

# SAKURA Utility Booklet

※みんなのさくら※



Welcome to SAKURA city  
Get to know each other ! !



## Emergency/Helpful Contacts

### Emergency Contacts

Ambulance (for emergency only)	Call 119	Local Fire Dept.
Auto accident/Crime	Call 110	Local Police Dept.
Fire	Call 119	Local Fire Dept.
Information Available about: Earthquake, flooding & other natural disasters	<p>① <b>TIA Mobile Information Service</b> (free, need to register in advance) in English, Chinese, Spanish, Portuguese &amp; Easy Japanese</p> <p>② <b>Sakura City Email Service</b> (free, need to register in advance) (Japanese Only) Enter from <a href="http://www.city.tochigi-sakura.lg.jp/">http://www.city.tochigi-sakura.lg.jp/</a> , or From cell phone: <a href="https://service.sugumail.com/sakura/">https://service.sugumail.com/sakura/</a> From computer: <a href="https://service.sugumail.com/sakura/member/portals/">https://service.sugumail.com/sakura/member/portals/</a></p> <p>③ <b>Announcement from <u>Sakura City Disaster Control Headquarters</u></b> (when a disaster has occurred and evacuation is needed.)</p>	

### Help Contacts

General City Services	028-681-1113	Sakura City General Policy Division
Daily Life	028-681-2072	Sakura City International Association (Sakura-shi Kokusai Kouryu Kyoukai)  E-mail: <a href="mailto:scia@sakura-city-ia.org">scia@sakura-city-ia.org</a>
Consultation & Information Services (incl. translation & interpretation)	028-627-3399	Tochigi International Association E-mail: <a href="mailto:info@tia21.or.jp">info@tia21.or.jp</a> TIA (Tochigi-ken Kokusai Kouryu Kyoukai)

#### \*Questions about MY NUMBER System:

Go to the government URL, <http://www.cas.go.jp/jp/seisaku/bangoseido/otherlanguages.html> , and you will learn all about “My Number System” in 27 languages. Or, call 0570-20-0291 for questions in English, Chinese, Korean, Spanish, or Portuguese.

#### **Sakura City Translators & Interpreters Resource Bank (Database)**

If you are a bilingual of Japanese and other language and has skills to translate or interpret, you may register for Sakura City Translator & Interpreter Resource Bank. Qualified registrant may be asked to work as paid volunteer.

For details, please contact Sakura City International Association at 028-681-2072..

# The profile of Sakura City

## 【Overview】

Sakura City is situated northeast of central Tochigi prefecture, close to the prefectural capital, Utsunomiya. The residents and visitors are equally fascinated by the beauty of its landscape, the quality healing hot springs and the old streets and buildings with refined simplicity of the old castle town and prosperity of post- town of old days.



## 【Principles】

The city boasts its principle of community development is “To establish sustainable and independent administrative & financial foundations for stable and joyful life for every citizen of the city.”

## 【City Logo】

The Logo comes from Sakura City’s “Sa(さ)”. The heart-shaped petal represents a heart of caring that flies away to the bright future,



## 【City Flower/City Tree: Cherry tree & cherry blossoms】

Sakura City has numerous spots of beautiful cherry blossoms. People love and cherish the gift of nature so much that they decided their city tree is “Cherry”, wishing their homeland will be covered with cherry blossoms.



## 【City Bird: Wagtail (Japanese *Sekirei* )】

Many rivers run through Sakura City. You may happen to see a wagtail that, they say, prefers the water’s edge on gravelly clear rivers. The city decided to make “wagtail” the city bird hoping all the local streams are kept clear for good.



## 【Attractive Sakura City】

### Plentiful flower spots to Visit

There are plenty of cherry blossom spots in Sakura City. Also, in late May, colorful poppy flowers will be in full bloom along the bank of the *Arakawa* River, and the popular **Poppy Flower Festival** will be held.



### 【Hot springs beneficial to beautiful skin】

The *Kitsuregawa* Hot Springs resort is here. It's known as one of Japan's top-three hot springs effective in clearing the skin." You will feel refreshed in mind and body. You can enjoy open-air bath or footbath in a variety of facilities.



### 【Fresh and Tasty foods】

Enjoy fresh and juicy fruit and vegetables in-season such as strawberries and apples. Also, you can't forget to include the best freshwater fish, *Ayu*.



### 【Fascinating Beauty of Nature】

Feel and enjoy the blessings of nature every season; flower viewing in spring, fishing of *Ayu* in summer, apple picking in autumn, just to name a few.





# *Join our community!*

**Sakura City has 75 residents' associations across the city. They are officially called Gyōsei-ku (administrative section), but generally known as Jichi-kai (residents' associations).**


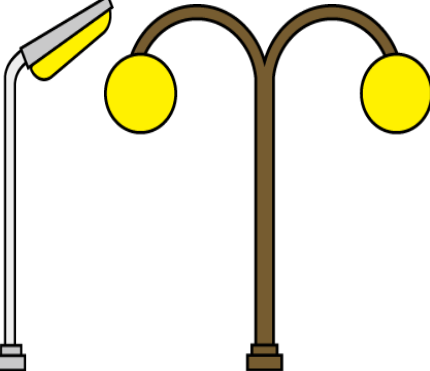

**Various activities are conducted for each community including voluntary works, children's nurturing activities, or social/cultural events at a local community center, which are mainly led by Gyōsei-ku.**

**If you move in to Sakura city, join Gyōsei-ku of your living area and make for a better and warm neighborhood relationships together!**




**See reverse side for details.**

**Gyōsei-ku (administrative sections, or residents' associations) carries out various activities to make your town a better place to live in, based on their amity between neighborhood. Join Gyōsei-ku and participate in the community activities!**

**Without Gyosei-ku, it will be a big problem!!** Gyōsei-ku is closely related to our daily life. What kind of activities/works does it carry out?

		
<p>The activities of volunteer fire companies in the city are based on the expenses paid from Gyōsei-ku. The cooperation of Gyōsei-ku is essential for their continuous and stable activities.</p>	<p>Many security lights (street lights) in the city are operated and maintained with the help from Gyōsei-ku. The city and Gyōsei-kus cooperate with each other to keep streets safe for children.</p>	<p>The semi-annually-held simultaneous city-cleaning -up activities and other cleaning-up activities are organized by Gyōsei-ku. Their activities highly make a contribution to beautify the city.</p>

**If you join a Gyosei-ku, what is goint to happen?** Is it troublesome? Hard? No, no, it's not.

		
<p>You can take part in local events including civic athletic meetings and local festivals. These new experiences must give you opportunities to meet new people.</p>	<p>You can get the information from Sakura city through circular notice. It will be delivered by your next-door neighbor. After checking the notice, then, it's your turn to deliver it to the other next-door neighbor.</p>	<p>During emergency or disaster, the neighborhood cooperation is crucial. If you are in trouble and need a help, your neighbors will help you.</p>

For application for joining, contact Ku-Chō, or the chair of Gyōsei-ku (Jichi-kai, or residents' association) of your area. If you don't know who is the chair or you need further information, please feel free to contact us to the followings:

