



## Disaster Prevention Weather Information will Change Significantly!

The disaster prevention weather information published by the Japanese Meteorological Agency (JMA) will be updated after the end of May (scheduled). For more details, please check the JMA homepage using the following 2d Bar-code.

### Main Point of Change ①

The disaster prevention weather information (river flooding, heavy rain, landslide disaster, high tide) will be presented in 5 stages of advisory levels (Flood warnings/advisories will be discontinued and will be published as "river flooding" and "heavy rain" warnings/advisories).



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	River Flooding	Heavy Rain	Landslide	Storm Surge	Citizen's Course of Action (for each advisory level)
	Flooding of large rivers such as rank 1 rivers, etc.	Flooding of low ground and non-river flooding	Steep terrain landslides and mudslides	Flooding due to rising sea levels and high waves	
Advisory Level	Level 5	Level 5	Level 5	Level 5	Your life is in danger - ensure safety at once!
5	Emergency Warning (Flood)	Emergency Warning (Heavy Rain)	Emergency Warning (Landslide)	Emergency Warning (Storm Surge)	
< Evacuate from Dangerous Places by Advisory Level 4! >					
Advisory Level	Level 4	Level 4	Level 4	Level 4	Evacuate from affected areas
4	Urgent Warning (Flood)	Urgent Warning (Heavy Rain)	Urgent Warning (Landslide)	Urgent Warning (Storm Surge)	
Advisory Level	Level 3	Level 3	Level 3	Level 3	Those who need more time to evacuate should prepare and evacuate early, etc.
3	Warning (Flood)	Warning (Heavy Rain)	Warning (Landslide)	Warning (Storm Surge)	
Advisory Level	Level 2	Level 2	Level 2	Level 2	Confirm evacuation actions ( place, route, timing, etc.)
2	Advisory (Flood)	Advisory (Heavy Rain)	Advisory (Landslide)	Advisory (Storm Surge)	
Advisory Level	Early-Stage Advisory Information				Increase your readiness for a disaster
1					

Seika Town Mascot  
**KYOMACHI SEIKA**



"Check the New Disaster Prevention Weather Information!!"

### Main Point of Change ②

"Urgent Warning" is established as Advisory Level 4 (expected evacuation)

### Main Point of Change ③

Advisory levels (numerical) will be added to the disaster prevention weather information. From those published advisory levels, you will begin to understand what course of action should be taken in a disaster!

# Bike through the Tour of Japan Stage!

## U-Spirit Uemura Cycle Parts Cup 2026 Keihanna Cycle Race



**Date and Time:** 4/19 (Sun.) 8:00 a.m. - Opening Ceremony (Will Occur Rain or Shine)  
**Location:** A course circling the Science City facilities with Keihanna Plaza at the center  
**Sponsor:** Keihanna Cycle Race Executive Committee (Keihanna/General Incorporated Association Kyoto Syaren/Seika-cho/ Kizugawa-shi/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.

The TOJ (Tour of Japan) will start at the Keihanna sun dial plaza, and there will be a lot of booths for bicycles in that area, so if you are interested, please stop by.

### A New Established Class that Anyone can Participate in!

A new class (C5 Open) has been added that can be participated in with any bicycle (besides electric-assisted bicycles) that has both front and back breaks equipped. Scan the 2D bar-code below for the application and more details.



- It will start at around 11:10 a.m.
- It is necessary for participants to wear a helmet and sports shoes.

### Traffic Regulations and Certain Bus Stop Regulations/Relocation will Occur!

During the time of the race, road traffic regulations will occur along with the limiting/relocation of certain bus stop operations according to the map below. We know that it may cause an inconvenience to those around the area, but we ask for your understanding and cooperation.

#### Traffic Regulations

During the race, the traffic from Seikadai Odori/Keihanna Plaza to the Science City facility area will be regulated. (Keihanna Plaza will still operate as normal).

