



Multilingual Newsletter

For foreign residents of Kagoshima City

Published by the Kagoshima International Exchange Center
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CIR Report

Article by Rebecca LeVeque

□ Hospital tour for foreign residents at Yonemori Hospital

The Kagoshima International Exchange Center held a Hospital Tour for foreign residents on July 9th, at Yonemori Hospital in Yojiro! I had the opportunity to participate and learn about Japanese hospitals.

First, we received a lecture about the Japanese medical system. We learned about the importance of having medical insurance, as you have to cover the full cost of medical expenses yourself if you don't have insurance! We also learned about different kinds of medical institutions in Japan. Generally, you visit a smaller doctor's office or clinic first (it is best to have a primary care doctor), and need to receive a referral to go to more specialized or advanced institutions, such as specialized hospitals and university hospitals. Additionally, emergency medical centers are available, including on weekends or after-hours. The staff also shared several multilingual resources, which I have included below!

Next, participants got to experience a hospital visit! We ran through the steps of a typical visit, from going to the reception desk (don't forget your insurance card!), filling out the medical questionnaire, visiting the doctor, and going to the payment desk at the end! There are several staff at Yonemori Hospital that can speak English, and participants used tools such as Voice Tra (an app that translates by speaking), and MELON, an interpreting tablet tool for medical institutions available in 20 languages, to speak with hospital staff when necessary.

We wrapped the tour up with an opinion exchange session at the end. Participants said that they felt less anxious about visiting hospitals after receiving the tour, and many said that they felt capable of going to the hospital by themselves! I personally was impressed by how prepared Yonemori Hospital is to treat foreign residents. The staff said that more hospitals should be prepared to help foreign residents.

Overall, the hospital tour was a very valuable and educational experience! Since going to hospitals is especially anxiety-inducing for foreign residents, it was very comforting to see hospital staff working their hardest to support foreign visitors. The Kagoshima International Exchange Center holds many events to help foreigners with life in Japan, so be sure to check to see if there is an event that interests you!

□ Helpful resources shared during the tour

- Ibaraki International Association's Medical Handbook: Includes many hospital-specific words and phrases that you can point at to communicate with medical staff. Available in 22 languages. <https://www.ia-ibaraki.or.jp/others/book/>
- CLAIR Pointing Board: Use this to tell others what foods you can and cannot eat! https://www.clair.or.jp/j/multiculture/tagengo/ercard_foodpict.html
- Kanagawa International Foundation Multilingual Medical Questionnaire: You can check the many kinds of medical questionnaires this website has in your language and compare with them with your symptoms when you are confused about which medical department to go to. <https://kifjp.org/medical>
- Kyoto Prefecture's Medical Guidebook for Foreigner: A guidebook published by Kyoto Prefecture in 11 languages, containing information about the Japanese medical system and useful phrases. <https://www.pref.kyoto.jp/iryo/medicalguidebook.html>

City event info!

◇ Twilight aquarium (Kagoshima City Aquarium)

Dates and times: Weekends between July 22nd and August 27th (excluding August 19), Friday, August 11th- Tuesday, August 15th, 6 PM-9 PM
Cost: Regular admission fee

◇ 2023 Night Zoo (Hirakawa Zoo)

Dates and times: Every weekend from August 5th- 27th until 9 PM (last entry is at 8 PM)
Cost: Regular admission fee

◇ The 21st Kagoshima Kinko Bay Summer Night Fireworks Exhibition

For paid viewing seats, check the festival's website.

<https://origin.kankou-kagoshima.jp/>

Dates and times: Sat, August 19th, 7:20 PM-8:40 PM

Place Kagoshima Honko Port Area

Questions? Contact Sun-sun Call Kagoshima ☎808-3333



Photo from the Yonemori Hospital Tour

Helpful information for life in Japan

Source: May and June issues of *Shimin no Hiroba*

○My Timeline

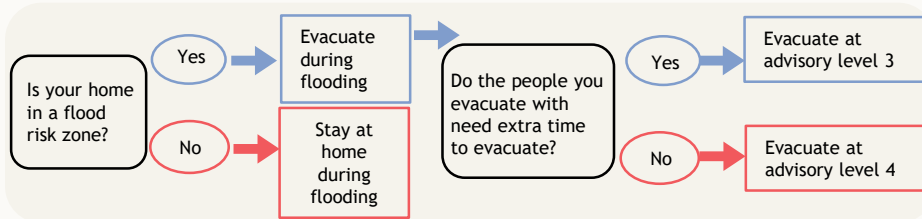
“My Timeline” refers to a chronological plan of steps you take to protect yourself during times of dangerous heavy rain and typhoons. Create your own timeline using the following three steps!