**Administrative person in charge, General Administration Div.**  
**Phone: 028-681-1111**

## さくら市医療機関一覧表 The List of Medical Facilities in Sakura-shi

医療機関 Name of the Facility	住所 Location	電話番号 Phone Number	標榜科目 Services	診療時間 Consultation Hours	月	火	水	木	金	土	日	祝	備考 Remarks
					Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Hol.	
氏家病院 Ujiie Hospital	さくら市向河原4095 4095, Mukogawara, Sakura-shi	028-682-2911	内科・消化器内科・精神科・麻酔科・神経科 Internal Medicine, Gastrointestinal Medicine, Psychiatry, Anesthesiology, Neurology	9:00~12:00 9:00 - 12:00	○	○	○	○	○	○	—	—	麻酔科は金・土のみ診断(予約制) Anesthesiology consultation available only on Fri/Sat. (reservation required)
氏家皮膚科クリニック UjiieDermatological Clinic	さくら市卯の里4-55-5 4-55-5, Unosato, Sakura-shi	028-681-2127	皮膚科 Dermatology	9:00~12:00 15:00~18:00 9:00 - 12:00 15:00 - 18:00	○	○	○	○	○	○	—	—	
岡医院 Oka Clinic	さくら市櫻野928-8 928-8, Sakurano, Sakura-shi	028-681-1251	内科・循環器内科・小児科 Internal Medicine, Cardiovascular Medicine, Pediatrics	9:00~12:00 14:30~18:00 9:00 - 12:00 14:30 - 18:00	○	○	○	○	○	※1	—	—	※1 9:00~13:00 ※1 9:00-13:00
おのこどもクリニック Ono Kids Clinic	さくら市狭間田1923-1 1923-1, Hasamada, Sakura-shi	028-681-1600	小児科・アレルギー Pediatrics, Allergology	9:00~12:00 14:30~15:00 15:00~18:00 9:00 - 12:00 14:30 - 15:00 15:00 - 18:00	○	○	○	—	○	○	—	—	※1 予防接種(要予約) ※2 17:00まで ※1 Reservation required for vaccination. ※2 15:00-17:00
かとう眼科 Kato Ophthalmological Clinic	さくら市氏家2565-9 2565-9, Ujiie, Sakura-shi	028-682-2209	眼科 Ophthalmology	9:00~12:00 14:00~18:00 9:00 - 12:00 14:00 - 18:00	○	○	※1	○	○	○	—	—	受付は、診療終了時間の30分前まで ※1 予約制 Sign-in by 30 min before the end of each consultation hours. ※1 Reservation required.
きぬの里クリニック Kinu no sato Clinic	さくら市上阿久津上の台1746-2 1746-2, Kamiakutsu Uenodai, Sakura-shi	028-612-8710	内科・循環器科・アレルギー科 Internal Medicine, Cardiovascular Medicine, Allergology	9:00~12:00 14:30~18:00 9:00 - 12:00 14:30 - 18:00	○	○	○	○	○	○	—	—	
黒須病院 Kurosu Hospital	さくら市氏家2650 2650, Ujiie, Sakura-shi	028-682-8811	内科・呼吸器内科・消化器内科・胃腸科・循環器内科・小児科・神経内科・外科・整形外科・呼吸器外科・皮膚科・泌尿器科・リハビリ・放射線科・麻酔科 Internal Medicine, Pulmonary Medicine, Gastrointestinal Medicine, Cardiovascular Medicine, Pediatrics, Neurology, Neurosurgery, Orthopedics, Respiratory Surgery, Dermatology, Urology, Rehabilitation, Radiology, Anesthesiology	9:00~12:30 14:00~17:30 9:00 - 12:30 14:00 - 17:30	○	○	○	○	○	○	—	—	
小林医院 Kobayashi Clinic	さくら市喜連川4347-2 4347-2, Kitsuregawa, Sakura-shi	028-686-2061	内科・呼吸器科・循環器科・消化器科・小児科 Internal Medicine, Pulmonary Medicine, Cardiovascular Medicine, Gastrointestinal Medicine, Pediatrics	9:00~12:00 14:00~18:00 9:00 - 12:00 14:00 - 18:00	○	○	○	○	○	○	—	—	
さくら産院 Sakura Birth Clinic	さくら市氏家2190-5 2190-5, Ujiie, Sakura-shi	028-682-3000	産科・婦人科 Obstetrics, Gynecology	9:00~12:00 15:00~17:00 9:00 - 12:00 15:00 - 17:00	○	○	○	○	○	○	—	—	※1 予約制 ※1 Reservation required.
佐藤クリニック Satoh Clinic	さくら市卯の里1-17-1 1-17-1, Unosato, Sakura-shi	028-681-7666	内科 Internal Medicine	9:00~12:00 14:30~18:00 9:00 - 12:00 14:30 - 18:00	○	○	—	○	○	○	—	—	※1 16:00~18:00 ※2 14:30~17:00 ※1 16:00-18:00 ※2 14:30-17:00
佐野医院 Sano Clinic	さくら市喜連川4413 4413, Kitsuregawa, Sakura-shi	028-686-2002	内科・消化器科・呼吸器科・外科・整形外科・小児科 Internal Medicine, Pulmonary Medicine, Gastrointestinal Medicine, Surgery, Orthopedics, Pediatrics	9:00~12:00 14:00~18:00 9:00 - 12:00 14:00 - 18:00	○	○	○	—	○	○	—	—	
高瀬小児科医院 Takase Pediatrics Clinic	さくら市氏家1916 1916, Ujiie, Sakura-shi	028-682-5511	小児科・内科・皮膚科 Pediatrics, Internal Medicine, Dermatology	9:00~12:00 14:30~17:30 9:00 - 12:00 14:30 - 17:30	○	○	○	※1	○	○	—	—	※1 第1, 3, 5木曜午前のみ診療 ※1 Open on the 1st/3rd/5th Thursdays.
中川耳鼻咽喉科医院 Nakagawa Otorhinolaryngological Clinic	さくら市氏家1818 1818, Ujiie, Sakura-shi	028-682-3291	耳鼻咽喉科・気管食道・外科 Otorhinolaryngology, Tracheal/Esophageal Surgery	9:00~12:30 14:30~18:00 9:00 - 12:30 14:30 - 18:00	○	○	○	○	○	○	—	—	※1 14:30~17:00 ※1 14:30-17:00
仲嶋医院 Nakajima Clinic	さくら市氏家3245-17 3245-17, Ujiie, Sakura-shi	028-681-7755	内科・循環器内科・消化器内科・小児科 Internal Medicine, Cardiovascular Medicine, Gastrointestinal Medicine, Pediatrics	8:30~12:30 14:30~18:30 8:30 - 12:30 14:30 - 18:30	○	○	○	○	○	○	—	—	※1 14:30~17:00 ※1 14:30-17:00

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 ※To person who can't understand Japanese  
 If you go to a hospital, come along with person who speaks Japanese please.

※詳しくは、医療機関にお問い合わせください。  
 ※For more information, ask medical institutions please.

医療機関	住所	電話番号	標榜科目	診療時間	月	火	水	木	金	土	日	祝	備考
Name of the Facility	Location	Phone Number	Services	Consultation Hours	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Hol.	Remarks
西内科医院	さくら市氏家3390-5	028-682-8920	内科	9:00~12:00 14:30~18:00	○	○	○	○	○	○	—	—	
Nishi Clinic of Internal Medicine	3390-5, Ujiie, Sakura-shi	028-682-8920	Internal Medicine	9:00 - 12:00 14:30 - 18:00	○	○	○	○	○	○	—	—	
根本医院	さくら市桜野1250	028-682-2800	外科・胃腸科・肛門科・内視鏡内科・内科	9:00~12:00 13:00~15:00 15:00~18:00	○	○	—	○	○	○	—	—	※1 予約検査 受付時間 午前 11:30まで 午後 17:30まで
Nemoto Clinic	1250, Sakurano, Sakura-shi	028-682-2800	Surgery, Gastrointestinal Medicine, Proctology, Endoscopic Medicine, Internal Medicine	9:00 - 12:00 13:00 - 15:00 15:00 - 18:00	○	○	—	○	○	○	—	—	※1 Open only for scheduled examination. Sign-in by 30 min before the end of each consultation hours.
花塚クリニック	さくら市喜連川841-1	028-686-7667	内科・消化器内科・内視鏡内科	9:00~12:00 14:00~16:00 16:00~18:00	○	○	○	—	○	○	—	—	※1 予約検査 ※2 予約検査14:00~17:00
Hanatsuka Clinic	841-1, Kitsuregawa, Sakura-shi	028-686-7667	Internal Medicine, Gastrointestinal Medicine, Endoscopic Medicine	9:00 - 12:00 14:00 - 16:00 16:00 - 18:00	○	○	○	—	○	○	—	—	※1 Open only for scheduled examinations. ※2 Same to ※1 from 14:00 thru17:00.
早坂眼科医院	さくら市卯の里3-36-1	028-681-2244	眼科	9:00~12:00 14:00~18:00	○	○	○	○	○	※2	—	—	※1 予約検査・手術 ※2 9:00~13:00
Hayasaka Eye Clinic	3-36-1, Unosato, Sakura-shi	028-681-2244	Ophthalmology	9:00 - 12:00 14:00 - 18:00	○	○	○	○	○	※2	—	—	※1 Open only for scheduled examinations or operations. ※2 9:00 - 13:00
はやさか眼科	さくら市北草川2-19-7	028-612-5040	眼科	9:00~12:00 14:30~17:30	○	○	○	○	○	○	—	—	※1 予約検査・手術 ※2 14:30~16:30 受付は、診療終了時間の30分前まで
Hayasaka Eye Clinic	2-19-7, Kitakusagawa, Sakura-shi	028-612-5040	Ophthalmology	9:00 - 12:00 14:30 - 17:30	○	○	○	○	○	○	—	—	※1 Open only for scheduled examinations or operations. ※2 14:30 - 16:30 Sign-in by 30 min before the end of each consultation hours.
半田クリニック	さくら市北草川2-13-1	028-682-3270	整形外科・内科・リハビリ	9:00~12:30 14:00~18:00	○	○	—	○	○	※1	—	—	※1 9:00~12:00 ※2 14:00~17:00
Handa Clinic	2-13-1, Kitakusagawa, Sakura-shi	028-682-3270	Orthopedics, Internal Medicine, Rehabilitation	9:00 - 12:30 14:00 - 18:00	○	○	—	○	○	※1	—	—	※1 9:00 - 12:00 ※2 14:00 - 17:00
檜山医院	さくら市桜野1220	028-682-2730	内科・小児科・皮膚科	9:00~12:00 14:00~18:00	○	○	○	○	○	○	—	—	
Hiyama Clinic	1220, Sakurano, Sakura-shi	028-682-2730	Internal Medicine, Pediatrics, Dermatology	9:00 - 12:00 14:00 - 18:00	○	○	○	○	○	○	—	—	
森島医院	さくら市桜野1308	028-682-2116	産婦人科・内科・小児科	9:00~12:00 14:00~18:00	○	○	○	○	○	○	—	—	※1 15:00~18:00 ※2 14:00~17:00
Morishima Clinic	1308, Sakurano, Sakura-shi	028-682-2116	Obstetrics, Gynecology, Internal Medicine, Pediatrics	9:00 - 12:00 14:00 - 18:00	○	○	○	○	○	○	—	—	※1 15:00-18:00 ※2 14:00-17:00