#### Certain Bus Stops will be Limited/Relocated

During the race, the bus stops for Nara Kotsu route buses and the Seika Kururin buses will be changed as follows:

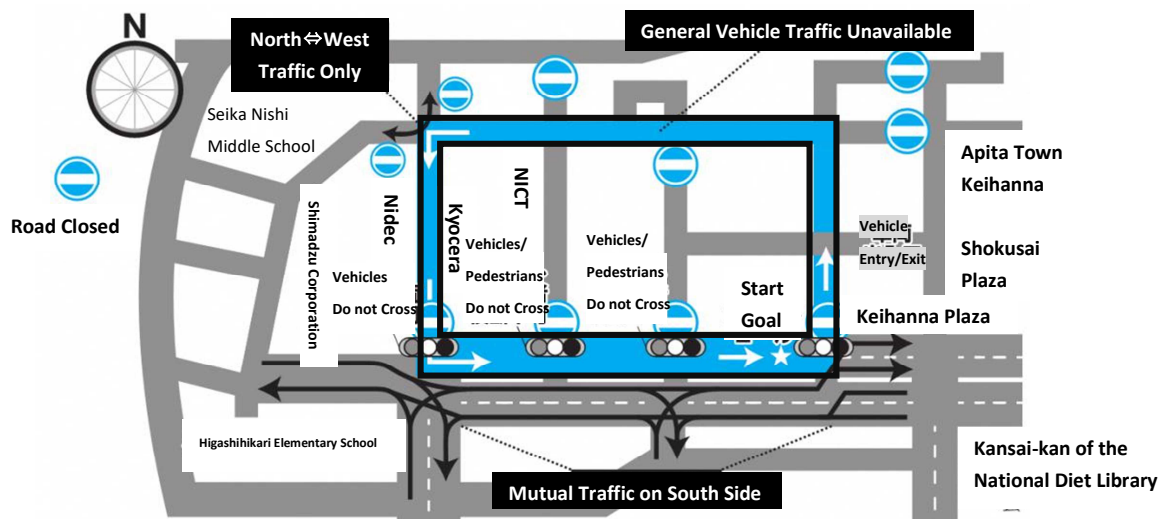
##### Nara Kotsu Route Buses

The bus stops "Hikaridai 4-chome," "Hikaridai 3-chome," and "Keihanna Plaza" for the bus heading east of Seika Odori will be unavailable for use, so please use the respective stops "Hikaridai 7-chome" or "ATR." You will be able to embark/disembark on the bus heading west.

##### Seika Kururin Buses

The bus stop for "Keihanna Plaza" will be relocated to the Nara Kotsu bus stop "ATR" for the bus heading towards Shin-Hosono Station West Exit departing from Yamadagawa Station.

Inquiries Keihanna Cycle Race Executive Committee Office (general incorporated association Kyoto Syaren) TEL:090-5151-9669 ✉info@kyotosyaren.com, Seika Town Local Administration Promotion Division Regional Collaboration Section TEL:95-1934





## A Childcare System for any Child will Begin! (Childcare Support Program for Infants & Toddlers)

What is "A Childcare System for any Child?"

This is a program aimed at children not enrolled in daycare, etc. from ages 6 months until 3 years of age in which the child's parent or guardian can enroll the child in a daycare, etc. for 10 hours a month without being asked about employment matters.

Usually, this will support the growth of children who do not go to daycare through group-living opportunities. Also, parents and guardians can also receive support and consultation concerning child rearing. After submitting the application form, authorization is required in order to use this service.

### Implementation Overview

**Applicants:** Children not enrolled in daycare from ages 6 months until 3 years.

(Can be used up to 2 days before the child's 3rd birthday)

**Available Usage Time:** 10 hours each month per child

**Usage Fee:** 300 yen per 1 hour (Fee reductions apply based on household circumstances)

\*Separate fees at facilities that offer snacks, food etc. may be required.

**Implemented Facilities:** Iketani Nursery School, Seikadai Nursery School, Seikasei Maria Kindergarten

\*For other or more information, please check the town homepage.

