



KAKEHASHI

FOR ALL THE FOREIGN RESIDENTS LIVING IN HIGASHIURA

JANUARY, 2026
83RD ISSUE
【ENGLISH】

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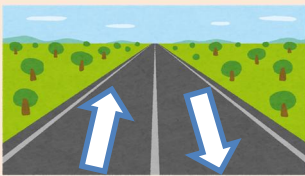
CONTENTS OF THIS ISSUE : LET'S FOLLOW THE TRAFFIC RULES ! - P 1 , THE PROCEDURE FOR ISSUING RESIDENCE CERTIFICATES AND OTHER DOCUMENTS WILL BE CHANGE AT THE COMMUNITY CENTER ! ! /PUBLIC FACILITY CLOSURES DURING THE NEW YEAR HOLIDAYS - P 2 , NIHONGO HIRROBA (JAPANESE LANGUAGE CLASS) - P 3 ,EMERGENCY CLINIC SCHEDULES - P 4

LET'S FOLLOW THE TRAFFIC RULES !

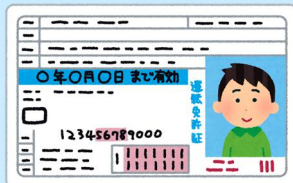
Roads are used by many people and vehicles, if traffic rules are not followed, serious accidents may happen. To make sure everyone can use the roads safely, let's learn and follow traffic rules.

10 RULES WHEN DRIVING A CAR 10

- ① Cars drive on the left side of the road.



- ② Always carry your driver's license when driving.



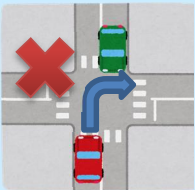
- ③ Pedestrians have priority at crosswalks. If someone is trying to cross, stop before the crosswalk.



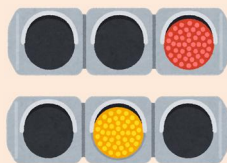
- ④ Do not enter after the yellow line.



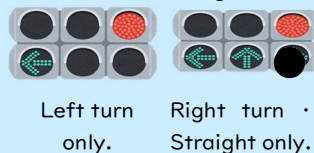
- ⑤ Cars going straight have priority, if there is a car going straight you must not turn right.



- ⑥ Stop when the traffic light is red or yellow.



- ⑦ Even if the light is red, you may proceed only in the directions of the arrow signal.



Left turn only.

Right turn · Straight only.

- ⑧ At places with this sign, stop once at the white line or before the sign and check carefully around you (Stop Sign)



- ⑨ Do not drive after drinking alcohol or if alcohol remains in your body from the previous day.



- ⑩ Do not use or talk on a mobile phone when driving.



- ⑪ Follow all the traffic signs and road markings when driving.



★ Common Traffic Signs ★



Some signs have additional time restrictions.



↑ From 8:00 am until 8:00 pm. You may only turn right.

You can only go to the direction of the arrow.



Pedestrian road only. (Cars are not allowed.)



No entry for vehicle.



Do not exceed the postal speed limit.



No Parking



【Inquiry】 Resident Self-Governance Division

NIHONGO HIROBA (JAPANESE LANGUAGE CLASS)

In Higashiura town, we have 3 Japanese Language Classes [Nihongo Hiroba, Kodomo Nihongo Hiroba and Nichiyoubi Nihongo Hiroba]. It is free of charge. Would you like to study Japanese language together with the volunteers?