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**塩谷地区おとな・子ども夜間診療室**  
**Shioya District Adult/Child Night and Holiday Emergency Medical Facilities**

診療日 Open Days	
土曜日……医師1名	Saturdays, number of doctor: 1
日曜日……小児科医1名。大人の診療医師1名	Sundays, number of doctor: 1pediatric/1adult
祝祭日、年末年始(12月29日~1月3日)……医師1名	Holidays and New Years(12/29 - 1/3), number of doctor: 1
診療時間	午後6時30分~午後9時30分
Consultation Hours	18:30 - 21:30



場所 Place	
土曜日	黒須病院
Saturdays	Kurosu Hospital
日曜日・祝祭日	黒須病院と国際医療福祉大学塩谷病院の隔月交換制
Sundays/Holidays	Kurosu Hospital/IUHW※, Shioya Hospital (taking charge in turns every other months) ※International University of Health and Welfare

黒須病院	さくら市氏家2650 Tel.028-682-8811
Kurosu Hospital	2650, Ujiie, Sakura-shi Phone: 028-682-8811
国際医療福祉大学塩谷病院	矢板市富田77 Tel.0287-44-1155
International University of Health and Welfare, Shioya Hospital	77, Tomita, Yaita-shi Phone: 0287-44-1155

<b>お願い</b>	・診察する医師は、塩谷地区の協力医師ですので、小児科専門医だけではありません。 ・診察する医師は1名ないし2名ですので、急患などで診察できないことがあります。必ず電話でご確認のうえ受診してください。
<b>Note</b>	□ Children's consultation may not always be carried out by a pediatric specialist as doctors are sent from Shioya district's cooperative hospitals which may not be specialized in pediatric cares. □ Consultation may not be available in an emergency situation such as having a patient in severer condition for only a limited number of doctors are on duty at a time. Please call and check with the facility concerned before your visit.



## さくら市歯科医一覧表 The List of Dentists in Sakura-shi

医療機関 Name of the Facility	住所 Location	電話番号 Phone Number	標榜科目 Services	診療時間 Consultation Hours	月	火	水	木	金	土	日	祝	備考 Remarks
川俣歯科医院 Kawamata Dental Clinic	さくら市草川35-5 35-5, Kusagawa, Sakura-shi	028-682-9110	歯科、小児歯科 General/Children's Dentistry	9:30~13:00	○	○	○	—	○	○	—	—	
				14:30~18:00	○	○	○	—	○	○	—	—	
矯正齋藤歯科医院 Orthodontic Saito Dental Clinic	さくら市卯の里3-31-1 3-31-1, Unosato, Sakura-shi	028-682-3111	矯正歯科 Orthodontics	10:00~13:00	○	○	○	—	○	○	—	—	
				15:00~19:00	○	○	○	—	○	○	—	—	
齋藤歯科医院 Saito Dental Clinic	さくら市氏家2679-1 2679-1, Ujiie, Sakura-shi	028-682-2525	歯科 General Dentistry	8:30~12:00	○	○	○	○	○	○	—	—	
				14:00~17:30	○	○	○	○	○	—	—		
塩野歯科医院 Shiono Dental Clinic	さくら市桜野415-1 415-1, Sakurano, Sakura-shi	028-682-1968	歯科、小児歯科 矯正歯科 General/Children's Dentistry, Orthodontics	9:00~12:30	○	○	○	—	○	○	—	—	
				14:00~18:00	○	○	○	—	○	○	—	—	
すぎうら歯科医院 Sugiura Dental Clinic	さくら市氏家3211-27 3211-27, Ujiie, Sakura-shi	028-681-2772	歯科、小児歯科、口腔外科 General/Children's Dentistry, Oral Surgery	9:00~12:30	○	○	○	○	○	○	—	—	
				14:00~18:30	○	○	○	○	○	○	—	—	
にから歯科医院 Nikara Dental Clinic	さくら市喜連川87-3 87-3, Kitsuregawa, Sakura-shi	028-686-6480	歯科、小児歯科、口腔外科 General/Children's Dentistry, Oral Surgery	9:00~12:30	○	○	○	○	○	※1	—	—	※1 第2、4、5土のみ診療
				14:30~18:00	○	○	○	○	○	※1	—	—	
西海歯科医院 Nishiumi Dental Clinic	さくら市氏家3485-13 3485-13, Ujiie, Sakura-shi	028-682-8182	歯科、矯正歯科、小児歯科、 口腔外科 General Dentistry, Oral Surgery	9:00~12:30	○	○	○	—	○	○	—	—	
				14:00~17:30	○	○	○	—	○	—	—		
野沢歯科医院 Nozawa Dental Clinic	さくら市喜連川980-1 980-1, Kitsuregawa, Sakura-shi	028-686-6400	歯科、矯正歯科、小児歯科、 口腔外科 General/Children's Dentistry, Oral Surgery, Orthodontics	9:00~13:00	○	○	—	○	○	○	—	—	
				14:30~18:30	○	○	—	○	○	○	—	—	
福澤歯科クリニック Fukuzawa Dental Clinic	さくら市氏家1206-13 1206-13, Ujiie, Sakura-shi	028-678-9780	歯科、矯正歯科、小児歯科、 口腔外科 General/Children's Dentistry, Oral Surgery, Orthodontics	9:00~13:30	○	○	—	○	○	○	—	—	
				15:00~18:00	○	○	—	○	○	○	—	—	
森島歯科医院 Morishima Dental Clinic	さくら市桜野1308 1308, Sakurano, Sakura-shi	028-682-9218	歯科、矯正歯科、小児歯科、 口腔外科 General/Children's Dentistry, Oral Surgery, Orthodontics	9:00~12:00	○	○	○	—	○	○	—	—	※1 13:00~17:00
				14:00~18:00	○	○	○	—	○	※1	—	—	
渡辺歯科医院 Watanabe Dental Clinic	さくら市氏家2765-5 2765-5, Ujiie, Sakura-shi	028-682-2724	歯科、矯正歯科、小児歯科 General/Children's Dentistry, Orthodontics	9:00~12:30	○	○	○	—	○	○	—	—	
				14:30~18:00	○	○	○	—	○	○	—	—	
渡辺よしお歯科医院 Watanabe Yoshio Dental Clinic	さくら市富野岡3-5 3-5, Tominooka, Sakura-shi	028-681-6400	歯科 General Dentistry	9:00~12:00	○	○	○	—	○	○	—	—	※1 14:30~17:30
				14:30~18:30	○	○	○	—	○	※1	—	—	
氏家病院 Ujiie Hospital	さくら市向河原4095 4095, Mukogawara, Sakura-shi	028-682-2911	歯科 General Dentistry	9:00~12:00	○	○	○	○	○	—	—	—	
				9:00~12:00	○	○	○	○	○	—	—	—	
てつか歯科クリニック	さくら市桜野2039-10	028-612-4618	歯科	9:00~13:00	○	○	—	○	○	○	—	—	※1 14:30~17:30
				14:30~18:30	○	○	—	○	○	※1	—	—	

※日本語の分からない方は、日本語を話せる方の同伴をお願いします。

※To person who can't understand Japanese

If you go to a hospital, come along with person who speaks Japanese please.

※詳しくは、医療機関にお問い合わせください。

※For more information, ask medical institutions please.

