, using reusable bags, water bottles, spoons, etc.

Garbage separation app “sana-ru”

「さんあ〜る(san a-ru)」 is an app that allows users to easily access garbage sorting and collection dates. Please use the following QR code to install.

※ You will need to pay fee to use this service.



App Store



Google Play

- **Contact:** ☎055-933-0711 Clean Center Management Division (*Clean Centre Kanri-ka*)

✧ Please be aware of the food poisoning! ✧

Let's keep the following three principles to prevent food poisoning; "Do not spread, Do not allow to multiply, Destroy".

Points for food poisoning prevention

1. Do not spread bacteria
Thoroughly wash food, cooking utensils, fingers, etc.
2. Do not allow bacteria to multiply
Do not leave food at room temperature and put them in the refrigerator to keep them under 10 °C.
3. Destroy bacteria
Thoroughly heating of food and sterilization of cooking utensils

Vomiting and diarrhea due to food poisoning are the body's defense reactions. Get medical attention as soon as possible without taking over-the-counter medicines.

- **Contact:** ☎055-951-3480 Health Promote Division (*Kenko Zukuri-ka*)/Health Centre (*Hoken Centre*)

✧ Caregiver-lessons for foreign residents ✧

You can acquire knowledge, skills and new Japanese vocabulary related to caregivers. Upon completion, will be qualified to take the "Initial Care Worker Training Course"

- **When:** August 2 (Fri.) – November 29 (Fri.), 9:00~16:30
(Excluding Saturdays, Sundays, and holidays)
- **Where:** Job Assist College (Otemachi)
- **Who:** Foreign residents with no employment restrictions, can read and write Hiragana, and speak daily level of Japanese
- **Capacity:** 15 people
- **Course fee:** 14,260Yen(Textbook fee etc. included)
- **Application deadline:** July 10 (Wed.)

※Selection will be held on July 17 (Wed.) at the Numazu Campus (Ooka) of the Prefectural College of Technology.

※Childcare is available

※For more details on how to apply, please contact us or visit the website

- **Apply/Contact:** ☎055-925-1072 Numazu Campus (Ooka) of the Prefectural College of Technology/☎055-934-4717 Regional Autonomy Division (*Chiiki Jichi-ka*)



website

✧ Holiday consultation for payment of water bills ✧

- **When:** July 6 (Sat), 9:00am – 12:00noon
- **Where:** Water Service Division, 1st floor, Water Works Department Building
- **Contact:** ☎055-934-4853 Water Service Division (*Suido Service-ka*)



✧ Don't hesitate to ask for help. We support people facing poverty ✧

◆About Numazu City Independence Consultation Support Center

Specialized counseling support staff will provide advice to people living in the city and facing financial difficulties due to work or daily life issues.

We create personalized support plans, collaborate with relevant organizations, and utilize necessary public systems and services to help them achieve independence.

◆Do you have any of the following concerns?

- Trouble finding work
- Trouble managing debts and household finances
- Difficulties but don't know where to contact or consult
- Want your child to go to a cram school but cannot afford for it

◆ Main Support Services in Response to Consultations

• Support for Employment

We provide opportunities for acquiring life and social adaptability as well as work training, for those who encounter difficulty finding immediate employment.

• Support for Household improvements

We assist in understanding and rebuilding income, expenses, and other household expenses using a household budget chart.

• Support for Securing Residence

We provide an amount equivalent to rent for a certain period under certain conditions. This support applies to those having difficulty paying rent or who have lost their residence due to unemployment or a decrease in income.

• Learning Support for Children

For junior high school students, their guardians, etc. from needy households; we provide support about studying and higher education, and prevention of dropping out of school.

◆ Consulting Method

- **Hours of operation:** 9:00 a.m.- 5:45 p.m. (Closed on Sundays, holidays, third Mondays of the month, and Year-end and New Year holidays)
- **Where:** Sunwell Numazu second floor
- **Contact:** ☎0120-86-1620 Numazu City Independence Counseling Support Center/☎055-934-4863 Social Welfare Division (*Shakai Fukushi-ka*)

✧ Health checkup by *Kyokai Kenpo* the association of health insurance ✧

- **What:** *Kyokai Kenpo* (Japan Health Insurance Association) subsidizes the expense for the health checkup once a year. Please confirm the notice of each health checkup that was sent to the company or the insured person by early April. Let's take a health checkup for our future health.