▼ SCHEDULE FROM JANUARY UNTIL MARCH, 2026



JANUARY							FEBRUARY							MARCH						
MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4							1							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
		◆			●▲				◆			▲	★			◆			▲	★
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
		◆			▲	★						●▲				◆			●▲	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
		◆			●▲	☆			◆			▲	★			◆				★
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29
		◆			▲				◆			●▲				◆			●▲	
														30	31					

●...Nihongo Hiroba ◆▲△...Kodomo Nihongo Hiroba

★☆...Nichiyoubi Nihongo Hiroba

	●NIHONGO HIROBA	◆▲△KODOMO NIHONGO HIROBA	★NICHIIYOUBI NIHONGO HIROBA
QUALIFIED	ADULT・CHILD	CHILD	ADULT・CHILD
TIME	14:30~16:00	Days with mark ◆ 16:30~19:00 Days with mark ▲ 13:00~15:00 Days with mark △ 9:00~12:00	9:30~12:30 (Core time: 10:00~12:00)
PLACE	Ken Ei Higashiura Jutaku Shuukaijyo Hall (Higashiura Cho Ooaza Ishihama Aza Sanbonmatsu 1-1)		Bunka Center 2 nd Floor (Higashiura Cho Ooaza Ishihama Aza Giro 10)
APPLICATION	Application is not necessary. Person who wish to join the class can come directly at KenEi Jutaku Shuukaijyo during class hours.	Please send a mail to 「TABUNKA KYOUSEI HIGASHIURA」 Mail Address : [tabunka_higashiura@yahoo.co.jp] Please write the title 「Kodomo Nihongo Hiroba」 or 「Nichiyoubi Nihongo Hiroba」. On the letter body, please write your name and contact mail address. (For person who will apply for “Kodomo Nihongo Hiroba”, please indicate the year class of the child.) It is possible to send mail in Japanese language or any other languages.	Application is not necessary. Person who wish to join the class can come directly at Bunka Center (Ogawa Community Center for days with mark ☆) on the opening class days. Ogawa Community Center : (Higashiura Cho Ooaza Ogawa Aza Yashikiniku 58-1)

【INQUIRY:JUUMIN JICHKA - RESIDENT SELF-GOVERNANCE DIVISION】

EMERGENCY CLINIC SCHEDULES

Date	Clinic	Area	Telephone	Remarks
2026.1.1	Hidaka Kodomo Clinic ひだかこどもクリニック	Ogawa	0562-82-0700	* The acceptance hour of the emergency clinic on the day is from 9:00 am until noon.
2	Jibiinkouka Miyako Clinic 耳鼻咽喉科みやこクリニック	Ishihama	0562-82-3859	
3	Higashiura Iin 東浦医院	Fujie	0562-83-2270	
4	Abe Naika Clinic あべ内科クリニック	Morioka	0562-84-1155	
11	Jibiinkouka Miyako Clinic 耳鼻咽喉科みやこクリニック	Ishihama	0562-82-3859	* There are changes in some circumstances.
12	Hidaka Kodomo Clinic ひだかこどもクリニック	Ogawa	0562-82-0700	
18	Higashiura Iin 東浦医院	Fujie	0562-83-2270	* Other emergency hours, please make an inquiry at (Emergency Medical Information Center) (0562)-33-1133
25	Ogawa Jibiinkouka Clinic おがわ耳鼻咽喉科クリニック	Ogawa	0562-82-5200	
2026.2.1	Fujisawa Iin 藤沢医院	Ishihama	0562-83-8111	
8	Tatsumigaoka Clinic 巽ヶ丘クリニック	Shinden	0562-35-1111	
11	Maeda Clinic 前田クリニック	Fujie	0562-84-6618	
15	Satou Naika Clinic さとう内科クリニック	Ogawa	0562-83-5166	
22	Kobayashi Clinic 小林クリニック	Fujie	0562-84-5858	
23	Matsuoka Seikei Geka まつおか整形外科	Ogawa	0562-82-1222	
2026.3.1	Odai Clinic 於大クリニック	Ogawa	0562-82-1911	
8	Yuri Clinic ゆりクリニック	Morioka	0562-82-3337	
15	Yamamoto Clinic やまもとクリニック	Ishihama	0562-82-0600	
20	Mitani Seikei Geka みたに整形外科	Ikuji	0562-82-0114	
22	Abe Naika Clinic あべ内科クリニック	Morioka	0562-84-1155	
29	Jibiinkouka Miyako Clinic 耳鼻咽喉科みやこクリニック	Ishihama	0562-82-3859	

CHILD RAISING INFORMATION

◎ Nutritional Consultation ◆ Brushing (Please bring toothbrush.) ☆ Dental check up and Fluoride application. ★ Breast milk consultation from midwife.