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Disaster Prevention

Area	No.	Name	Address	Phone no.	Coordinate	Immersible area
Ujiie area temporary shelters	1	Ujiie elementary school	2491 Ujiie	682-2758	23-A-1	○
	2	Osiage elementary school	814 Nagakubo	682-6844	16-D-1	○
	3	Niita elementary school	1702 Hasamada	682-6850	24-D-1	○
	4	Sakura seishu high school	2807 Ujiie	682-4500	23-A-1	○
	5	Aozora nursery	42 Kusakawa	682-1336	22-D-2	○
	6	Ujiie community center	1322-8 Sakurano	682-1611	23-A-1	○
	7	Ujiie gymnasium	2730 Ujiie	682-8888	23-A-1	○
	8	Ujiie library	1321 Sakurano	682-9889	23-A-1	○
	9	Ujiie health center	1319-3 Sakurano	682-2589	23-A-1	○
	10	Ujiie welfare center	1329 Sakurano	682-2217	23-A-1	○
	11	Kamimatsuyama elementary school	3496 Ujiie	682-5719	17-A-2	
	12	Minami elementary school	1061-3 Ujiie	682-9494	23-A-3	
	13	Ujiie junior high school	3243 Ujiie	682-2204	17-A-3	
	14	Taiyo nursery	796-1 Matsuyama	681-1331	18-D-3	
	15	Fureai nursery	3263-6 Ujiie	682-8837	17-A-2	
	16	Women's agri center	157 Hakomorishinden	682-9959	17-A-1	
Ujiie area evacuation spaces	17	Kampo Tagore peace memorial park	2662-1 Ujiie	—	23-A-2	Not available on flooding.
	18	Kusagawa 1st park	18-1 Kusagawa	—	22-D-1	
	19	Kusagawa 2nd park	57-1 Kusagawa	—	23-A-2	
	20	Ujiie station west 1st park	1-6-6 Kitakusakawa	—	22-D-1	
	21	Ujiie station west 2nd park	2-25-3 Unosato	—	23-A-1	
	22	Ujiie station west 3rd park	4-53-6 Unosato	—	23-A-2	
	23	Ujiie station west 4th park	5-62-3 Unosato	—	23-A-2	
	24	Station west side park (Kazeno-oka park)	1-8 Unosato	—	23-A-1	
	25	Kinugawa athletic park	4101 Mukougawara	—	16-C-3	
	26	Kinugawa riversaido park (yu-yu park)	1317 Ujiie	—	22-D-2	
	27	Sogo park	1789 Sakurano	—	17-B-3	Partially not available on flooding.
28	Katsuyama park	1321 Ujiie	—	22-D-3		
Kitsuregawa area temporary shelters	29	Washijuku gymnasium (Previous Washijuku elementary school)	1105 Washijuku	—	12-C-1	
	30	Koudo gymnasium (Previous Koudo elementary school)	1826 Kamikoudo	—	4-D-2	
	31	Kinka gymnasium (Previous Kinka elementary school)	1221 Kanokohata	—	14-C-3	
	32	Hodumi gymnasium (Previous Hodumi elementary school)	478 Hodumi	—	6-D-3	
	33	Kitsuregawa junior high school	5691 Kitsuregawa	686-2058	13-B-3	
	34	Kitsuregawa elementary school	3911 Kitsuregawa	686-2029	19-A-1	
	35	Wakuwaku nursery	837-1 Kitsuregawa	686-2142	19-B-1	
	36	Katsuragi community center	1455-1 Katsuragi	—	19-B-2	
	37	Sotome community center	860 Sotome	—	18-D-1	
	38	Nishigawara community center	2965-1 Kitsuregawa	—	12-D-3	
	39	Matsuda multipurpose meeting place	2489-1 Kitsuregawa	—	12-D-2	
	40	Shimokoudo minami multipurpose meeting place	328-2 Shimokoudo	—	5-A-3	
	41	Kitsuregawa health center	807-8 Kitsuregawa	686-1088	19-B-1	
	42	Roadside station Kitsuregawa	4145-10 Kitsuregawa	686-8180	19-B-1	
46	Previous Kitsuregawa high school	561 Kitsuregawa	—	19-B-1		
Kitsuregawa area evacuation spaces	43	Kitsuregawa athletic ground	886 Kitsuregawa	—	19-B-1	
	44	Shobuzawa park	62-2 Kanaeda	—	13-B-2	
	47	Arakawa waterside park	Kitsuregawatsujihata	—	19-B-1	Not available on flooding.

\* Temporary shelters and evacuation spaces may flood. Verify the condition and evacuate to a safe place.

Kitsuregawa area temporary shelter	45	Kanponoyado Tochigi Kitsuregawa onsen	5296-1 Kitsuregawa	686-2822	18-D-1	
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\*Temporary shelters by agreement. Permission needed on opening.

# DISASTER EMERGENCY MEMO

○Where to Evacuate

○Where to Meet • Contact No.

○Emergency Contacts

Emergency Contact	PHONE NO.	Emergency Contact	PHONE NO.

## REMEMBER !

**Audio Message System  
Emergency Voice-Mail  
Service**

『171』

●Regardless of where you are, start calling the number including area code. Once your message has been recorded, anyone who knows the particular number can hear the recorded message.

●The disaster message board is accessible from regular phone, public pay phone, cell phone & PHS. Though certain exception may apply.

**Save message**

1 7 1 + 1

(028) 68X-XXXXX



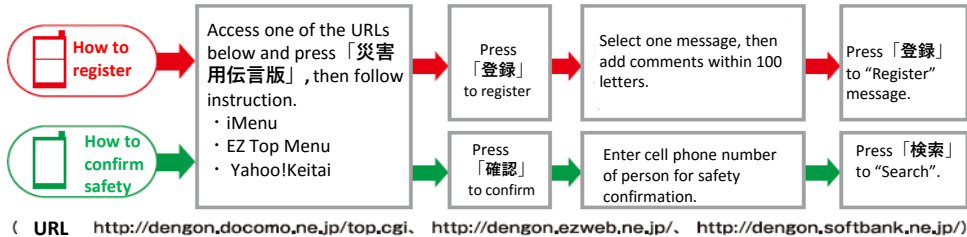
**Play message**

1 7 1 + 2

(028) 68X-XXXXX



## Disaster Message (cellphone · computer)



## Emergency Supplies Checklist

**Emergency Carryout items**

●The items below are selected minimum necessities for carrying in times of evacuation. Recommended weight to carry in a backpack may be 15kg for a man and 10kg for a woman.

Emergency Carryout Items	Provisions	Other Daily Goods
Medical Supplies		

# Earthquake – Manual in case of disasters

## 10 points of safety countermeasure

### Check point:

The most important point to protect yourself from earthquake is preparation on a daily basis. Keep in mind what to do when it happens in order to avoid secondary disaster such as injury and fire.

### 1. Protect yourself first!

Injury will delay turning fire off evacuation. Take adequate measures in case furniture and other things fall.



### 2. Turn off fires quickly

Act quickly if you feel the shake. Establish a habit to avoid leaving something combustible near the fire.



### 3. Open the door to get outside

Sometimes doors would not open from the shake. Open the door for evacuation.



### 4. Extinguish fire quickly

If it catches fire, extinguish before it reaches the ceiling. Don't panic.



### 5. Do not rush to get outside

Dashing out may cause injury. Be calm to judge.



### 6. Stay away from narrow street and concrete block walls

Concrete block walls and vending machines may collapse. Evacuate quickly.



### 7. Cooperate for first aid

Cooperate with local residents for first aid.



### 8. Be cautious about landslides

Understand the environment of the area you live and prevent secondary disaster.



### 9. Walk to evacuate

Driving to evacuate is dangerous and could obstruct emergency dispatch. Calm down and follow rules.



### 10. Get correct information

There is only one truth. Do not get confused by wrong information and act properly.



Case 1. Drawer has fallen at the time of earthquake, but I was fine because there was no other large furniture.

**Point: It's important to avoid furniture from collapsing and create room for safety in the house.**

Case 2. Entrance door had warped and locked in. I broke window glass to escape.

**Point: Need to be careful with steel made doors. It's important to get evacuation routes other than entrance.**

Case 3. House collapsed and I was trapped underneath, but I was rescued with my neighbor's help.

**Point: It's important to communicate with community on a daily basis and help with each other.**

Case 4. There false rumors after earthquake, but I was not confused by them thanks to information on radio.

**Point: It's important to get correct information on radio to act.**

# Earthquake intensity scale chart by JMA

 <p><b>震度4</b></p> <p>Indoors: Things hanging such as lights will make a large swing, and plates on a shelf will rattle. Unstable things may fall.</p> <p>Outdoors: Power lines will make a large swing, some people will notice while driving.</p>	 <p><b>震度5弱</b></p> <p>Indoors: Things hanging such as lights will rock hard, plates and books on shelf may drop. Most of the unstable things will fall. Furniture that is not fixed may move and fall if they're unstable.</p> <p>Outdoors: In rare cases, window glasses may break and fall. Power poles are</p>
 <p><b>震度5強</b></p> <p>Indoors: Many plates and books on shelf will drop. TV may drop off the table. Furniture that is not fixed may drop.</p> <p>Outdoors: Window glasses may break and drop. Concrete block walls without reinforcement may collapse. Unstable vending machines may fall. Difficult to drive and some cars would stop.</p>	 <p><b>震度6弱</b></p> <p>Indoors: Most furniture that is not fixed will move and some will fall. Sometimes doors would not open.</p> <p>Outdoors: Tiles on the wall and window glasses may break and drop.</p>
 <p><b>震度6強</b></p> <p>Indoors: Most furniture that is not fixed will move and many will fall.</p> <p>Outdoors: Tiles on the wall and window glasses on many buildings will break and drop. Most of the concrete block walls without reinforcement will collapse.</p>	 <p><b>震度7</b></p> <p>Indoors: Most furniture that is not fixed will move and collapse. Some will flap.</p> <p>Outdoors: Tiles on the wall and window glasses on many buildings will break and drop. Some concrete block walls with reinforcement will be damaged.</p>

<Image of intensity scale>

## Lifeline

**Gas supply stop:** Gas meter (microcomputer meter) with safety device will have shutoff device turned on with the shake of approx. scale 5 lower and above top stop gas supply. Entire local community may get gas supply stops when the shake is more intense.