Contents	Target
Lifestyle disease prevention checkup	Age of 35-74, insured persons themselves
Specific health checkup	Age of 40-74, dependents (family)

*Consultation taken by March 31, Reiwa 7 is subject to this subsidy.

- **Contact:** ☎ 054-275-6605 Association of Kenpo Shizuoka branch health group (*Kyokai Kenpo*) / ☎ 055-934-4725 National Health Insurance Division (*Kokumin Kenko Hoken-ka*)

✧ Temporary closure of Heda B & G Ocean Centre Swimming Pool ✧

- **What:** Only the swimming pool in Heda B & G Ocean Centre will be closed during the following period due to water change and cleaning.
- **When:** July 9 (Tue) - July 14 (Sun)
- **Contact:** ☎0558-94-3501 Heda B & G Ocean Centre (*Heda B & G Kaiyo Centre*)

✧ Convenience store issuance service suspension ✧

- **What:** Due to system maintenance, issuance services at convenience stores for resident certificate (*Juminhyo*) etc. will be suspended all day.
 - **When:** July 17 (Wed) – All certificates cannot be issued.
 - **Contact:** ☎ 055-934-4720 Citizens' Division (*Shimin-ka*)
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✧ Natural Disaster Preparedness ✧

The third installment of our series on disaster preparedness will focus on gathering information to protect ourselves from disasters. Collecting precise and up to date information is crucial in minimizing the damages and determining when to evacuate.



The third installment: [Disaster Information can be found here!](#)

Prepare multiple ways to collect information in advance that are convenient for you to use.

■ Numazu City Official Disaster Application

The application introduces a variety of functions: including the notification system for announcing weather warnings and information appealed by the city.

<p>Notification System Able to receive notifications about crisis management information from Numazu City: including weather alerts, disaster prevention/disasters.</p>	<p>Disaster Prevention Map System Evacuation shelters and evacuation areas are indicated on a map. It can be utilized when considering whether to evacuate, where to evacuate, and the best evacuation routes.</p>
<p>Safety Confirmation System By connecting to the disaster message board of NTT, you can register/confirm your own safety. Registering all family members makes this system useful and effective in case of emergencies.</p>	<p>Information Collection System The system can be used to gather information not only during disasters, such as accessing disaster prevention manuals, but also for everyday life.</p>

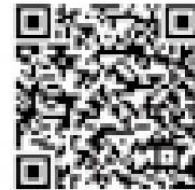
To install the application, please read the QR code below.

※Data charges apply.

App Store



Google Play



■ TV Data Broadcasting

By pressing the d button on your television's remote controller, you can access weather forecasts, disaster prevention information, explanatory information of shelters and more.

■ Radio Broadcast (FM Numazu)

A disaster preparedness agreement has been signed between Numazu City and FM Numazu, enabling the implementation of emergency information broadcasts during times of disaster. FM Numazu, with its resourceful response capabilities, can provide detailed local information in emergencies.

Moreover, FM Numazu also offers information about the city's disaster prevention strategies, notifications of disaster prevention drills, and preparations that can be done at home through its "Disaster Prevention Information" and "Disaster Prevention Memo" programs.

- **Contact:** ☎055-934-4803/Crisis Management Division (*Kiki Kanri-ka*)

✧ July 1, Reiwa 6 is the 101st Municipal Founding Day ✧

In connection with the Municipal Founding Day, we will distribute free tickets for city facilities. Why don't you take this opportunity to visit these facilities? * For a free ticket, please cut out the ticket from the **Japanese version** of the Numazu City Newsletter issued on July 1. * One time use only. *The ticket cannot be copied and used. *In the list below, facilities that are normally closed on Mondays may be closed on the following day if the Monday is a national holiday, or may be temporarily closed.

