



Seika's English Language Newsletter  
No. 356 April 2025

## Seika Town Intercultural Exchange Programs Survey 2024

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The purpose of this survey is to evaluate foreign residents' satisfaction level and knowledge of intercultural exchange programs in Seika Town. Information gathered will be used as a reference for initiatives that help to make Seika Town an easier place to live.

This survey is to be completed by foreign residents who live in Seika Town or foreign residents who have participated in intercultural exchange programs in Seika Town. The survey is 13 questions long.

Three lucky respondents to this survey will be chosen at random to win original Seika Town merchandise!

Thank you in advance for your cooperation.

- Survey Response Period : Until April 28, 2025 (Monday)
- The survey can be accessed through the QR codes or URL below

(Japanese) <https://www.town.seika.kyoto.jp/cgi-bin/inquiry.php/159>



(English) <https://www.town.seika.kyoto.jp/cgi-bin/inquiry.php/159>



Seika Town Mascot

**KYOMACHI SEIKA**



"Please answer the survey!!"

Survey Conducted by:  
Seika Town Hall Planning and Coordinating Division  
Phone Number : 0774-95-1900  
E-mail : kikaku@town.seika.lg.jp



# Keihanna International Exhibition 2025



**Time Period** 4/13 (Sun.) - 10/13 (Hol./Mon.)

**Place** Keihanna Science City Area

The theme of Keihanna International Exhibition 2025 is "Contributions to the Society of the Future - The Solution for the Next Generation," an event where every resident in the region thinks about "a society where anyone can live a happy life" together, learns together, and creates together.

## Main Event Schedule

**April**

Sunday  
**13th**

### Opening Ceremony

Keihanna Plaza



Kyoto Yamashiro Tourism Ambassador Ms. Yui Yokoyama will give a speech at the opening ceremony!

**May**

Saturday  
**24th**

### Robot - Avatar - ICT Fest

5/24 (Sat.) - 5/25 (Sun.) KICK, Seika Odori, Keihanna Plaza Sun Dial Plaza and more  
Drone and XR Fest, Avatar Challenge 2025 - Avatar Parade (by remote-controlled robots) and competitions

**June**

Friday  
**13th**

### Well-being Fest

6/13 (Fri.) - 15 (Sun.) Keihanna Plaza, Keihanna Commemorative Park

There will be exhibitions, result presentations, lectures, tea parties, and film festivals all with the keywords of 'Health,' 'Food,' 'Environment,' and 'Heart'

**July**

Friday  
**25th**

### Start-up Fest

Keihanna Plaza

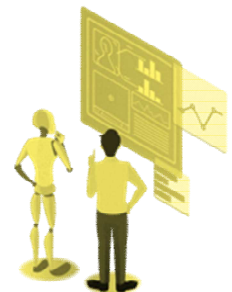
PoC result presentation, Pitch events, and more

**August**

Monday  
**4th**

### Keihanna Global Environment Youth Summit

8/4 (Mon.) - 8/6 (Wed.) Keihanna Plaza, and more



**September**

Saturday  
**27th**

### Kizugawa Art 2025

9/27 (Sat.) - 10/13 (Hol. /Mon.) Kizugawa City, Seika Town Area

**October**

Saturday  
**11th**

### Closing Ceremony

Keihanna Plaza

Sunday  
**12th**

### Seika Festival / Kid's Festival

Keihanna Commemorative Park, Keihanna Plaza and more



## Post International Exhibition City

There will be various events being hosted during the time periods besides the ones above. For more event information and participant applications, please confirm by searching "Keihanna International Exhibition" on the website.

For the latest information, check the official site!

Search  <https://keihannaexpo.org/>

Keihanna International Exhibition 2025 Administration Council

**Inquiries:** Public Interest Incorporated Foundation Kansai Culture and Science City Promotion Organization, Business Development Department TEL: 0774-98-2245



Let's learn how to make **Boiled Egg with Vegetables in Sweet and Sour Sauce** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

### Ingredients (2 Servings)

2 Eggs 1/4 (40g) Carrots 1/2 pack (40g) Shimeji Mushrooms 1 (20g) Pepper 40g Boiled Bamboo Sprout 20g Green Peas 1 fragment Chinese Red Ginger 2tbsp (24g) Oil 1 tbsp (9g) Potato Starch  
**Sweet and Sour Sauce:** 1tbsp Soy Sauce a bit of Salt 1/2tbsp Tomato Ketchup 2tbsp Sugar  
 1 and 1/2tbsp Vinegar 100ml Broth



### Instructions

- 1) Hard-boil the eggs, remove the shell and cut in half vertically.
- 2) Cut the carrots, pepper, and bamboo sprouts into fine, 3cm strips. Remove the base of the shimeji mushrooms, divide the floret, and finely chop the Chinese red ginger.
- 3) Pour the oil into the pan fry the finely chopped Chinese red ginger. Add the vegetables from Step 2 and fry quickly, then add the sweet and sour sauce and let simmer.
- 4) Add the potato starch that was dissolved in equal parts water to thicken.
- 5) Take the eggs and vegetables and put them on a plate and pour the sauce on top.