**Water and power outage:** Area with approx. scale 5 lower and above may get water and power outage.

**Railway stops, traffic control on expressway:** When the scale is approx. 4 and above, they will stop operation, set speed limit and control speed on railway and expressway in order to confirm safety, based on operator's decision (safety criteria depends on operator and area).

**Communication failure such as phone:** When there is an earthquake, areas with large shakes and surrounding areas may have trouble getting on a phone due to phone calls and internet use to confirm safety, give comfort and make inquiries. Therefore carriers will provide messaging dial and message board in case of disaster when there is an earthquake of scale 6 lower and above.

**Elevator stops:** Elevators with earthquake control system will stop automatically for safety when there is an earthquake of scale 5 lower and above. It may take a while to resume due to safety checks.

# Types of earthquakes that occur in Japan

Earthquakes occur from fault movement and can be classified into 3 major types.

1. Earthquakes that occur on plate boundary
2. Earthquakes that occur in plate
3. Earthquakes that come from active fault inland

Oceanic plate is sagging underneath continental plate, and there is a strong compression on either East to West or Southeast to Northwest. There are many earthquakes in Japan due to these oceanic plates sag and compression of continent that comes along.

1. Massive earthquakes that occur at the trench of plate boundary
- 1'. Earthquakes on other plate boundary
2. Earthquakes that occur in plate
3. Earthquakes that come from active fault inland

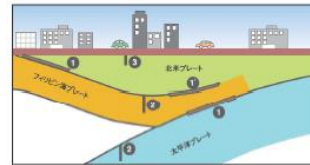
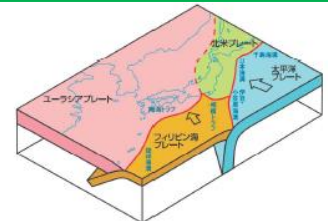


Plate structure right below southern Kanto and earthquake types that occur

# Plates around Japan and mechanism of earthquakes

## Plates around Japan

There are oceanic plates underneath continental plates at the bottom of Pacific Ocean in Japan, and there may be subduction-zone earthquakes at the level of magnitude 8 when the end of plate jumps at these plate boundaries.



## How subduction-zone earthquakes occur



Oceanic plate moves centimeters per year toward continental plate and get underneath.



The end of continental plate gets dragged and accumulates distortion.

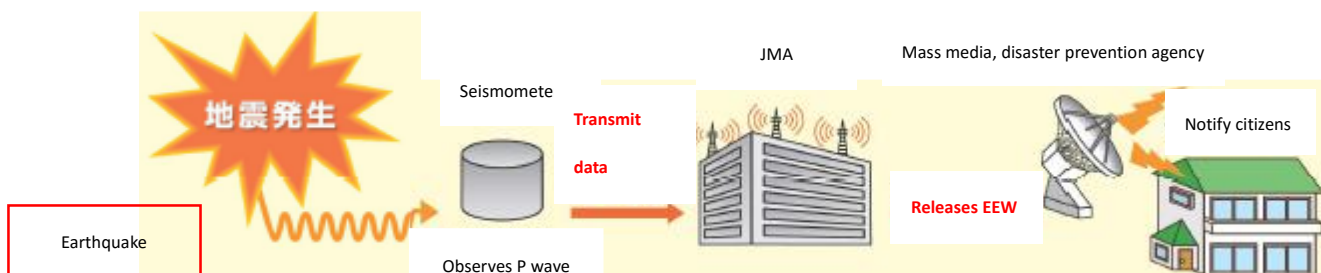


When the distortion hits the limit, continental plate jumps and earthquake occurs. There may be Tsunami.

Fault formed      Earthquake

# What Earthquake Early Warning is

Earthquake Early Warning is a prediction and warning for earthquake motion which gets and analyze data on seismometer close to the focus, infers focus and intensity of earthquake (in magnitude) right away, estimate the time that primary shock reaches and intensity scale in each area and notify as soon as possible.



## Information about sediment disasters

Evacuate right away if any abnormal circumstances happen even slightly

### Types of Mudflow

#### landslides

As water soaks into the ground and weakens its resistance, the slope slips off all of the sudden. The Most popular type of sediment disaster in Japan. Many people died to be left behind.



#### flow

because of torrential rains on the valunerable land, the gravity of underground water let a part of the slope go downward. The flow spreads widely at one time. Great harm on infrastructures and houses.



#### Debris flow

Rocks and sand on the valley and slope slip off because of heavy rains. The flow destroys everything forward with a great impact and overwhelming speed



**What you should do:** Evacuate immediately in event of sediment disaster.

Pay extra attention on weather information through the internet and local radio when raining unusually.

Be aware of signs of sediment disaster (examples below)

Sound from a cliff

Cracking and deformation of slope

Water containing mud from cliff

Cracks on the ground and walls

Tilted houses, walls, trees and poles

River water contains mud

Rumblings in the mountain

Low level of river water even it keeps raining

River water contains mud

Please contact Yaita civil engineering office at 0287-44-2185 or Sakura city hall at 028-681-1111 if you notice any signs of mudflow

### Sediment disaster information on the Internet

Utsunomiya local meteorological agency:

Ministry of Land, Infrastructure, Transport and Tourism:

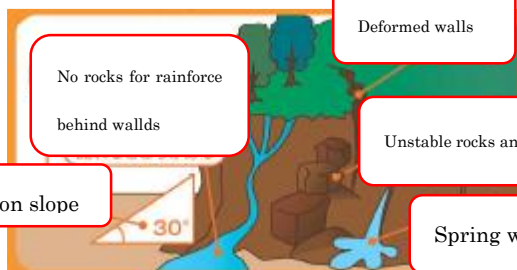
Tochigi prefecture local sediment disaster info:

sediment disaster warnings info (↓書ききれなかったのですが四つ目です)

### Where are Hazardous locations

Cliffs with an incline of over 30 degrees is most likely to fall off with heavy rain.

Be careful of walls ,because they might fall due to their years and structure.



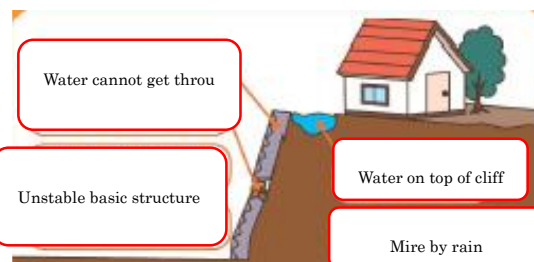
No rocks for rainforce behind wallds

Deformed walls

Unstable rocks and chunks of mud

Crack on slope

Spring water



Water cannot get thru

Unstable basic structure

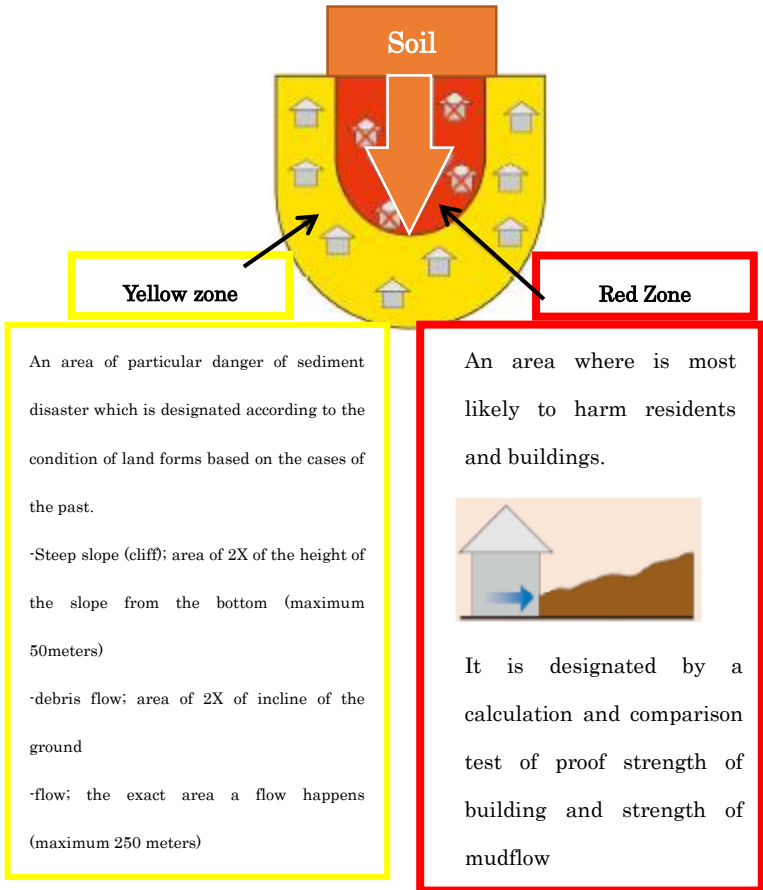
Water on top of cliff

Mire by rain



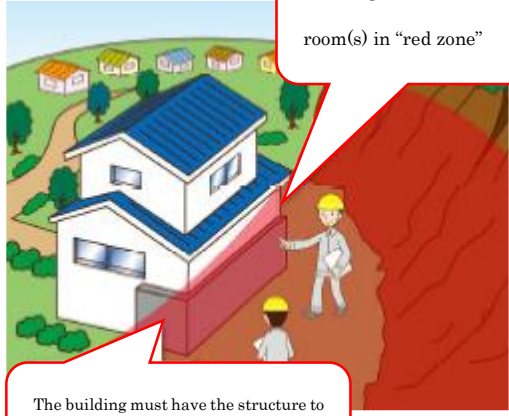
# the Concept of warning zone and special warning zone

Warning zone, so called “Yellow Zone”, and special warning zone, so called “Red Zone”. Are designated by the Act on Sediment Disaster Countermeasures for Sediment Disaster Prone Areas. In order to spread information, allow swift evacuation, and restrict development activity in areas where landslides pose a risk..