For inquiries, please contact each facility.

<p>Wakayama Bokusui Kinenkan Expiration date: the end of August, Reiwa 6 * Available for up to 4 people per ticket Closed: Mondays and the next day of national holidays. ☎ 055-962-0424</p>	<p>Serizawa Koujiro Kinenkan Expiration date: the end of August, Reiwa 6 * Available for up to 4 people per ticket Closed: Mondays and the next day of national holidays ☎ 055-932-0255</p>	<p>Heda Zosen Kyodo Shiryo Hakubutsukan Expiration date: the end of August, Reiwa 6 * Available for up to 4 people per ticket Closed: Wednesdays and the next day of national holidays ☎ 0558-94-2384</p>
<p>Heda Matsushiro-ke Jutaku Expiration date: the end of August, Reiwa 6 * Available for up to 4 people per ticket Closed: Wednesdays ☎ 0558-94-3115</p>	<p>Mon Musee Numazu Expiration date: the end of August, Reiwa 6 * Available for up to 4 people per ticket Closed: Mondays and the next day of national holidays. ☎ 055-952-8711</p>	<p>Meiji Shiryo-kan Expiration date: the end of August, Reiwa 6 * Available for up to 4 people per ticket Closed: Mondays, the next day of national holidays and the last weekday of every month ☎ 055-923-3335</p>
<p>Numazu Goyotei Kinen Koen Expiration date: the end of August, Reiwa 6 * Available for up to 4 people per ticket * West Annex House admission fee is charged Holiday: — ☎ 055-931-0005</p>	<p>Numazu-ko Tenbo Suimon View-O Expiration date: the end of August, Reiwa 6 * Available for up to 4 people per ticket Holiday: — (Closed at 14:00 on Thursday) ☎ 055-963-3200</p>	

- **Contact:** ☎ 055-934-4712 General Affairs Division (*Somu-ka*)

✧ Live long! Live with a Healthy Smile and Heart!

Healthcare center information ✧

To maintain your health, it is important to understand your own body. Regular medical checkups and vaccinations are key to monitoring your health.

Have you already made an appointment? Let's take a Numazu City Health Checkup!

- **What:** The "Numazu City Health Checkup ticket" has been sent to those who are eligible at the beginning of June. If you have not received a ticket or lost it and wish for a reissue, please contact us. The health checkup will be carried out until October 31. Since medical facilities are very crowded during the latter half of the checkup period, we recommend that you visit the medical institutions as early as possible.
- * For more details, please refer to the "Guide to the Specific Health Checkup and Cancer Screening" distributed with the Japanese version of the June 1 issue of the Numazu Newsletter or visit the city website.

Free ticket for medical checkup for cervical cancer and breast cancer

- **What:** Numazu city has sent free tickets to the eligible persons below. Let's take this opportunity to see a doctor.
Cervical cancer check (neck only)
 - **Who:** Women 21 years old. (born between April 2, 2003 and April 1, 2004)**Breast cancer check**
 - **Who:** Women 41 years old. (born between April 2, 1983 and April 1, 1984)
- **Contact:** ☎ 055-951-3480 Health Promotion Division (*Kenko Zukuri-ka*)

Get Your Gums Checked for Periodontal Disease

To prevent cavities and periodontal diseases, daily care and checkups are essential. Periodontal disease is the leading cause of tooth loss. However, it often lacks major subjective symptoms, which can easily delay treatment. Regular checkups can help in the early detection and treatment of periodontal disease.

Take this opportunity to get your teeth checked, including a periodontal disease assessment.