### Nutrition Information (per serving)

Calories	281 kcal	Calcium	38 mg
Protein	9.1 grams	Dietary Fiber	2.9 grams
Fat	18.2 grams	Sodium	1.8 grams

### **Nutrition Education Tip No. 58**

#### "About the Nutrition of Bamboo Sprouts"

The dietary fiber included in bamboo sprout not only prevents/improves constipation, but also has the effect to slow down increasing blood sugar levels and prevent large intestinal cancer, diabetes, and high blood pressure. There are large amounts of potassium included which accelerates the removal of sodium (salt), making it effective for reducing swelling and prevention of high blood pressure.



## Healthy Diet, Healthy You

### **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, disclose calorie information, 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.

This restaurant offers a menu displaying nutrition facts and lists which of the eight most common allergens are contained in each product.



### Participating Restaurant

#### **Boulangerie Frere**

**Address:** Sakuragaoka 3-chome 14-5

**Tel:** 73-2929

**Hours:** 7:00 a.m. - 6:00 p.m.

**Closed:** Mondays and Tuesdays



Please note that business hours are subject to change and there may be temporary closures as well. For more information about hours and dates of operation, please contact the restaurant.

## Bike through the Tour of Japan Stage!

**Location:** A course circling the Science City facilities with Keihanna Plaza at the center

**Sponsor:** Keihanna Cycle Race Executive Committee (general incorporated association Kyoto Syaren/Seika-cho/Kizugawa-shi/Keihanna/and others)

	Timetable
Traffic Restrictions Start	8:00 a.m.
Start of Race	8:30 a.m.
Traffic Restrictions End	Around 12:45 p.m.

**A Fan Ride that Anyone can Participate in will Occur!**

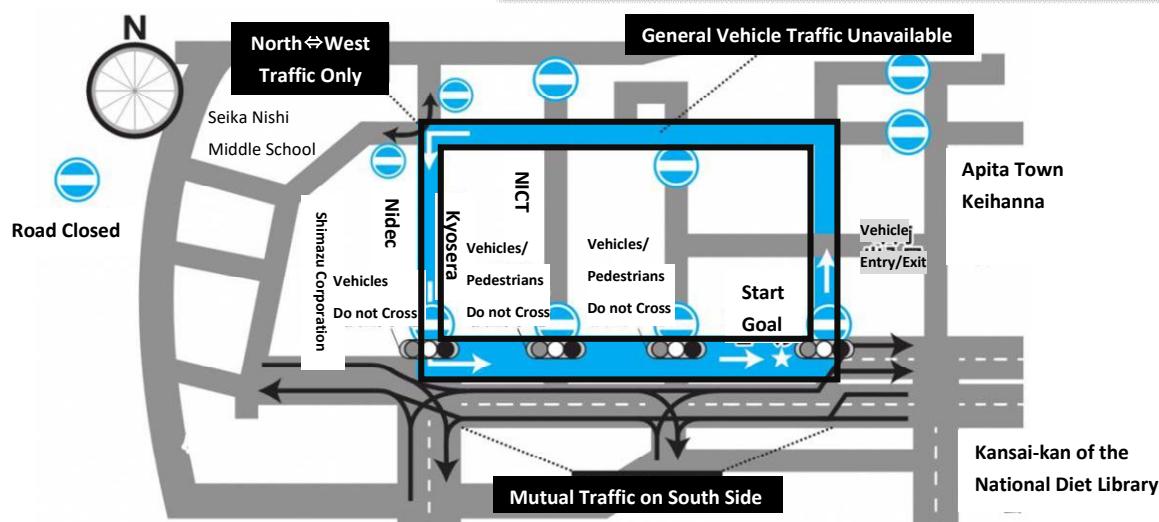
**Number of Applicants:** First 100 people

**Participation Fee: 500 yen**

**Other**

- 

Kyoto Syaren  
Website



## Town Events



### Colors of Spring Concert

**Date & Time:** 4/12 (Sat.) 2:00 p.m. - 3:00 p.m.

**Place:** Keihanna Commemorative Park Suikei-en Kangetsurou Basement

**Event Details:** Please enjoy the tune of the Biwa and Shakuhachi that will be performed.

**Performer:** Shosui Maegawa

**Fee:** Park Entrance Fee



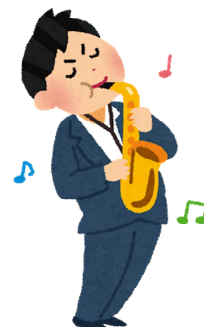
### Keihanna Commemorative Park Jazz Festival

**Date & Time:** 4/27 (Sun.) 11:00 a.m. - 2:30 p.m.

\*To be cancelled in case of rain

**Place:** Keihanna Commemorative Park Grass Square

**Event Details:** Sit wherever you'd like on the grass square and listen freely to the music at this Jazz Festival. There will also be a market held at the same time. 4 bands from Kyoto, Osaka and Nara will perform.