### Special warning zone

The structural regulation of building



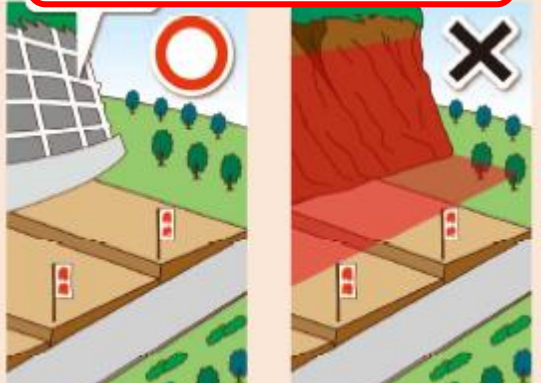
The building must have the structure to bear the impact of mudflows

**Building a new house, extending and reconstructing require the application of building confirmation.**

### Special warning zone

Restriction on special development activity

Need to take measures against sediment disaster



Developing activity of Building facilities which accommodate care-requiring people in event of disaster such as hospitals and nursing home for the aged requires permission.

### Special warning zone

Request for moving homes

Need to be moved from Red zone to a safer area



City governments have a right to urge owners or manager of buildings that could cause serious accidents which would get residents and users in danger of their lives to move the buildings.

## Information on Flooding

Be careful of sudden downpour

Sudden downpour refers to heavy rain that falls over a small area in a short time. It often occurs at the end of the rainy season. It is comparatively difficult to forecast because it occurs suddenly. Severe damages caused by floods of small-and-medium-sized-rivers, mudslides and landslides can be forecasted.

Around cliffs or in developed land, the alluvial fan etc., make sure to pay attention to the local weather forecast and take all possible precautions.

**Even when the amount of rainfall caused by torrential rain etc. is 20mm to 30mm, submergence may occur in urban areas.**



Analysis rainwater amount/ short-term precipitation forecasts (Japan Meteorological Agency)

<http://www.jma.go.jp/jp/radame/>

About tornado advisories

An advisory that is issued against strong gusts of wind caused by tornadoes developed under thunderclouds, downbursts etc. Local meteorological observatory issues it for local areas (generally one prefecture) as complementary information on thunderstorm advisory. **Advisory is usually in effect for an hour after being issued**, but another tornado advisory is issued if a serious situation continues. This information is sent to the disaster prevention agency and media, and is also available on the internet.

(“Weather information“ on the website of Japan Meteorological Agency )

**If there is a danger that the developed thundercloud may come closer, make sure to go to a shelter in a strong and sturdy building for safety.**



Tornado advisory information (Japan Meteorological Agency)

<http://www.jma.go.jp/jp/tatsumaki/>

## Types of floods

Flood forecasts (Japan Meteorological Agency)

<http://www.jma.go.jp/jp/flood/>

After heavy rain, the water level in the river dramatically rises compared to the normal level. This is called river flood.

The water normally runs only in a small area of the river. This is the normal way rivers are supposed to run.



However, if the width of the river is totally covered by water, even the riverbank is hidden under water. This abnormal water level is called “River flood”.

Water overflows and it goes to farm land or residential areas due to heavy rain etc. This is called “Overflow”. Overflowing from rivers is called “Flooding resulting from levee breaks”.

“Flooding resulting from accumulation of stormwater” occurs when rain directly accumulates on farm land or residential areas.



Disaster caused by water is called flood disaster.

“Flooding resulting from levee breaks” and “Flooding resulting from accumulation of stormwater” are also included in the flood disaster. However, flood disaster caused by ocean water is called storm surge disaster or tsunami disaster.



## Water Level Information

### In case of submersion (under 50cm)

- If water is moving quickly, we sometimes can't walk through even 10cm of water.
- If there is a risk of falling down into the channel etc., it is dangerous to walk through even 10cm of water.



### Flood damage level on cars (Indication)

- ① 10cm from the ground--- Brakes are hard to engage.
- ② 30cm from the ground--- Engine fails.
- ③ 20 cm or more from the bottom of the doors--- Car is washed away or the doors can't be opened due to water pressure.



### In case of submersion (50cm or over)

#### When submersion level is 0.5m to 2.0m

Houses are flooded above the floor level. Also, bicycles can't be used and it is difficult to even walk. It seriously affects our life.



### In case of submersion (2m or over)

#### When submersion level is over 2.0

The first floor in the house is totally flooded, and furniture and household goods get serious damage. Furthermore, the second floor or higher floors get flooded when the flood level is over 2m. As a result, our society and economy is severely affected.



# Be Prepared for Storms and Floods

Heavy rain and stormy winds have caused many disasters. Pay attention to the weather forecast regularly and help each other when evacuating.

Our actions against disasters after obtaining heavy rain information.

At first, make sure to get reliable information and then take quick action!



When you obtain heavy rain information, take action to protect your family.

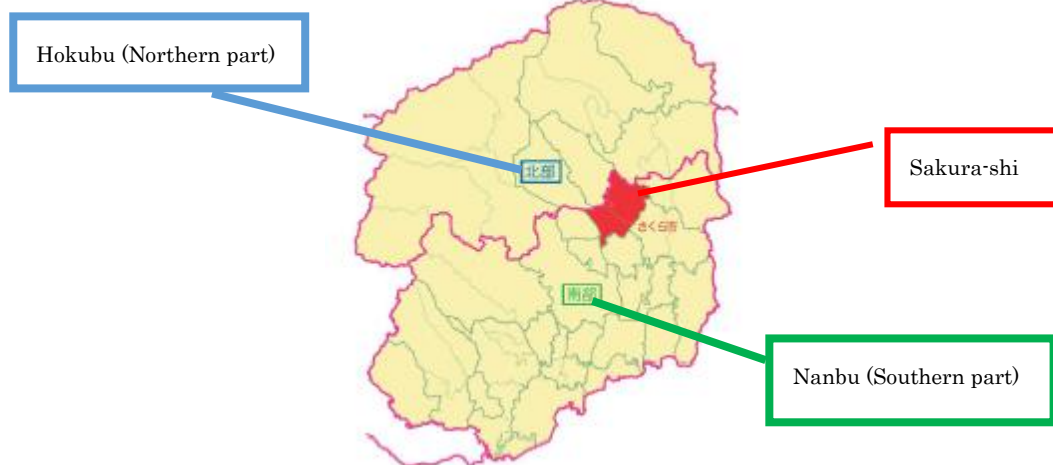
## Criteria of advisories and warnings

Advisories	Heavy rain advisory	<p>Issued when a disaster may occur in the affected area by severe ground conditions or floods caused by heavy rain. It is issued based on the criteria set at the municipal level.</p> <p><b>Standard soil-water index※1 98 or over</b></p> <p>Or</p> <p><b>Precipitation per hour 60mm or over</b> (Based on the criteria in Sakura-shi)</p> <p>In addition, in case of flooding occurs due to overflowing rivers, flood advisory is issued.</p>
	Flood advisory	<p>Issued when a disaster may occur in the affected area by flooding. It is issued based on the criteria set at the municipal level.</p> <p><b>Precipitation per hour 60mm or over</b></p> <p>Or</p> <p><b>Standard precipitation index in basin※2</b></p> <p><b>Uchi river(Uchikawa) basin=17 or over</b> (Based on the criteria in Sakura-shi)</p> <p><b>E river(Egawa) basin=13 or over</b> (Based on the criteria in Sakura-shi)</p> <p><b>Gogyo river(Gogyogawa) basin=5 or over</b> (Based on the criteria in Sakura-shi)</p>
Warnings	Heavy rain warning	<p>Issued when a critical disaster which requires evacuation action may occur in the affected area by severe ground conditions or floods caused by heavy rain. It is issued based on the criteria set at the municipal level.</p> <p><b>(Landslides) Standard soil-water index※1: 140 or over</b> (Based on the criteria in Sakura-shi)</p> <p><b>(Floods) Precipitation per hour 90mm or over</b> (Based on the criteria in Sakura-shi)</p> <p>In case of flooding occurs due to river overflowing, a flood warning is issued.</p>
	Flood warning	<p>Issued when a critical disaster which required evacuation action may occur in the affected area by flooding. It is issued based on the criteria set at the municipal level.</p> <p><b>Precipitation per hour 90mm or over</b></p> <p><b>Standard precipitation index in basin※2</b></p>

※ 1 **Standard soil water index**: A measure of the risk of landslides. This index indicates the amount of rainwater in the soil. Based on the analysis rainwater amount and short-tem precipitation forecast, it is calculated within a 5km radius.