**Inquiries:** Childcare Support Division Childcare Section TEL: 95-1917



## Use Your Seika Town Regional Revitalization Gift Certificates

### Usage Period: Until May 31st

In order to reduce the financial burden for families due to the rise in prices of groceries in town, 6000 yen worth of Seika town regional revitalization gift certificates that can be used at participating stores (retail & restaurant) have been distributed by utilizing the country's priority support regional grant.

The period of use is until May 31st, so please use them quickly.



Participating Stores  
are marked on this  
poster!

**Distributed Amount:** 6000 yen per 1 person (12 500 yen tickets)

**Distribution Target:** Every person who has their residence registered in Seika since Feb. 1st

**Usage Period:** Until May 31st (Sun.)

**Participating Stores:** Previously registered retail shops and restaurants within the town

### Things to Note

- Remaining change will not be given.
- When the usage period passes it will become invalid.
- There will be no reissuance due to loss or damage, so please be careful when handling them.
- Resale or conversion of tickets for profit is strictly forbidden.
- Within participating stores, there are some items that do not apply to the certificate, like tradable coupons or tobacco.

For more Information about the Gift Certificate  
and about Participating Stores →



**Inquiries:** Seika Town Regional Revitalization Gift Certificate Executive Office TEL: 075-284-0141

**Hours of Operation:** Weekdays from 9:30 a.m. - 5:30 p.m. (excluding Saturdays, Sundays, and Holidays)



Let's learn how to make a "On-Hand Vegetables Dish with Japanese Mustard Spinach and Dried Shrimp" with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

### Ingredients (2 Servings)

60g Japanese Mustard Spinach 20g Carrot 23g Chikuwa 6g Dried Shrimp  
 1/2tbsp (6g) Sesame Seed Oil 2tsp (10g) Sake 2tsp (12g) Mirin  
 2tsp(12g) Soy Sauce 1tbsp (6g) White Sesame Seeds



### Instructions

- 1) Coarsely chop the Japanese mustard spinach, carrots, and chikuwa.
- 2) Lightly toast the dried shrimp in a fry pan, add the sesame seed oil and fry (1). Add flavoring when it becomes soft, and simmer until the moisture evaporates. Lastly, season with the sesame seeds.

### Nutrition Information (per serving)

Calories	96.5 kcal	Calcium	306 mg
Protein	4.3 grams	Dietary Fiber	1.1 grams
Fat	5.1 grams	Sodium	1.2 grams

### **Nutrition Education Tip No. 70**

#### "About the Nutrients in Japanese Mustard Spinach"

Japanese mustard spinach has amounts larger than that in spinach of iron, which works to prevent and improve anemia, and calcium, which makes up bones and teeth. Particularly, the amount of calcium is comparable to milk, so it is perfect for growing individuals and middle-aged people as a preventative for osteoporosis.

It also contains  $\beta$ -carotene and vitamin C, which is not only a preventative for lifestyle diseases, but is also a vegetable expected to increase immunity and an effect on appearances.



## 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, and either have 3 or more items that are either full of vegetables, low in sodium, or have calorie information, as well as display food allergy information of the menu.



### Participating Restaurant

#### **Sobajin**

This restaurant offers a menu displaying nutrition facts.

**Address:** Hikiridai 4-chome 45-10

**Tel:** 94-5332

**Cafe Hours:** 11:00 a.m. - 2:00 p.m.

**Days Closed:** Wednesday



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.

**Inquiries:** Seika 365 Office (Health Promotion Division/Elderly Welfare Division/National Health Insurance and Medical Services Division/Lifelong Learning Division/Planning and Coordinating Division) TEL: 95-1905 (Health Promotion Division)

## Town Events



### Let's Play Japanese Drums Together!

#### ●From Children to Adults - Let's Have Fun!

**Date & Time:** [Practice] 4/4,11,18,25, 5/2,9,16,23,30 every Saturday at 6:00 p.m.-7:00 p.m. [Performance] 5/24 (Sun.) (Scheduled) 10:00 a.m. - 11:00 a.m.

