

## Sensational in Seika



### Have a Chat with Kyomachi Seika!

In cooperation with NTT Communication Science Laboratory located in Keihanna, Seika Town has installed a conversational AI system modeled after Kyomachi Seika named Narikiri AI Kyomachi Seika in the lobby of the Town Office. The AI is programmed to know about general services in Seika Town Office, sightseeing in Seika, and other information. It can also engage in small talk as well. To test the efficacy of the AI, it is open for people to engage with until January 31. Come down to Seika Town Office and try asking her a question in Japanese!

### Our Town, Seika

Established in 1955, Seika Town is located in Southwestern Kyoto and neighbors Kyotanabe City and Kizugawa City in Kyoto, and Ikoma City in Nara. As one of the major constituents of the Kansai Science City from Kyoto Prefecture, Seika strives to be a town of culture creation and scientific promotion while maintaining its cultural roots.

#### Seika Town Office

##### **Planning and Coordination Division**

Kyoto-fu, Sōraku-gun, Seika-cho  
Minami-Inayazuma, Kitajiri 70

TEL: 0774-95-1900

FAX: 0774-95-3971

EMAIL: [cir@town.seika.lg.jp](mailto:cir@town.seika.lg.jp)

#### **What to do if...**

##### **You have a question about something in Ichigo...**

Call the Coordinator for International Relations at Seika Town Office if you have a question about any of the content featured in Ichigo. Also, if you know someone in Seika that would like to receive Ichigo in the mail please contact us!

##### **You have a problem with life in Japan...**

If you have any questions or problems concerning life in Japan not related to an article in Ichigo, please contact the Coordinator for International Relations at Seika Town Office.

TEL: 0774-95-1900 FAX: 0774-95-3971 EMAIL: [cir@town.seika.lg.jp](mailto:cir@town.seika.lg.jp) or [kikaku@town.seika.lg.jp](mailto:kikaku@town.seika.lg.jp) (Planning and Coordinating Division)

#### **Kyoto Prefecture Multilingual Daily Life Consultation Service**

If you have any questions about housing, work, government processes, health, or any other aspects of daily life, try contacting the Kyoto Prefectural International Center (Kyoto-shi Shimogyo-ku Higashinotoin Shichijo Meruparuku Kyoto B1F). Consultations can be made in English, Japanese, Chinese, Vietnamese, Tagalog, and 15 other languages.

TEL: 075-343-9666 Homepage: <https://kpic.or.jp>

### **Find us online!**

#### **Facebook**



#### **Town Website**



### **Word of the Month**



はっう  
初売り

#### **New Year's Sale**

At the start of the year, stores across Japan hold sales to attract shoppers. Those shoppers make up the first sales of the year, which is why these sales are called *hatsu uri*. People often line up to take advantage of these sales, so be sure to wake up early if you want to shop first thing in the new year!

Check out the Kyoto CIR blog: <http://tabunkakyoto.wordpress.com/>



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## National Pension Basics

The National Pension System of Japan was established as a social safety net that everyone contributes toward to support the lives of the elderly, people who have incurred a disability due to an accident or other incident, or families who have lost the main earner in their household. People between the age of 20-60 that live in Japan are beneficiaries of National Pension, and are classified under Category 1. Category 1 beneficiaries are required to pay pension fees every month.

However, if you have low income and are unable to pay the fee before the deadline, you may qualify for a deduction or full exemption from payments through programs such as the Special National Pension Payment System for Students (*gakusei noufu tokurei seido*), or National Pension Payment Postponement or Exemption (*menjo noufu yuuyo seido*).



### The 3 Types of National Pension Benefits

National Pension is often mistaken as being only beneficial to the elderly, when in fact, non-elderly can receive benefits from National Pension as well.

#### ★ Elderly Pension

This benefit is available to people aged 65 and older, and can be received until the end of their life. This is the most common type of benefit people think about regarding National Pension.

#### ★ Disability Pension

This benefit is available to people who have incurred a disability from a sickness or injury. The amount of benefit received depends on the severity of the disability.

#### ★ Survivors' Pension

This benefit is available to the dependent children or spouse of a family in the event the main earner of the household dies.

Seika Town Mascot

**KYOMACHI SEIKA**


"Contribute to society by making sure to pay your pension fees on time!"

### Discontinuance of Pension Booklets Starting April

The National Pension System of Japan assigns a Basic Pension Number to all enrollees that contains pension related information such as enrollment date and pension fee payment status. This number is recorded in the blue National Pension booklet distributed to each enrollee, but, due to the introduction of the MyNumber system, the booklets have been deemed unnecessary and will thus be discontinued.