※ 2 **Standard precipitation index in basin**: A measure of the risk of floods. It is evaluated based on the rainwater amount in a river basin.

## Areas reported by weather forecast



- In the weather forecast, Tochigi is divided into two areas, “Nanbu” and “Hokubu”. Sakura-shi is in **Nanbu**.
- Advisories/warnings are issued at the municipal level.
- **Landslide alert** (started from March, 2008) is also issued at the municipal level.

Weather forecast (Japan Meteorological Agency)

<http://www.jma.go.jp/jp/yoho/>

Weather warnings/advisories in Tochigi (Japan Meteorological Agency)

<http://www.jma.go.jp/jp/yoho/316.html>

## Wind intensity scale and wind type

Average speed (m/sec)	Wind category	Hazard to people	Condition of outside and trees	Damage on constructions
10-15	Slightly strong wind	Hard to walk against wind.	Whole trees in motion. Whistling in electric wires.	Signboards and galvanized plates fixed incorrectly start to be blown away.
15-20	Strong wind	Unable to walk against wind. Sometimes falls down.	Small branches start to break.	Plastic greenhouses start to break.
20-25	Very strong wind (storm wind)	Falls down if you don't stand securely.		Steel shutters start to break. Blown-off things break windows and other objects.
25-30	Very strong wind (storm wind)	Unable to stand. It is dangerous to go outside.	Trees start to be torn up.	Block walls are broken and exterior materials fixed incorrectly are peeled and start to break
30~	Fierce wind	Unable to stand. Unable to go outside.	Trees start to be torn up.	Roofs are blown off and wooden houses start to be completely destroyed.

## Rainfall intensity and rain type

Precipitation/hour (mm)	Terms of prediction	Impression on people	Disaster occurrence situation
10-20	Slightly strong rain	Heavy rain.	It is necessary to be careful if rain lasts long.
20-30	Strong rain	Pouring rain	Gutters, drainpipes and small rivers overflow, and small landslides may occur.
30-50	Heavy rain	Rain bucketing down	Landslides and cliff rock-falls can occur easily. In dangerous areas, it is necessary to get ready for evacuation.
50-80	Very heavy rain	Severe downpour (Like a water fall)	Rain water overflows from manholes. Mudslides can occur easily. Various disasters may occur.
80~	Fierce rain	Feeling sense of oppression, stuffy atmosphere or fear.	Large-scale disaster due to rainwater is likely to occur. Strict alert is required.

- Make sure to pay attention to weather information on the TV or radio.
- Listen carefully to announcements issued from city and disaster prevention agencies.
- Be prepared for blackouts, have a flashlight (torch), and radio ready.
- Prepare items to take with you in an emergency.
- When you are out of your home, go home immediately and contact your family at work in emergency situations.
- Put furniture and household goods in a safe place to avoid flooding.
- Prepare drinking water and emergency food for a couple of days.
- If you live in a dangerous place, get prepared to evacuate anytime.

Pay attention to weather information all the time!



Typhoon information (Japan Meteorological Agency)

<http://www.jma.go.jp/jp/typh/>

とちぎけんこくさいこうりゅうきょうかい  
**栃木県国際交流協会**

Tochigi International Association(TIA)

Information

そうだんじぎょう  
相談事業 咨询服务项目

Consultation and Information Services  
Servicios de Consultas e Informaciones  
Serviços de Consultas e Informações  
Các dịch vụ thông tin và tư vấn miễn phí  
บริการให้คำแนะนำและข้อมูลข่าวสาร



とちぎけんこくさいこうりゅうきょうかい

公益財団法人 栃木県国際交流協会  
Tochigi International Association

総合相談 : 火曜日~土曜日 9:00~16:00 (無料)  
精神保健相談 : 月2回 15:00~16:00 (予約制)  
法律相談 : 第1火曜日 10:00~12:00 (予約制)  
\*第1火曜日が祝日の場合は第3火曜日  
在留資格・ビザ相談 : 第2水曜日 10:00~12:00 (予約制)  
\*第2水曜日が祝日の場合は第4水曜日

言語: 日本語・英語・中国語・スペイン語・ポルトガル語(ベトナム語)  
火曜日9:00~12:00) \*その他の言語は028-627-3399へご相談を。

Consultation and Information:

Tuesday to Saturday 9:00~16:00

Free

Mental Health Counseling:

Twice a month 15:00~16:00 (Appointment necessary)

Legal Advice:

1st Tuesday 10:00~12:00 (Appointment necessary)

\* In case of a national holiday: 3rd Tuesday

Consultation of Visa, Status of Residence:

2nd Wednesday 10:00~12:00 (Appointment necessary)

\* In case of a national holiday : 4th Wednesday

Languages: English, Chinese, Spanish, Portuguese and Japanese (Vietnamese)  
Tuesday 9:00-12:00 \*For other languages, please contact us at 028-627-3399

综合咨询服务:

星期二~星期六 9:00~16:00

免费

心理保健咨询服务:

每月2次 15:00~16:00 (需预约)

法律咨询服务:

第1个星期二 10:00~12:00 (需预约)

\*如果第1个星期二是节假日改为第3个星期二

居留资格・签证咨询服务:

第2个星期三 10:00~12:00 (需预约)

\*如果第2个星期三是节假日改为第4个星期三

语言: 日语, 英语, 中文, 西班牙语, 葡萄牙语(越南语: 星期二 9:00~12:00) \*其他语言咨询者请事先来电话询问 028-627-3399



とちぎけんこくさいこうりゅうきょうかい  
公益財団法人 栃木県国際交流協会

Tochigi International Association

〒320-0033 栃木県宇都宮市本町9-14

とちぎ国際交流センター内

028-627-3399

(☎~☎Tues.-Sat. 9:00~16:00)

E-mail info@tia21.or.jp

FAX 028-621-0951 URL http://tia21.or.jp

Consultas e Informaciones:

De martes a sábado 9.00~16.00

Gratuito

Consultas psicológicas:

2 veces al mes 15.00~16.00 (con reserva)

Consultas jurídicas:

1er martes 10.00~12.00 (con reserva)

\* En caso de feriado: el 3er martes

Consultas sobre inmigración y visados en general:

2do miércoles 10.00~12.00 (con reserva)

\* En caso de feriado: el 4to miércoles

Idiomas: español, portugués, inglés, chino, japonés (vietnamita: martes 9:00-12:00) \*Para otros idiomas, llame al 028-627-3399

Consultas e Informações:

De terça-feira à sábado 9:00~16:00

Gratuito

Consultas psicológicas:

2 vezes ao mês 15:00~16:00 (com reserva)

Consultas jurídicas:

1ª terça-feira do mês 10:00~12:00 (com reserva)

\* Em caso de feriado: na 3ª terça-feira

Consultas sobre imigração e vistos em geral:

2ª quarta-feira do mês 10:00~12:00 (com reserva)

\* Em caso de feriado: na 4ª quarta-feira

Idiomas: português, espanhol, inglês, chinês, japonês (vitnamita 3ªfeira 9:00-12:00)\*Para outros idiomas ligar 028-627-3399

Tư vấn nói chung:

Thứ 3 đến thứ 7: 9:00~16:00

miễn phí

Tư vấn sức khỏe và tinh thần:

2 lần trong tháng : 15:00~16:00 (đặt trước)

Tư vấn pháp lý:

Tuần thứ 1 vào ngày thứ 3: 10:00~12:00 (đặt trước)

\* Tuần thứ 1 là ngày nghỉ thì sẽ đổi vào tuần thứ 3

Tư vấn visa , tư cách lưu trú:

Tuần thứ 2 vào ngày thứ 4: 10:00~12:00 (đặt trước)

\*Tuần thứ 2 là ngày nghỉ thì sẽ đổi vào tuần thứ 4

Ngôn ngữ: Tiếng nhật, Tiếng anh, Tiếng trung quốc, Tây ban nha, Bồ đào nha  
\*Tư vấn bằng tiếng việt mỗi tuần vào ngày thứ 3 từ 9:00~12:00 028-627-3399

ปรึกษาเรื่องทั่วไป :

วันอังคารถึงวันเสาร์ ตั้งแต่เวลา 9:00~16:00

ปรึกษาฟรี

ปรึกษาด้านสุขภาพจิต :

เดือนละ2ครั้ง 15:00~16:00(ไปรษณีย์หมายล่วงหน้า)

ปรึกษาด้านกฎหมาย :

ทุกวันอังคารที่1 ของเดือน เวลา 10:00~12:00 (ไปรษณีย์หมายล่วงหน้า)

ทุกวันอังคารที่3 (ถ้าตรงกับวันหยุดราชการ จะเปลี่ยนเป็นวันอังคารที่3ของเดือน)

ให้คำปรึกษาเรื่องการขอวีซ่าตามขั้นตอนเพื่อทำนํ้าอยู่ :

ทุกวันพุธที่2ของเดือนเวลา 10:00~12:00 (ไปรษณีย์หมายล่วงหน้า)

ทุกวันพุธที่4 (ถ้าตรงกับวันหยุดราชการ จะเปลี่ยนเป็นวันพุธที่4ของเดือน)

ภาษาญี่ปุ่น อังกฤษ จีน สเปน โปรตุเกส (ภาษาเวียดนาม: วันอังคาร 9:00-12:00)  
\*นอกจากนี้เช่นภาษาไทยกรุณาติดต่อมาสอบถามรายละเอียดก่อน โทรหมายเลข 028-627-3399



はさみで切ったり、  
折ったりして使ってくださいね！



请折叠或剪下来使用

Please use by cutting with scissors or folding!

i Recorte o dobre para utilizar!

