

MITAKA CITY NEWS

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Edited by:
Secretariat and Public Relations Section
Mitaka Municipal Office
1-1, Nozaki 1-chome
Mitaka, Tokyo 181-8555
Phone: 0422-45-1151
URL: <http://www.city.mitaka.tokyo.jp/foreign/english/index.html>
MITAKA CITY NEWS providing business and event information of Mitaka city is published on 1st of every month.

To Everyone Starting a New Life in Mitaka City

Welcome to Mitaka City! In this issue we describe our living guide for foreign residents, which has all sorts of information necessary for everyday living in the city, and garbage disposal procedures.

◆ Guide to Living in Mitaka City for Foreign Residents (four-language edition)

Mitaka City publishes the *Guide to Living in Mitaka City for Foreign Residents*, which is geared for foreign residents living in the city and available in four languages (Japanese, English, Chinese and Korean). The guide contains information on, for example, procedures required in various aspects of everyday life as well as emergency telephone numbers. It is available free of charge at the Civil Affairs Section (Municipal Office 1F), municipal office branches, Mitaka International Society for HOspitality (MISHOP), and other places.

The electronic edition can be viewed via the Mitaka City website (**URL:** <http://www.mitaka-ebook.jp/book/book02.html>). Please take advantage of this guide.

Inquiries: Secretariat and Public Relations Section, Ext. 2134



◆ Garbage Collection Days and Disposal Procedures

◇ Collection Days

Garbage collection days vary for each region. To confirm the collection schedule for your region, please refer to the FY2014 Garbage and Recyclable Items Collection Day Calendar (also available in English, Chinese and Korean) distributed to each household in mid-March.

Note: If you have not received this calendar, please contact the Garbage Management Section.

◇ Disposal Procedures

Please sort your garbage according to the chart featured in the calendar, and dispose of combustible garbage and non-combustible garbage in the designated collection bags (purple) available for sale at supermarkets and convenience stores in the city and neighboring cities. Dispose of other garbage using plastic bags or containers available at home.

The maximum amount of garbage per household per collection is up to three 40-liter bags of combustible garbage and non-combustible garbage, and up to three 45-liter bags of other garbage. For more information, please refer to the calendar above or the pamphlet "How to Take out Garbage in Mitaka" (in English, Chinese, Korean and Japanese with *furigana*), available at the Civil Affairs Section (Municipal Office 1F) and MISHOP.

◇ Your Cooperation in Sorting Garbage Carefully Is Appreciated

Please be sure to sort your garbage according to the chart, and dispose of your garbage on the designated collection days. It is particularly dangerous when hazardous waste such as gas cassettes, spray cans and disposable lighters are mixed in with other garbage, since this could lead to a fire at the garbage incineration plant or in the collection trucks.

Note: When disposing of gas cassettes and similar items, please be sure to use them completely and dispose of them without piercing a hole in them.

Inquiries: Garbage Management Section, Ext. 2533

As of April 1:

Mitaka City Bus Fares Going Up

Aiming to alleviate transport inconvenience within the city, Mitaka City operates its community bus service with seven routes in total. Due to the consumption tax increase, the fares for six "Mitaka City Bus" of these routes increase as of April 1 (Tue.).

◆ Revised Bus Fares (From April 1)

Adults: Revised from ¥200 to ¥210
Children (elementary school students): Revised from ¥100 to ¥110

◆ Applicable Bus Routes

- (1) Kitano Route
- (2) Mitakadai Route
- (3) Seibu Route
- (4) Myojo Gakuen Route
- (5) Ghibli Museum Circular Route
- (6) Shinkawa & Nakahara Route

Note: The fare for the Mitaka-Sakai Circular Joint Route of the Mu Bus—operated together with Musashino City—does not change (uniformly ¥100 for the entire route; no charge for preschoolers).

Inquiries: Road and City Traffic Management Section, Ext. 2883

Please Take Advantage of Mitaka International Society for HOspitality (MISHOP) Services

MISHOP conducts activities that encourage international exchange and multicultural understanding, and supports the everyday lives of foreign residents by providing Japanese-language lessons taught by Japanese support members, interpretation and translation services, and so on.

◆ Japanese Lounge and English Lounge

Foreign residents and Japanese members are free to get together and enjoy conversations in Japanese or English (free of charge).

◇ Japanese Lounge

Date and Time: Tuesdays, 10:30 a.m. to 12:30 p.m.; Fridays, 2:00 to 4:00 p.m.

◇ English Lounge

Date and Time: Tuesdays, 1:30 to 3:30 p.m.

◆ Japanese-Language Classes

Japanese conversation classes for beginners are conducted in groups.

Eligibility: Foreign residents who live, work or go to school in Mitaka City

Date and Time: Saturdays, 10:00 to 11:30 a.m.

Registration Fee: ¥2,000

◆ One-on-One Japanese-Language Lessons (LLJ—Let's Learn Japanese)

Each student is paired up with a Japanese person, and they meet for a Japanese-language lesson whenever it is convenient.