Starting this April, beneficiaries of Categories 1, 2, and 3 will be sent a Basic Pension Number Notification (*kiso nenkin bangou tsuuchi-sho*) instead of a pension booklet. This notification will be necessary for any pension related procedures, so be sure to keep it in a secure place. The pension booklet may still be used as a form of Basic Pension Number confirmation. Should your pension booklet become lost, you will be issued a Basic Pension Number Notification instead of a new pension booklet.



## Coronavirus Vaccination Information

### Update on Third Round of Coronavirus Vaccination

People who have already received the full coronavirus vaccination schedule (two shots) 8 or more months ago will be eligible for the third coronavirus vaccine booster shot. Seika Town is preparing to send out vaccination vouchers to eligible people, and will start holding group vaccination drives in March.

### Individual Vaccinations

Select medical facilities in Seika Town now provide vaccination on an individual basis. If you have not yet received vaccination or have recently turned 12 or older and would like to get vaccinated, please contact any of the medical facilities below to make an appointment.

Medical Facility and Address	Phone Number	Applicable Persons	Appointment Reception Dates and Times	Vaccination Times
Kuwahara Children's Clinic Seikadai 4-21-14	0774-98-2788	Residents of Seika 12-18 yrs. and their parents/guardians	Open during regular business hours Mon. - Sat. 9:00 a.m. - 12:00 p.m. Mon., Tues., Thur., Fri. 5:00 - 7:30 p.m.	Every Sat. 9:00 - 9:30 a.m.
Komada Clinic Hishida Miyagawahara 10	0774-93-1787	Residents of Seika 12 yrs. and older	Open during regular business hours Mon. - Sat. 9:00 a.m. - 12:00 p.m. Mon., Tues., Thur., Fri. 6:00 - 8:00 p.m.	Every Tues. from 2:00 p.m.
Gakkentoshi Hospital Seikadai 7-4-1	050-7116-7125	Residents of Seika 12 yrs. and older	Mon. - Sat. 2:00 - 4:00 p.m.	Every Tues., Thurs., Sat. 2:30 - 4:00 p.m.

※Appointments only by phone.

※Depending on available staff, the above facilities may only be able to provide services in Japanese.

### Coronavirus Vaccine Consultation Services

#### ● Ministry of Health, Labour and Welfare

For inquiries regarding national vaccination policies

TEL: 0120-761770

Operating Hours: 9:00 a.m. - 9:00 p.m. incl. weekends and holidays

※Multilingual support available

#### ● Kyoto Coronavirus Vaccination Consultation Center

For inquiries regarding vaccine side-effects or other questions about the vaccine that require expert knowledge

TEL: 075-414-5490

Operating Hours: 24/7 incl. weekends and holidays

※Multilingual support available

#### ● Seika Town Coronavirus Vaccine Call Center

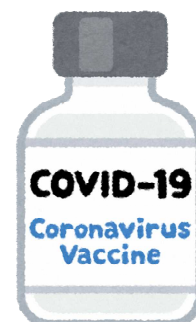
For inquiries regarding coronavirus vaccination in Seika Town.

TEL: 0570-056732

E-mail : vaccine@town.seika.lg.jp

Operating Hours: 9:00 a.m. - 5:00 p.m. (weekdays excluding holidays)

※Japanese language assistance only





## Asunaro Cooking

Looking for new recipes to incorporate into your cooking repertoire?  
Learn recipes from the Seika Town Diet Improvement Association Asunaro-kai!  
Learn how to make delicious **Chinese-style Okowa Rice** with this recipe.

### Ingredients (2 servings)

Mochi rice	180g	A:	
Bamboo shoots	20g	Soy sauce	14g
Dried shiitake	2g	Sugar	2g
Dried shrimp	6g	Oyster sauce	7g
Carrots	20g	Cooking sake	12g
Water	144ml※	Pepper	pinch
Fried pork	28g	※Water + water from reconstituted ingredients	



### Instructions

1. Wash mochi rice and let it soak for 30 minutes.
2. Reconstitute dried shiitake and shrimp. Be sure to save the water.
3. Cut shiitake, shrimp, carrots, and fried pork into 1cm pieces.
4. Drain mochi rice, add water from reconstitution, regular water, cut ingredients, and A. Lightly incorporate ingredients into rice.
5. Cook rice.

### Nutrition information (per serving)

Calories	380kcal	Protein	11.4g
Calcium	227mg	Dietary Fiber	1.0g
Fat	2.2g	Sodium	2.0g



## Quick List

Welcome to the Quick List, a short list of vocabulary words in both English and Japanese.