- **When:** ① July 17(Wed)・18(Thu)・23(Tue)・24(Wed)、August 24(Sat)、September 21(Sat)、October 1(Tue)・2(Wed)、November 16(Sat)、December 7(Sat)

② July 19(Fri)・20(Sat)

① 9am~11:15am, 1pm~3:15pm ② 9:15am~11:15am, 1pm~3:15pm



- **Where:** ① Numazu Health Center (*Hoken Center*)
② Sunwell Numazu (4th floor)
- **Content:** Periodontal disease (Measuring periodontal pockets etc.) and cavity checkups
- **Who:** Residents of Numazu City, over 20 years old
- ✧ Come directly to the venue on the day.
- **Contact:** ☎ 055-951-3480 Health Promotion Division/Health Center (*Kenko Zukuri-ka/Hoken Centre*)

Take the hepatitis virus examination

- **What:** From July 22 (Mon) to July 28 (Sun) is “Liver Week”, July 28 (Sun) is Japan’s Hepatitis Day. Hepatitis is less likely to have symptoms, and because of this fact a few subjective symptoms affect the spread of infection. Early detection and early treatment are possible by receiving medical examinations, which leads to the prevention of aggravation, and complete recovery. The city carries out hepatitis virus examination until October 31. Please take this opportunity to get tested.
- **Who:** People over 40 who have never taken the city’s hepatitis examination.
* People ages 41, 46, 51, 56, 61 in Reiwa 6 fiscal year can take the examination for free.
* Please contact us for more information.

Holiday window for issuing routine vaccination tickets etc.

- **What:** For those who have lost the vaccination ticket or moved into Numazu and do not have a vaccination ticket and cannot complete the procedure on weekdays, a window on the weekend will be opened.
- **When:** July 20 (Sat), 8:30 - 12:00
- **Where:** Health Center (*Hoken Centre*)
- **About:** Routine vaccination tickets for children and adults will be issued and consultation about vaccinations is available.
- **Things to bring:** Children: Maternal and Child Health Handbook (*Boshi Techo*); Adult: ID (e.g.: driver's license, etc.)
*Please come directly to the venue on the day.
- **Contact:** ☎ 055-951-3480 Health Promotion Division (*Kenko Zukuri-ka*)

✧ Due date of the 2nd term of Property tax and City planning tax payment ✧

- **Details:** Do not forget to pay the taxes by July 31.
- **Contact:** ☎ 055-934-4732 Tax Payment Management Division (*Nozei Kanri-ka*)

✧ National Health Insurance Card will be renewed on August 1 (Thu) ✧

- **What:** In mid July, the new Insurance Card (light purple color) will be sent by mail. Please make sure to use your new insurance card from August.
- **Details:** For people ages 70 to 74; The Elderly beneficiary certificate and the insurance card will be combined and sent by mail.
- **Contact:** ☎ 055-934-4725 National Health Insurance Division (*Kokumin Kenko Hoken-ka*)

✧ Online Application for Direct Debit for the National Health Insurance Premiums Now Available ✧

By using direct debit, you can avoid going to a convenience store or financial institution to make your payment and avoid missing any payments. You can apply for direct debit from your smartphone or PC.

- **Things needed:** National Health Insurance Card, Account Information (bankbook, cash card, etc.)

✧Transfers will start from the month following the date of application

✧For more details, please visit the city website.

- **Contact:** ☎055-934-4727 National Health Insurance Division (*Kokumin Kenko Hoken-ka*)
-

✧ National Pension Exemption System ✧

Those whose income in the previous year was below a certain amount and who have difficulty paying the premiums can apply for an exemption instead of leaving the nonpayment as it is.

If approved, they will be exempted from paying all or part of the premiums.

In addition, there is a "payment deferment system" for those under 50 years of age.

✧ The application can be made retroactively up to two years and one month prior to the time of application.

✧The application for exemption from pension premiums due to COVID-19 can be made up to Reiwa 4 fiscal year (2022).

- **Apply/Contact:** ☎055-934-4724 Citizen's Division (*Shimin-ka*)
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✧ Information on long-term nursing care insurance premiums ✧

Insurance premiums for Reiwa 6 fiscal year have been determined. For details, please refer to the Notice of Determination of Long-Term Nursing Care Insurance Premiums (介護保険料決定通知書) to be sent out on July 12.

✦Reduction or exemption of long-term nursing care insurance premiums

If a person meets certain requirements, such as significant damage to property due to a disaster or a significant reduction in income due to the death of the breadwinner, they may be entitled to a reduction or exemption of premiums if it is difficult to pay the premiums.