①Ensure the safety of your home!

First, check hazard maps or Kagoshima’s iMap to find out if your home is located in a flood risk zone.

②Confirm what steps to take

Use the flowchart below to confirm the steps you should take when considering evacuation.



③Create your own “My Timeline”

Time needed to prepare + advisory levels	3 days before	2 days-half a day before	Advisory level 3	Advisory level 4	Evacuate before this point!	Emergency safety measures
Weather info/advisory levels	Weather worsens		Disaster may occur			Disaster
	1 Precautionary advisory	2 Advisory for heavy rain + floods	3 Warning for heavy rain + floods	4 Landslide warning		5 Special heavy rain warning
Steps	Prepare for evacuation before the rain gets heavy		Pay attention to the weather + evacuation info, and begin evacuation			Protect yourself
Examples	<ul style="list-style-type: none"> • Prep emergency supplies • Prep medicine to last a week • Check evacuation info 	<ul style="list-style-type: none"> • Check the weather • Charge cell phone • Wear clothes that are easy to evacuate in 	<ul style="list-style-type: none"> • Check the weather • Evacuate with elderly neighbors 	<ul style="list-style-type: none"> • Go to evacuation center • Those who are safe at home: don't go outside 		<ul style="list-style-type: none"> • Immediately go to a sturdy building

Please note that these are simply guidelines – storms can lead to unexpected situations. Always keep up to date with the latest weather info!

○Supplies to prepare

Prepare up to 3 days’ worth in case lifelines such as water and electricity stops.

Water (3 liters a day per person), clothing, underwear, blankets, food, portable toilet, portable gas stove, etc. For food and water, we recommend the “rolling stock” method, where you buy a bit of extra food and water and only restock with the amount you used. This way, you have a constant stock of food and water supplies.

○Emergency items

These are items to take with you when evacuating your home. Always have them prepared. Bring enough products to last 1-2 days at an evacuation center, such as: flashlight, food, clothing, underwear, blankets, portable radio, cash, emergency items, health insurance card, etc. Other items for those that need them: diapers and milk for those with babies, menstrual products for those with periods, medicine for those with illnesses, etc.

Enjoy life in Kagoshima with KagoTips!

Article by Liu Kaili

♡Kakigoori (shaved ice)

What do you guys crave during this blazing hot summer? I don’t know about you, but I definitely want to have kakigoori! Today I will be comparing some of Kagoshima’s kakigoori. (Fun fact: July 25th was kakigoori day!)

♡Tenmokan

Mujyaki (Mujaki)



Kagoshima’s most well-known kakigoori! With plenty of fruit and condensed milk, it’s awe-inspiring like Sakurajima. It’ll fill you with happiness!

♡SANDECO COFFEE

Sugaku Cafe



Adorable “baby bear” kakigoori, perfect for a post-meal dessert! The café’s coffee aroma and the sweet taste of kakigoori are a perfect match!

♡Yanagawa

Hyoshitsu



Uses ice made from the local Ooshigedani spring. So many flavors! Feel free to choose your own combo of syrup, milk, and fruit! (No seating available)



By the way, have you guys heard of KagoTips, an official app by Kagoshima City? I actually chose these shops with the app. Just go to “Life in Kagoshima→Restaurants→Restaurants and cafés” in the app, and you can find a variety of food places in Kagoshima, including kakigoori! There is also helpful information about childrearing, disasters, events, and more, available in many languages. Feel free to use KagoTips to enjoy your life in Kagoshima!

♡ That’s all! Stay tuned for next time!