**Applicants:** 4th year elementary school students and older

**Fee:** 1000 yen (free for those 17 and younger)

#### ●Youth/Prime of Life Version - Let's Play Miyake Taiko

**Date & Time:** [Practice] Saturday 4/4,18, 5/2,16,30 at 7:00 p.m. - 8:00 p.m. [Performance] 5/24 (Sun.) (Scheduled) 11:00 a.m. - Noon

**Applicants:** People in their 20s-50s

**Fee:** 1000 yen

[Both]

**Place:** [Practice] Kashinoki-en [Performance] Keihanna Commemorative Park

**Capacity:** 10 people each group

**Event Details:** Let's have fun and play Japanese drums to our heart's content in Keihanna Commemorative Park!

**How to Apply:** Apply at the following. It is also possible to join from any practice session.

**Inquiries:** Seika Taiko Haburi TEL: 090-8122-6939/✉atarashi110@yahoo.co.jp



### 2nd Learn About the World Through Music Workshop

**Date & Time:** 4/19 (Sun.) 1:00 p.m. - 4:00 p.m.

**Place:** Seika Town Exchange Hall

**Capacity:** First 80 people (4th year elementary school students and younger must be accompanied by a caretaker)

**Event Details:** A cultural exchange event by Seika Global Net and HEARTGlobal Kyoto. A music workshop ♪ connecting the world's song and dance. An enjoyable and carefree event where both children and adults as well as those with foreign nationalities included can overcome the language and age wall and interact! Please participate with your family as well!

**How to Apply:** Apply via the 2D bar-code

**Inquiries:** Seika Global Net ✉seikaglobalnet@gmail.com HEARTGlobal Kyoto ✉hgkyoto22@gmail.com



Application Form

### Dog Gathering in Keihanna Commemorative Park

**Date & Time:** 4/18 (Sat.) 9:30 a.m. - 4:00 p.m.

\*To be cancelled in case of rain (will be decided at 6:00 p.m. the day before)

**Place:** Lawn Plaza

**Event Details:** A market that will create a place for dog-lovers to gather with a collection of booths selling dog items and cute goods with dog motifs. There will also be food trucks.

**Inquiries:** Pocket March Executive Committee TEL: 080-5364-2345



### Spring-Colored Concert

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

**Place:** Keihanna Commemorative Park Kangetsuro Basement

**Event Details:** From classical to pops, Please enjoy music from a variety of genres from a recorder and piano.

**Performers:** duo wit

**Fee:** Park entrance fee





**Weekend Appointments for My Number-Related Matters**

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

**Dates:** 4/18 (Sat.) & 5/24 (Sun.)

**Possible Reservation Hours:** 9:00 a.m. - 11:45 a.m.

※An appointment needs to be made in advance. (No same-day reservations)

※Reservations can be made 45 days prior and up until the day the town hall is open before the desired day.

- **Applications & Renewals** → Please reserve by phone.
- **Reservation for Receiving Card** → After receiving and preparing your My Number Card Postcard, please make a reservation online or by phone.

※Renewals for digital certificates can be made 3 months prior to the expiration date.



Appointments to receive your card can be made here

**If You Decide to Move...**

**① 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.)

**② Notification of One's Change of Address (For Moving Within Seika Town)**

Please report 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).

**③ Notification of Moving In (Moving into Seika Town)**

Please report within 14 days after you move.

- Notification of Moving out, Change of Address Certificate (for those who received this when doing the notification for moving out at the previous place of residence), 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.

**The Convenient One Stop Service for Moving**

For those who have a My Number Card, instead of going to the Town Hall of your previous residence to report moving out, you can now report via the My Number Portal. After you submit your report in the portal, it is required to do procedures for Notification of Moving in, etc. at the town hall of the municipality you are moving in to. 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- Gakari) TEL: 95-1915

**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

Vietnamese

Portuguese

Korean

Chinese (Traditional)

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.