Eligibility: Foreign residents of Mitaka City or a neighboring city

Registration Fee: ¥1,000

◆ Children's Class

Help with Japanese-language studies as well as regular school studies is available (free of charge).

Eligibility: Municipal elementary and junior high school students of foreign nationality whose Japanese capability is not enough, etc.

Date and Time: Saturdays, 10:00 a.m. to noon

Besides the abovementioned programs, there are fun international exchange events, such as the annual MISHOP WORLD-Mitaka International Exchange Festival, as well as lectures. MISHOP also offers voluntary Interpretation/Translation Services for helping foreign residents complete procedures at the municipal office or other places, etc.

In addition, MISHOP provides consultation services where you can feel free to ask for advice concerning problems you encounter in everyday life (English: Monday through Saturday [excluding national holidays and the year-end/New Year holidays], 9:30 a.m. to 5:00 p.m.).

Note: MISHOP's activities are kept by the support members. Anyone interested can become a member, regardless of nationality or address (please note that there is an annual membership fee). Foreign residents of Mitaka City can participate in various activities without becoming the member (paying the membership fee) simply by registering, which is free of charge.

■ MISHOP Spring Outdoor Lounge: Flower Viewing

Let's experience the spring customs of Japan.

Eligibility: Foreign residents of Mitaka City and MISHOP members

Date and Time: April 1 (Tue.), 10:15 a.m. to 2:00 p.m. (will be canceled if it rains)

Location: Musashino-no-mori Park and other locations

Meeting Places:

[1] 10:15 a.m. at MISHOP

[2] 10:30 a.m. at the No. 6 bus stop outside JR Mitaka Station's south exit,

[3] 11:15 a.m. at the park entrance

What to Bring: Packed lunch, picnic sheet

Application: Give your name, telephone number and desired meeting place (choose from [1] through [3] above) in person, by telephone or via the MISHOP website (**Tel:** 0422-43-7812; **URL:** <http://www.mishop.jp/>).



Information

Information about Mitaka International Society for HOspitality

MISHOP Office

Days: Monday through Saturday (Closed on Sundays and national holidays)

Hours: 9:30 a.m. to 5:00 p.m.

Location: Mitaka City Chuo-Dori Town Plaza 4F, 3-30-12, Shimorenjaku 181-0013

Tel: 0422-43-7812 **Fax:** 0422-43-9966

E-mail: mishop@parkcity.ne.jp

URL: <http://www.mishop.jp/>

Established: November 23, 1989



Get a City Health Checkup to Stay Healthy and Happy

Mitaka City conducts various health checkups so that everyone can live in good health by early detection of illnesses.

Inquiries: Comprehensive Health Center, **Tel:** 0422-46-3254

◆ Cancer Checkups

1. Stomach cancer checkup (interview, stomach fluoroscopy X-ray after drinking barium)

Eligibility: One thousand city residents thirty years of age or older

Date and Location: Comprehensive Health Center: May 31 (Sat.), June 3 (Tue.), 11 (Wed.), 16 (Mon.), 18 (Wed.), 21 (Sat.), 23 (Mon.), 25 (Wed.), 26 (Thu.)

Shinkawa Nakahara Community Center: June 17 (Tue.)

Iguchi Community Center: June 24 (Tue.)

Osawa Community Center: June 27 (Fri.)

Checkup Fee: ¥500

Notes:

- The following people are not allowed to undergo this checkup: Expectant mothers and those who may be pregnant, residents currently undergoing treatment for a gastrointestinal illness, and residents that have difficulty changing body positions on the examination table by themselves.
- If you have high blood pressure or a serious heart illness, please obtain permission from your family doctor first. If you have restrictions on your liquid intake due to kidney or heart disease—or if you have difficulty swallowing due to old age—please consult your family doctor before undergoing this health checkup.

2. Lung cancer checkup (interview, chest direct X-ray, and sputum cell diagnosis)

Eligibility: Scheduled three hundred city residents forty years of age or older that fulfill any of the conditions below:

- (1) If your smoking index (number of cigarettes smoked per day × number of years) is 400 or more;
- (2) if coughing and phlegm has continued for one month or longer;
- (3) if there is blood in your phlegm recently;
- (4) if your work environment is dusty;
- (5) if you are concerned about passive smoking

Checkup Period: June 1 (Sun.) through 30 (Mon.)

Checkup Fee: ¥1,000

3. Colon cancer checkup (interview, fecal occult blood test [two-day method])

Eligibility: Scheduled eight hundred city residents forty years of age or older

Checkup Period: June 1 (Sun.) through July 19 (Sat.)

Checkup Fee: ¥500

4. Uterine (cervical) cancer checkup (interview, cervical visual examination, palpation, pap smear test)

Eligibility: Female city residents twenty years of age or older

Checkup Period (first term): June 2 (Mon.) through October 31 (Fri.)

Checkup Fee: Cervical portion, ¥500 (¥1,000 if the uterine corpus is examined)

Notes:

- A uterine corpus exam is also conducted if the doctor deems it necessary as a result of the interview.
- Women twenty years of age as of April 1*¹ do not need to file an application, since checkup information (and a coupon) will be mailed to them in late May.