Recorte ou dobre para utilizar!

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กรุณาใช้ ดัดด้วยกรรไกรหรือพับ!



**TIA携帯メールマガジンで  
役に立つ情報を手に入れよう!**

**登録無料**

公益財団法人栃木県国際交流協会 (TIA) は、様々な生活情報やイベント・観光情報、また防災に関する情報などを携帯メールで配信しています。日本語のメール会員へ登録するには、次のメールアドレスに空メールをお送りください。TIAから登録完了メールが届けば手続き終了です。登録は無料です。

**tia21jpn@b.bme.jp**

※メールの受信制限をされている方は、TIAからのメールアドレス **tia21.jpn.sd@tia21.or.jp** を受信できるように設定してください。  
 ※パソコンからも登録できます。



**TIAは けいたいメールを  
やさしい日本語で 送ります!**

**お金は  
いりません**

TIAは けいたいメールで、イベント、せいかつ、ぼうさい (じしん や たいふう などに きをつけること) の お知らせを送ります。メールがほしい人は、**tia21ysn@b.bme.jp** にメールをください。お金は いりません。

**tia21ysn@b.bme.jp**

※TIAは **tia21.yasn.sd@tia21.or.jp** でメールを送ります。  
 ※パソコンでも できます。



**Vamos a recibir informaciones por  
celular de TIA mail magazine!**

**El registro  
es gratis**

Tochigi International Association (TIA) está dispuesto a mandar varias informaciones por mensaje electrónico sobre todo eventos, turismo, vida social y prevención de desastres. Si usted desea registrarse a estas informaciones, envíe un mensaje en blanco a la dirección de abajo. Cuando llegue el mensaje de parte de la TIA, todo el registro estará terminado. Para el registro es gratuito.

**tia21esp@b.bme.jp**

※Si usted hace restricción de mensajes, es posible que no pueda recibir el correo electrónico de TIA, por lo tanto por favor agregue esta dirección en la lista de su celular.  
**tia21.esp.sd@tia21.or.jp**  
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GRATUITA**

A Associação Internacional da Provincia de Tochigi (TIA) informa. Ao inscrever-se no Serviço de Informações pelo celular da TIA, você receberá e-mail com informações sobre a vida cotidiana, eventos, turismo e prevenção de desastres. Para inscrição em português envie um e-mail em branco para o endereço abaixo citado. Ao receber um e-mail resposta da TIA, estará concluída a sua inscrição. INSCRIÇÃO GRATUITA.

**tia21por@b.bme.jp**

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**Registration  
is FREE**

The Tochigi International Association (TIA) provides various information regarding daily life, local events, sightseeing information and disaster prevention by mobile email. To become a member, send an empty email message to the address below. You will then receive a response confirming your member registration is complete. Registration is free.

**tia21eng@b.bme.jp**

※If you have email filters enabled, please add the address **tia21.eng.sd@tia21.or.jp** to your safe list.  
 ※The online registration through a computer is also accepted.



**您登记TIA电邮杂志取得  
有用信息!**

**登记免费**

公益財団法人栃木県国際交流協会(TIA)通过手机电邮发送各种生活信息、活动·观光信息和有关防灾等信息。欲登记中文信息会员者,请将空白的电子邮件发到下列电邮地址。您收到了TIA的通知信就登记手续费已完成了。登记费是免费的。

**tia21chn@b.bme.jp**

※如果您的手机现在限制收信服务的话,可能无法收到我们的通知信。您有这样情况时,请改成您的手机上的设定以便能收由TIA (**tia21.chn.sd@tia21.or.jp**) 发来的所有的电子邮件。  
 ※由电脑也能登记



# 災害時外国人キーパーソンを募集しています!

栃木県には、117か国、3万5千人以上の外国人が暮らしています。(H28.12月末日現在)

T I A (栃木県国際交流協会) では、日本人住民と外国人住民が、ともに住みやすい地域づくりのため、さまざまな取り組みを行っています。

そこで、災害が起こった時など、一人でも多くの外国人の皆さんに、必要な情報をお伝えしていただける外国人を募集しています。この活動に関心のある外国人の方は、お住まいの市町の国際化推進主管課、市町の国際交流協会、またはTIAに直接連絡してください。(裏面に登録申込書があります)

## こんな方は、ぜひ外国人キーパーソンになってください!

- ・災害時などにおいて、外国人住民への情報提供の活動に協力していただける外国人の方(帰化含む)
- ・地域で積極的に活躍するなど、日本の地域社会のことを理解されている方
- ・同じ出身国の人とつながっている方(直接会うほか、SNSなども含む)
- ・日本語ができる方

## 外国人キーパーソンにお願いしたいこと

- ①災害が起きたときに、T I Aは、外国人キーパーソンに災害情報(右に例があります)を送るので、それをSNS等で同じ出身国の人などに伝えてください。
- ②被災した外国人住民のニーズなどをT I Aに教えてください。

- \*TIAとキーパーソンのEメールや電話のやりとりは日本語で行います。
- \*災害救助などの役割ではありません。

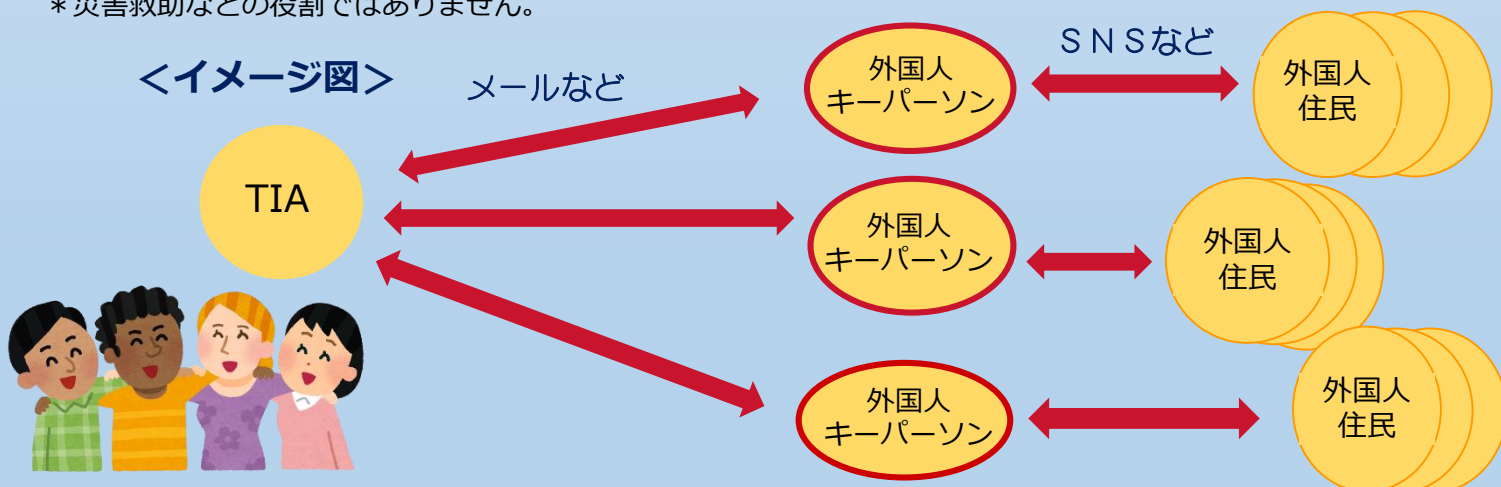


### T I Aの災害情報メール例

「地震が起こりました。  
〇〇駅と△△駅の間は、電車が止まっています」

「〇〇町は水が当分出ません。  
△△学校に、9時から給水車が来ます」

### <イメージ図>



**Tochigi International Association(TIA)**

公益財団法人栃木県国際交流協会  
<http://tia21.or.jp/>

栃木県宇都宮市本町9-14  
とちぎ国際交流センター内

Tel 028-621-0777  
Fax 028-621-0951  
[info@tia21.or.jp](mailto:info@tia21.or.jp)

お気軽に連絡  
してください!



# Have a great time in Sakura

〒329-1392  
栃木県さくら市氏家2771  
さくら市役所総合政策課  
TEL028-681-1113