*For more information, please contact us or visit city website.

- **Contact:** ☎055-934-4836 Nursing Care Insurance Division (*Kaigo Hoken-ka*)
-

✧ Application for long-term nursing care insurance burden limit certification ✧

- **What:** For those who meet certain conditions, there is a system to reduce the copayments for food and living expenses (room fee) associated with care facility admission and short-stay use. Application is needed.

- **Who:** Non-taxable households (Spouse in a separate household should also be non-taxable.) and people with less than a certain amount of savings, etc.

*Please contact us or visit city website for more information.

- **Contact:** ☎ 055-934-4874 Nursing Care Insurance Division (*Kaigo Hoken-ka*)
-

✧ Applications for the change of designated school for new elementary/junior high school students (指定校変更/Shiteiko Henko) (formerly known as 隣接校選択制度/Rinsetsuko Sentaku Seido) for the Reiwa 7 fiscal year ✧

- **What:** You can make a request to go to a school adjacent to the designated school based on your address. An application is required.
- **How to:** Please fill in and send the application form available in kindergartens (*Yochien*), nursery schools (center) (*Hoikuen/Hoikusho*), certified child centers (*Nintei Kodomo-en*), municipal elementary schools, and the city website.
- **When:** Applications must arrive by August 21.
*Please contact us for more detail.
- **Apply/Contact:** ☎ 055-934-4808/〒410-8601 Numazu Shiyakusho School Education Division (*Gakko Kyoiku-ka*)

✧ Notifications from the Health center ✧

❖ **Be careful with ticks**

If you get bitten by a tick, there is a risk of infection and the potential development of Japanese spotted fever. When engaging in outdoor activities, please be cautious of tick bites.

• **Precaution**

- ① When going into bushes, wear a long sleeves and shoes that fully covers the leg to eliminate any exposed skin.
- ② Use insect repellent
- ③ After outdoor activities, always check for tick bites

• **If Bitten by a Tick**

Do not attempt to remove the tick yourself. Seek treatment at a medical institution. Pay close attention to any changes in your physical condition for several weeks, and if you notice any symptoms such as fever, please seek medical attention as soon as possible.

❖ **Be careful with heatstroke**

Heatstroke is caused by excessive heat buildup within the body due to high temperature and humidity, poor physical condition, prolonged outdoor activities, or the body's inability to cope with a hot environment.

If the risk of heatstroke increases, we will notify you via PA system.

※Please visit the Ministry of the Environment's website for the latest information



Website

• **Points to prevent heatstroke**

- ① Keep the AC turned on and ventilate frequently.
- ② When going out, wear a parasol or a hat.
- ③ Avoid going out or working outside during high temperature.
- ④ Stay hydrated - drink water before you feel thirsty.
- ⑤ Manage your physical condition daily.

- **Contact:** ☎055-951-3480 Health Promotion Division/Health Center (*Kenko Zukuri-ka/Hoken Centre*)

✧ Numazu Bone Marrow Donor Subsidy ✧

Subsidies are provided to reduce the financial burden on persons who wish to donate bone marrow etc, and the establishments where they work, to create an environment that facilitates the donation of bone marrow, etc.

- **Who:** ①People who live in Numazu at the point of donation
②Domestic business establishments where person ① works.
- **Subsidy Amount:** ①Corresponding to the number of hospital-visit-days for donating bone marrow, 20,000yen per day (maximum:140,000 yen)
②Corresponding to the number of hospital-visit-days of person ①; 10,000 yen per day (maximum: 70,000 yen)
- **Application Deadline:** Within a year from the day after the final hospital visit for taking bone marrow, etc.
- **Apply/Contact:** ☎055-951-3480 Health Promotion Division (*Kenko Zukuri-ka*)

DISCLAIMER: The English version is a translation of the original newsletters in Japanese. While reasonable efforts are made to provide accurate translations, there might be some discrepancy. We encourage you to please report if you find any inaccuracy or translation error.