*1. Those born between April 2, 1993 and April 1, 1994

5. Breast cancer checkup (interview, visual examination, palpation, mammography [X-ray in two directions] or sonography [ultrasound test])

Eligibility: Female city residents thirty years of age or older (excluding those who were examined between June 2013 and March 2014)

Checkup Period (first term): June 1 (Sun.) through October 31 (Fri.)

Checkup Fee: ¥1,000

Notes:

- Since it is difficult to test those who are pregnant or breastfeeding, we recommend receiving this checkup after breastfeeding is completed.
- Women forty years of age as of April 1*² do not need to file an application, since checkup information (and a coupon) will be mailed to them in late May.

*2. Those born between April 2, 1973 and April 1, 1974

◇ Application

File an application with the Mitaka City Comprehensive Health Center (6-35-28 Shinkawa 181-0004) in person or by postcard no later than April 23 (Wed.) (must be postmarked by this date). Please write the name of the checkup (one postcard per checkup; for **1**, give the desired date and location; for **2**, give the applied number), your name, address, telephone number, date of birth, and gender. (**Note:** For checkups **1** through **3**, if the number of applications exceeds capacity, a lottery will be held. Applications cannot be accepted by telephone.)

Electronic Application Service: Applications can also be filed electronically (URL: <https://www.e-tetsuzuki99.com/tokyo/resident/> [in Japanese]).

Notes:

- Checkups **2** through **5** are conducted at cooperating medical institutions in Mitaka City.
- Please pay the fee when you undergo the checkup at the medical institution. If you need further testing after the checkup, the expense must be personally borne.

◆ Tuberculosis Checkup (Chest Fluoroscopy X-ray)

Eligibility: City residents sixteen years of age or older (excluding those eligible for the Mitaka City Specific Health Checkup or Medical Checkups for the Very Elderly); one hundred persons per day

Date and Time: June 12 (Thu.) or October 4 (Sat.), 9:30 to 11:30 a.m. (Reception is open until 11:20 a.m. Choose one date.)

What to Bring: Your health insurance card. You should wear something without metal, buttons or embroidery that is easy to put on and take off, such as a T-shirt.

Location: Comprehensive Health Center

Application: Simply go to the site on the day of the checkup (on a first-come, first-served basis).

Note: Expectant mothers and those who may be pregnant are not allowed to undergo this checkup.

◆ Please Read the New *Mitaka Health Guide*


The new edition of our *Mitaka Health Guide* (健康ガイドみたか), which is in Japanese, will be distributed to each household by around mid-April. The guide describes the various checkups and health checkup to be conducted during FY2014, as well as information of the medical institutions in Mitaka City.


Events of Mitaka City Arts Foundation

Mitaka City Arts Center, Tel: 0422-47-5122


Hours: 10:00 a.m. to 7:00 p.m.

Closed: April 7, 14, 21 and 28

 <http://mitaka-art.jp/ticket> (Japanese only)

 = A nursery service is available. (Please apply 2 weeks prior to each performance.)

Mitaka City Arts Center Concert Hall "Kaze"

Tokyo Mozart Players (TMP)—The 66th Subscription Concert
W. A. Mozart: *Die Zauberflöte* (The Magic Flute)
 (Concert style: Two acts; performed in German with Japanese subtitles) 



Tetsuro Ban

April 20 (Sun.), from 3:00 p.m.

Tickets are now on sale. All seats are reserved.

Members: ¥4,500; non-members: ¥5,000; students: ¥2,500

Performed by:

Tetsuro Ban (conductor), TMP (orchestra), Hiroaki Otsuka, Kota Murakami, Michiko Hariu and more

Die Zauberflöte (The Magic Flute), the masterpiece of Mozart's final years will be presented by short version without a chorus. We invite Tetsuro Ban, who is based mainly in Germany and Austria, as the conductor for this concert. Promising young singers will perform solos. We hope you enjoy this outstanding concert.

Mitaka City Arts Center Concert Hall "Kaze"

Concerto Köln

May 31 (Sat.), from 5:00 p.m.

Tickets are now on sale. All seats are reserved.

Members: ¥4,500 for S seats; ¥3,600 for A seats

Non-members: ¥5,000 for S seats; ¥4,000 for A seats

U-23 seats (23 years of age or younger): ¥2,500

Note: Junior high school students and older should bring their student IDs or some form of official documentation indicating their age to the event.

Performed by:

Concerto Köln (orchestra), Mayumi Hirasaki (concert master, violin solo) and Susanne Regel (oboe, oboe d'amore solo)

Program:

Handel: Concert Grosso G-Dur Op. 6 No. 1

J. S. Bach: Violin Concerto in A minor BWV1041

Vivaldi: Concerto for strings and harpsichord in G minor (RV156)

Concerto Köln, one of the three major baroque music orchestras in Germany. This is their first appearance at Concert Hall "Kaze."



Concerto Köln ©Harald Hoffmann

Population and Number of Households As of March 1, 2014

Numbers in brackets are changes from previous month.

No. of Registered Residents 180,092 persons (-92)

No. of Households 89,226 households (-106)