This month's theme: **Far too cold!**



1. ダウンジャケット - heavy jacket
2. 手袋 - gloves
3. 耳当て - earmuffs
4. カイロ - heating packet
5. 湯たんぽ - hot water bottle
6. ストーブ - heater
7. 暖房 - heater (air conditioner)
8. 毛布 - blanket
9. お湯を沸かす - to boil water
10. 足湯 - foot bath
11. 冷え性 - cold sensitivity

単語



## Town News

### Looking to get your own MyNumber Card?

To get your own MyNumber Card, you must apply for one using the application form (交付申請書 *koufu shinsei-sho*) that came with your MyNumber Notification Card. If you do not have an application form, please contact us at Seika Town Office to get one. If you wish to apply for a MyNumber Card in person at Seika Town Office, be sure to bring an official piece of identification with you (driver's license, resident card, etc.).

### The Many Ways to Apply...

#### ★ Apply with your smartphone!

Scan the QR code at the bottom of the application form to start the application process on your smartphone. Be sure you have a face picture at the ready to send with your application when you are finished.



#### ★ Apply on your computer!

Input your application ID on the MyNumber Card portal site to start the process on your computer. Upload a face picture to go on your card at the end of the application. (URL: <https://kojinbango-card.go.jp/kofunshinse-pc/>)

#### ★ Apply by mail!

Fill out the application form, attach an appropriate face picture, and mail your application to us.

#### ★ Apply in person at Seika Town Office!

An official piece of personal identification (driver's license, resident card, etc.) is required to apply for a MyNumber Card in person. A face picture for your MyNumber Card can be taken free of charge when applying at the Town Office.

### Pick up your card at the Town Office when it's ready!

Approximately one month after applying, you will receive a notification saying that your new MyNumber card is available for pick up at Seika Town Office (交付通知書 *koufu tsuuchi-sho*). An appointment is required to pick up your card, so be sure to make one ahead of time by contacting Seika Town Office.

### MyNumber Weekend Reception (by appointment only)

The MyNumber weekend reception window is open during certain weekends and accepts MyNumber Card applications, pick-up appointments, and digital certificate updates. An appointment is required to use the weekend reception window.

- ★ The MyNumber Weekend Reception window is open on 1/15, 1/30, 2/12, and 2/27. You must make an appointment to receive service.
  - Operating Hours: 9:00 - 11:45 a.m. and 1:00 - 4:45 p.m.
  - Appointments can be made by phone (0774-95-1915) or e-mail.



### Preparing for the Worst

Seika Town held 2021 Disaster Drills and Training at Seikadai Elementary school.

During the training session, participants practiced checking evacuation routes for dangerous obstacles and sending out area specific evacuation messages to use in a disaster. In consideration of the coronavirus, they also practiced putting up partitions, how to use air filtration machines, and other actions necessary to prevent the spread of disease in an evacuation site.

You never know when a disaster may occur, so it's good to always be prepared just in case!







## Town News

### Healthy Diet, Healthy You Project

#### **What is a “Healthy Diet, Healthy You” Participating Store?**

Restaurants participating in the Healthy Diet, Healthy You project serve dishes that use plenty of vegetables and are low in sodium, provide caloric values and food allergy information for their entrees, and actively participate in improving the health of people living in Kyoto Prefecture.

Participating restaurants have this purple sign posted somewhere in their establishment.



#### **Participating Restaurant**

##### **Japanese Confectioner Futaba**

Located just across the street from Seika Town Office, Futaba shows the caloric values and allergens contained in their products.

Address: Hosononishi 1-40-4

Hours: 9:00 a.m. - 7:00 p.m.

Closed on Mondays (open on holidays, closed on Wednesday of the week containing the holiday)

Tel: 0774-95-0809

Note: Some restaurants may have different operating hours than normal or may be closed. Please contact the restaurant for more information regarding their hours and open dates.



### International Playgroup “Ichigo Ichie” Foreign Resident Support Chat

Do you live in Southern Kyoto or Northern Nara and have questions about life in Japan or raising children? International Playgroup Ichigo Ichie has set up a LINE OPENCHAT group to answer all your questions! Feel free to contact the group through LINE or email if you have any questions.

Scan the QR code on the right to join the LINE OPENCHAT group.

**Feel free to check out Ichigo Ichie’s activities on Facebook, Instagram, and their homepage as well!**

Facebook: <https://www.facebook.com/sgnhiroba>

Instagram: [https://www.instagram.com/ichigo\\_ichie\\_sgn/](https://www.instagram.com/ichigo_ichie_sgn/)

Homepage: <http://www.sgnhiroba.blogspot.com>



### Information on COVID-19 (Coronavirus)

#### **CLAIR**

<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>

#### **Japan Ministry of Justice**

[http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10\\_00055.html](http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html)

#### **Coronavirus Consultation Center Contact Information**

Contact	Kyoto Prefecture
Tel	075-414-4726 (available 24/7)
Languages	Japanese, English, Chinese, Korean, Portuguese, Spanish





## Preventing the Spread of COVID-19

If you go out, avoid the three 「密」!

① 密閉空間

Avoid small enclosed spaces with bad ventilation.