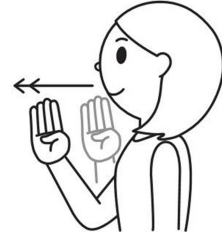
**Communicating Through Sign Language**

The "Seika Town Ordinance Concerning the Promotion of Sign Language and the Use of Diverse Communication Methods Tailored to the Characteristics of Disabilities" was established in April 2026. Ordinance Nickname: Expressing Feelings, Connecting the Future - Seika Town Sign Language & Diverse Communication Ordinance



Seika Town is aiming to be a "Coexisting Town" where anyone can be reassured to live their life their own way. For this, it is important to create a society of mutual understanding where both people with and without disabilities from young to old can each express their feelings without separation. However, there are cases in which it has been difficult for people with disabilities to do things such as get information in a way that suits them and express their feelings. Sign language in particular is important to the deaf, hard of hearing, and those with partial hearing, but for a long time it was not recognized as a language and there was a period where it was difficult to use. Now, it is recognized in Japan and the world as "words" that are the same as a vocal language. This ordinance aims to make a town that anyone can live in while communicating their feelings by making sign language and other types of communication easier to use.

Language



Make the sign language character "ke" with your right hand and push it forward two times from the base of your mouth.



Previously printed sign language is currently being introduced on the home page.

Inquiries: Public Welfare Division Inclusive Society Section TEL: 95-1904

**Seika Town Facility Schedules**

**Soraku Emergency Medical Clinic Schedule**

Date	Specialty	Date	Specialty
4/5 (Sun.)	Internal Medicine, Pediatrics	5/3 (Hol./Sun.)	Internal Medicine
4/12 (Sun.)	Internal Medicine	5/4 (Hol./Mon.)	Internal Medicine
4/19 (Sun.)	Internal Medicine	5/5 (Hol./Tues.)	Internal Medicine
4/26 (Sun.)	Internal Medicine, Pediatrics	5/6 (Hol./Wed.)	Internal Medicine
4/29 (Hol./Wed.)	Internal Medicine		

\*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)

**Mukunoki Center's Closed Days**

Closed Days: 4/8,22, 5/13

\*The arena will be temporarily closed until the end of April (scheduled) due to construction.

In conjunction with the extension of the construction schedule, we have ceased the reception of reservations for use in April. In addition, reservations for use will be available from May 1st onward.

**About the Temporary Closure of Uchikoshidai Grounds/Tennis Court**

In conjunction with the maintenance activities of the Culture/Sport Activity Base (disaster relief support facility) in Uchikoshidai, the Uchikoshidai grounds and tennis court will be temporarily closed according to the following below. This will be terribly inconvenient for those using it, but we ask for your understanding and cooperation.

**Uchikoshidai Tennis Court**

**Period of Closure:** About 1 year after 4/2026 (Plan)

\* Usage of the nighttime lighting will be unavailable for about a year after 4/2027

**Uchikoshidai Grounds**

**Period of Closure:** About 2 years after 4/2026 (Plan)

Inquiries: Lifelong Learning Division Public Physical Education Section TEL:95-1907



**Summer Market Starting Again in Norman This Year**

The summer season for Norman's year-long market started Saturday, April 4th. There are other markets in the area, and this market offers vendors a chance to rotate through other markets. This allows them to sell their products at different places to various different people. The summer market occurs every Saturday from 8:00 a.m. - 1:00 p.m. While some farmers may grow produce year-round due to green houses, etc. other farmers will start the season with spring and early summer crops like radishes, daikon, and other greens. There will also be meat and dairy products as well as artisan vendors, allowing attendees to enjoy a variety of goods!



Source: Norman Transcript'

**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

**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 or 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 Web site



Facebook



Kyoto CIR Blog



Kyoto CIR Instagram



**Protect Your Life! Disaster Prevention Classroom**

The learning classroom "Kawanishi Classroom" occurred at the Kawanishi Elementary School. Hands-on experiences such as readiness towards disaster prevention and setting up disaster prevention tents occurred under the guidance of an employee of the town's Crisis Management Office and a learning coordinator. The children worked together as they enthusiastically tackled the experiences, and it was a valuable opportunity where they had fun while thinking about the actions to take to protect their lives. In the town's 5 elementary schools, they host a learning classroom each semester, and are currently recruiting volunteers to help in these activities. For more details, scan the 2D bar code on the right.