	EXAMINATION	JANUARY	FEBRUARY	MARCH	RECEPTION TIME	
Kenshin (Examination) for babies	4 Months ----- ◎★	30th (FRI) Born in September, 2025	27th (FRI) Born in October, 2025	27th (FRI) Born in November, 2025	1:00 ~2:00 pm	
	※Mother's dental health check up will do together with child's 4month's medical check-up.					
	7 Months ----- ◎	28th (WED) Born in June, 2025	25th (WED) Born in July, 2025	18th (WED) Born in August, 2025		
					Place	
	Happi Soudan (1 yr.old child measurement) Consultation ----- ◎◆	14th (WED) Born in December,2024	17th (TUE) Born in January, 2025	10th (TUE) Born in February, 2025	Health Center	
					Things to Bring	
	1 year and 6 months ----- ☆◆◎	16th (FRI) Born in July, 2024	20th (FRI) Born in August, 2024	6th (FRI) Born in September, 2024	Mother and Child Healthbook "Boshitecho"	
	2 years and 2months Health and Dental check up ----- ☆◆	21st (WED) Born in November, 2023	18th (WED) Born in December, 2023	11th (WED) Born in January, 2024	For mark - ◆ Bring the following:	
	3 years old ----- ☆◆◎	7th (WED) Born in January, 2023	4th (WED) Born in February, 2023	4th (WED) Born in March, 2023	toothbrush, cup and towel	
	Yobou Sesshu (Vaccination Only)	Rota Vaccine	After birth from 6 weeks until 32 weeks after birth. (The numbers and qualified age differs depends on the type of vaccine.)			Implementation at all Medical Institutions inside the town.
		Hib Vaccine	After birth from 2 months until 5 years old below.			
		Pediatric Pneumococcal Vaccine	(The numbers and intervals of vaccine differs upon the starting age in month.)			
Hepapits B		After birth until 1 year old.				
4 mixture vaccine (Diphtheria, Pertussis, Tetanus, Inactivated Polio) 5 mixture vaccine (Diphtheria, Pertussis, Tetanus, Inactivated Polio, HIB)		After birth above 2 months until 7 years and 6 months below.			*Medical Institutions differs according to the type of vaccine.	
BCG		Below 1 year old after birth.				
Measles/Rubella (1st term)		After birth from 1 year old until 2 years old.			(FREE OF CHARGE)	
Measles/Rubella (2nd term)		Daycare senior child is qualified. (Individual notice)				
Japanese Encephalitis 1		Vaccine guidelines will be given during the 3 years old check up.				
Japanese Encephalitis 2		Elementary of 4th grade are qualified. (Individual notice)				
Diptheria, Tetanus (2nd term)		Elementary of 6th grade are qualified. (Individual notice)				
Chicken Pox (Varicella)		After birth from 1 year old until 3 years old.				

Attention: Higashiura Health Center is asking all the children to take 6 examinations by 3 years old. Please come and take an examination if your child has not taken an

[Request upon consultation] Wearing a mask is an individual decision but we are asking for your cooperation to wear a mask during the infant health check-up.

* Please refrain from coming if the child or the family has fever or in case of not feeling well. Please contact the Hoken Center if your are not feeling well or inconvenient to come for the health check-up.

※ The infant check-up will be cancelled in case of storm warning announced as of 11:00 in the morning.

※ In some cases, schedules might differ because of long time schedule.Please check the information magazine or website .

※ Please inquire at Higashiura Health Center for more information (0562) 83-9677