### Ballet at the Park

**Date & Time:** 4/29 (Hol./Tues.) 1st Section: 11:00 a.m.- 2nd Section: 2:00 p.m.

\*To be cancelled in case of rain

**Place:** Keihanna Commemorative Park Grass Square

**Event Details:** It is easy to be open and friendly at the grass square, so let's all freely enjoy ballet as we experience the feeling of the wind and the grass.



### Boys' Day Celebration - Kashiwa Mochi Treats and Origami Fun-

**Date & Time:** 5/5 (Hol./Mon.) 2:00 p.m. - 4:00 p.m.

**Place:** Keihanna Commemorative Park Suikei-en Kangetsurou Basement

**Event Details:** This event will be held to match Children's Day. The first 100 children aged middle school or under to arrive will receive a Kashiwa mochi treat. At the origami corner, you can make carp streamers and other things.

**Fee:** Park Entrance Fee



### Let's Make a Leaf Pendant out of Silver Clay!

**Date & Time:** 5/6 (Hol./Tues.) ①10:00 a.m.-Noon ②1:30 p.m.-3:30 p.m.

**Place:** Keihanna Commemorative Park Visitor Center Training Room

**Participants:** Elementary school children and older (for elementary school 3rd year children and under, a parent or guardian must accompany them)

**Capacity:** 10 people each session

**Event Details:** Choose the leaf you want to press on to the pendant, and transfer it to the clay. It will be one of a kind. You can also make it a Mother's or Father's Day present!

**Fee:** 1700 yen

**How to Apply:** Please call the Park Management Office





## Weekend Appointments for My Number- Related Matters

Appointments on the following days are available for My Number Card application, issuance, digital certificate renewals, and resetting PIN number.

**Dates:** 3/9 (Sun.) & 4/26 (Sat.)

**Reception Hours:** 9:00 a.m. - 11:45 a.m.

※**An appointment needs to be made in advance.**

After receiving and preparing your My Number Card Postcard, please make a reservation online or by phone.



Appointments to receive your card can be made here

## If You Decide to Move...

### Notification of Moving Out (Moving Outside of Seika Town)

Please report that you are moving by the time you move, or within 14 days after your move. You can report via mail. (For those who do not have a My Number Card, a self-addressed stamped envelope (SASE) is required.)

- Notification of Moving Out, the person in question's Identification Documents for the Notification of Moving Out (My Number Card, Driver's License, etc.)

### Notification of One's Change of Address (For Moving Within Seika Town)

Please report this within 14 days after you move.

- Resident Transfer Notification (Notification of Change of Address), My Number Card (All those who have one), the person in question's Identification Documents for the Notification (if no My Number Card).

### Notification of Moving In (Moving into Seika Town)

Please report this within 14 days after you move.

- Notification of Moving out, Change of Address Certificate (for those who received one at time of transfer), My Number Card (all who have one), the person in question's identification documents for notification (if no My Number Card)

\*The person in question or someone in the same household can report. For someone reporting that is not in the same household, a power-of-attorney is required.

### Convenient One Stop Service for Moving

For those who have a My Number Card, instead of going to the Town Hall, you can now report via the My Number Portal. After you submit your report in the portal, a Notification of Moving for the municipality you are moving to is required. For more details, visit the Digital Agency's homepage.

**Direct inquiries to:** Family Register and Section of the Service Counter Division (Sougoumadoguchi-ka Koseki Jumin- Kakari) TEL: 95-1915



Notification Forms for moving in, out or transferring are from the service window or this QR code above.



Procedures for one-stop service for moving are here

## Helpful Information for Disaster Prevention

For those wishing to sign up for the disaster prevention email, please use the QR codes below (offered in multiple languages)

Japanese

English

Chinese (Traditional)

Portuguese

Korean

Vietnamese

Chinese (Simplified)



Inquiries Crisis Management Office Crisis Management Section TEL:95-1928

## Seika Global Net Japanese Learning Support

Would you like to study Japanese in a fun way? You can also talk about your living situation in Japan and experience different aspects of Japanese culture while making friends. Children can participate in the morning class. If you would like to join one of the classes, please scan the QR code and fill out the "contact form".