② 密集場所

Avoid places with lots of people in one area.



③ 密接場所

Avoid close quarter situations.



Preventing the cluster-spreading of the virus is important in stopping the spread of COVID-19.

Avoid events and gatherings where any of the three 「密」 could occur!

## Seika Town Facility Schedules

### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
1/9 (Sun.)	Internal medicine / Pediatrics	2/6 (Sun.)	Internal medicine
1/10 (Hol./Mon.)	Internal medicine	2/11 (Hol./Fri.)	Internal medicine / Pediatrics
1/16 (Sun.)	Internal medicine / Pediatrics	2/13 (Sun.)	Internal medicine / Pediatrics
1/23 (Sun.)	Internal medicine / Pediatrics	※Please call before visiting Soraku Emergency Medical Clinic (TEL: 0774-73-9988)	
1/30 (Sun.)	Internal medicine		

### Health Center

Date	Time	Details
1/12 (Wed.)	12:30 p.m.-	3-yr. 6-mon. old Health Check (born June 2018)
1/13 (Thur.)	12:30 p.m.-	2-yr. 4-mon. Health Check (born Aug. 2019)
1/18 (Tues.)	12:30 p.m.-	1-yr. 6-mon. old Health Check (born June 2020)
1/27 (Thur.)	12:30 p.m.-	9-10-mon. old Health Check (born Mar. 2021)
1/28 (Fri.)	12:30 p.m.-	3- 4-mon. Health Check (born Sept. 2021)
2/3 (Thur.)	12:30 p.m.-	3-yr. 6-mon. old Health Check (born July 2018)

### Mukunoki Center

Date	Time	Details
1/12 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
1/19 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
1/23 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
1/26 (Wed.)	—	Closed
2/2 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
2/9 (Wed.)	3:00-5:00 p.m.	Table Tennis Day



## Information Regarding Special Cash Payments to Families with Children

Last year on November 19, the cabinet of the Japanese government decided to distribute 10,000 yen per child to families with children under 18 to combat the economic effects the coronavirus has had on families raising children. In response to this, Seika Town will distribute 10,000 per child to families living in Seika Town.

### ★ Eligible People

1. Children who were eligible to receive Child Allowance (*jidou teate*) in 2021 September
2. Children who were high school students as of 2021 Sept. 30 (children born 2003 Apr. 2 - 2006 Apr. 1)  
※Parent/guardian income must be equal to or less than amount eligible for Child Allowance
3. Children who were born 2021 Oct. 1 - 2022 Mar. 31 that are eligible for Child Allowance

### ★ Payment Recipient Eligibility

The parent or guardian of a child deemed eligible by the stipulations above that earns the most in the household (whoever receives Child Allowance payments) will be eligible to receive the payment.



### ★ Payment Amount

10,000 yen per eligible child (lump-sum)

### ★ Payment Distribution Method

1. **People who received Child Allowance in 2021 September**  
The payment will be deposited into the same account that received Child Allowance payment for 2021 Sept.
2. **Parents or guardians that apply for the payment**  
The payment will be deposited into the account specified on the application by the applicant.

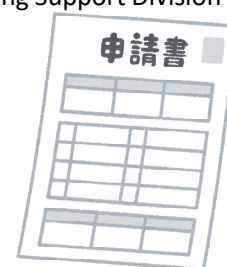
### ★ How to Apply to Receive the Payment

1. **People who received Child Allowance in 2021 Sept.**  
Recipients of Child Allowance for 2021 Sept. do not need to apply to receive the payment. Documents regarding the payment were sent to applicable households at the beginning of December.
2. **People who are raising children and are not (1) under "Eligible People"**  
Potential recipients who do not fall under category 1 as described under "Eligible People" must apply to receive the payment. Applications were sent at the end of December to potentially eligible households. Please apply before the deadline if you would like to receive the special payment. If you have not received the application but are eligible to receive the payment, please contact the Child Rearing Support Division at Seika Town Office (*kosodate shien-ka*)

### ★ Application Deadline

**Applications will be accepted 2022 Jan. 7 - Mar. 31.**

Please apply for the payment before the deadline. Applications received after the deadline has passed will not be processed, and the applicant will not receive any payment.



### ★ Payment Deposit Date

1. **People who received Child Allowance in 2021 Sept.**  
Payments for people who received Child Allowance in 2021 Sept. were deposited on Dec. 24.
2. **People who are raising children and are not (1) under "Eligible People"**  
Payments for applicants will be deposited as applications are processed.
  - Applications turned in by the 20th of each month may have money deposited by the end of the month
  - Deposits for applications turned in before the acceptance start date will happen by the end of January at the earliest.

**Inquiries: Seika Town Health, Welfare, and Environment Department Child Rearing Support Division  
TEL 0774-95-1917**