For those interested, please use this QR code



### Classes

#### ◆ Japanese Learning Room

Tuesday: 10:15 a.m.- 11:45 a.m.

#### ◆ Japanese Class

Tuesday: 7:00 p.m. - 8:45 p.m.

**Location:** Seika Town Hall Exchange Hall, etc.

**Fee:** 1000¥ for 6 months

For more information, please scan the QR code to the right.





## Communicating Through Sign Language

Sign language is often referred to as the language you can see. Not all individuals who have hearing disabilities use sign language, but we are introducing it as one way of communicating with these individuals. We hope that sign language will help to raise awareness of hearing disabilities.

〈**This month's sign language**〉 This year, the Tokyo 2025 Deaflympics will be hosted.

The Deaflympics is the words Deaf + Olympics. Deaf is the English word for those who cannot hear. The Deaflympics is the international Olympics for those who cannot hear or who are hard of hearing.



**The first Deaflympics was held in Paris, France in 1924.**

**The Tokyo 2025 Deaflympics is a tournament commemorating the 100th year anniversary, and it is the first time Japan is hosting the event. From this month onward, we will introduce sign language for the different sports that occur at the Deaflympics.**

(Playing) Tennis



Swing your fist from left to right at the height of your chest.

(Playing) Badminton



Swing your first from left to right at the height of your head.

## Seika Town Facility Schedules

### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
4/6 (Sun.)	Internal Medicine, Pediatrics	5/3 (Hol. /Sat.)	Internal Medicine
4/13 (Sun.)	Internal Medicine, Pediatrics	5/4 (Hol. /Sun.)	Internal Medicine
4/20 (Sun.)	Internal Medicine	5/5 (Hol. /Mon.)	Internal Medicine
4/27 (Sun.)	Internal Medicine, Pediatrics	5/6 (Hol. /Tues.)	Internal Medicine
4/29 (Hol. /Tues.)	Internal Medicine	*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)	

### Health Center

Date	Time	Details
4/15 (Tues.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 9/2021)
4/22 (Tues.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 12/2024 & 6/2024)
4/25 (Fri.)	12:30 p.m.-	5 yr. Health Check (Children born 4/2020)
4/30 (Wed.)	12:30 p.m.-	5 yr. Health Check (Children born 4/2020)
5/2 (Fri.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 10/2021)

### Mukunoki Center

Date	Time	Details
4/9 (Wed.)	-	Closed
4/13 (Sun.)	9:00 a.m.- Noon	Arena Open (Hohoemi Sports Hiroba)
4/16 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
4/23 (Wed.)	-	Closed
4/30 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)



### **The President of PASSPORTS, Norman's International and Sister City Organization, Visited Seika Town**

On March 7, Marles Bradley, the president of PASSPORTS, Norman's International Association and her family visited Seika Town. There, they were able to talk with those who visited Norman in the past, visit Seika's famous places like Keihanna Plaza and Keihanna Commemorative Park through a town tour, and have a meeting with the mayor. Marles Bradley even performed the Native American flute for some of the employees of the town hall, and everyone was able to learn about the flute and experience that cultural exchange. This year, Seika Town and Norman will celebrate the 20th anniversary of our sister city relations, so having those from Norman who are so involved in our international relations come and visit Seika was an honor!



### **About Our Sister City- Norman, Oklahoma**

Seika Town has maintained a sister city relationship with Norman, a city in Oklahoma, USA, since 2005, and a friendly relationship through Kyoto Prefecture's sister state connection since 1985. The two municipalities work together to promote international exchange and cultural understanding to create more globally-minded communities.

### **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 Minami-ku Higashikujo Shimotono Dacho 70 Kyoto Prefectural Exchange Plaza (Kyoto Terrsa) Third Floor East Wing). Consultations can be made in English, Japanese, Chinese, Vietnamese, Tagalog, and 15 other languages. TEL: 075-681-4800 Homepage: <https://kpic.or.jp>

### **Find us Online!**

Town Website



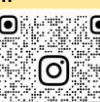
Facebook



Kyoto CIR Blog



Kyoto CIR Instagram



### **Keihanna Hands-On Science Festival 2025**

The 11th Science Festival was hosted in Keihanna Plaza. There were 280 families with elementary school children and a total of around 850 people participated.

At the event, children pretended to be researchers and do experiments, and there was a lot at the 26 workshops that occurred like scientific handicrafts, observing the sun, and an experience for kids to operate robots. Attendees expressed their thoughts about the event, like "It wasn't studying science, it was learning and having fun through play, " "It was so much fun that the options for my future dreams multiplied."

