

# Bridging the Gap

我住的城市 一宮 내가 살고 있는 一宮



## 季節のイベント

(各イベントは変更されるかもしれません)

### 全国選抜チンドンまつり

2020年05月24日(日)

日本の各地から選ばれたチンドンマンがあつまり、パフォーマンス

をします。

場所: 萩原商店街

### 一宮七夕まつり

2020年7月16日(木)~19日(日)

日本の三大七夕まつりのひとつとされる程大きなおまつりです。

場所: 一宮市本町

## Seasonal Events

(Schedules are subject to change.)

### The National Chindon Festival

Date: May 24, 2020 (Sun)

Place: Hagiwara Shopping Street

Selected chindon dancers from all over Japan perform.

### Ichinomiya Tanabata Festival

Date: July 16 (Thu) – 19 (Sun), 2020

Place: Ichinomiya Honmachi Shopping Arcade

It's a big festival that is one of the three best Tanabata festivals in Japan

## 季節的活动

(各活动也许会有改变)

### 全国选拔东西屋庙会

2020年05月24日(星期日)

从日本各地选拔的东西屋相聚在一起进行表演。

### 一宮七夕节庙会

2020年7月16(星期四)~19日(星期日)

被称为日本三大七夕庙会的大庙会。

地点: 一宮市本町

## 계절 이벤트

( 각 이벤트은 변경될 수도 있습니다 )

### 전국 선발 친돈 축제

2020년 5월 24일 (일)

일본 각지에서 뽑힌 친돈만이 모여 퍼포먼스를 합니다

### 이치노미야 칠석 축제

2020년 7월 16일(목)~19일 (일)

일본의 3대 칠석 축제 중의 하나로 큰 축제입니다

장소 이치노미야시 혼마치

日にちなどが 変更する場合があります。事前に調べてから 行きましょう。

The schedule may change, so please check before joining the events.

以下各活动也有日期变更的情况。请勿必在事前确认后再出门。

FB: <https://www.facebook.com/iaa138>



## International Exchange: A Friendly Soft Volleyball Meet!



An international sporting exchange event was held at the Ichinomiya City Municipal Gymnasium on Sunday, January 19th, 2020. A total of 116 people participated in this event, mainly foreigners from Hotsuma Japanese Language School (30 people) and members of the Kisogawa Sports Club (59 people).

Firstly, the participants listened to the rules of the game and were divided into twelve mixed teams of foreigners and Japanese. Then the games started.



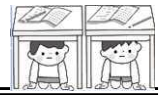
Among the people from overseas, there were many who haven't played soft volleyball in their homeland. This was their first experience. One of the Nepalese showed us the way to clasp his hands to bump the ball which he just learned here. Since they've been familiar with such sports as volleyball, basketball, cricket, football, and long-distance running, they could play actively. They made sharp spikes, protected their own team with blocks, or fixed serves that dropped very close to the net. They looked like they were having fun.

The children of the sports club showed us the result of their daily practice as well. They also tried to talk to foreigners eagerly. Whether they scored or not, they seemed to enjoy the games by doing high fives with their teammates.



"The Lions" won the championship. Thanks to the overwhelming strength of two elementary school students, they won all their games. After all the people cleaned up the event venue, the members of the sports club wiped the floor. The gym became clean in an instant. Everyone spoke in Japanese at the award ceremony and social gathering, which was held in another room. A foreigner who just came to Japan last October and another who has been here for two years with a JLPT N2-level Japanese ability both talked a lot using good Japanese. Through eating snacks and taking photos, we were able to interact with each other beyond borders.

## A Disaster Preparedness Drill was Organized for Foreign Residents



The drill was done as part of “Nihongo Hiroba” to educate foreign residents about preventive actions when they face a disaster such as an earthquake or a fire.

Firstly, Ichinomiya International Association (iia) staff gave the participants some communicative Japanese expressions that could be useful when they need support in the case of disaster. The staff emphasized that you must identify your designated Evacuation Site. So, the participants searched for theirs on a map in the room, while listening to iia’s important advice: things you’d better put in your backpack for emergencies are water (3 liters for a day per person), food, a flashlight and a radio. iia also requested that, if you are not comfortable with Japanese, you make your Emergency Card, which could help you remember your Evacuation Site, medicines you usually take and other personal things, and that you keep the card with you always.

As a drill, an iia staff instructed that when the participants hear the announcement “An earthquake has occurred!”, they should go under a desk and stay there until the shaking stops completely. After this, the participants were instructed to keep calm and leave the building calmly and quietly. Outside, members of the Ichinomiya Fire Department were waiting to usher them into a tent. The participants were taught how to avoid the noxious smoke caused by fire.

Next, they learned about using a fire extinguisher. It was a good opportunity for the participants to try out such a gadget that otherwise would be rare for them to access. On the day of the drill, they handled water-type ones, although powder-type fire extinguishers are more commonly installed on sites.

When the participants returned to the room, they received some instructions on saving people whose heartbeat is at a standstill by using the AED (Automated External Defibrillator) and giving a heart massage. We are sure that all the participants have now become capable of lifesaving without hesitation when needed. Afterwards, they enjoyed a hot, tasty lunch meal courtesy of the Cooking Group volunteers of iia.



The afternoon started with a serious lecture by an Ichinomiya Police officer. He explained that 34.4 million people might suffer from a blackout after a big disaster occurs, and that they would have no choice but to fend for themselves, waiting for some time until electricity is brought back to normal.

## Homestay Experience with a JICA Trainee

This is our second experience as a host family. Our guest is Mr. Dzekedzeke from Malawi, South Africa, who came to Japan for JICA training. He is a nice guy with an attractive smile, so we could immediately relax.

He also has two children, so we could easily have cheerful conversations. We went to a conveyor belt sushi place for lunch. I wanted him to taste various sashimi, but he said beef sushi was delicious and ordered it many times. In the afternoon, we went to Masumida Shrine. At first, my children were shy but soon they were holding hands with him and seemed to be having fun.

Mr. Dzekedzeke had been in Japan for several weeks during the JICA training session, but he hadn’t eaten okonomiyaki yet, so we ate okonomiyaki for dinner. He couldn’t eat pork for religious reasons, so we replaced pork with tuna. He said, "Delicious! Thanks for serving such a wonderful dish!" so I felt very happy.

The next day, we went to Ichinomiya City Museum to see exhibits related to Ichinomiya and Aichi Prefecture. He was surprised at the fine details of the diorama reproducing an old farming scene.

When it was time to say goodbye, the children seemed lonely and said they want to play with him again! We have a one-year-old baby, and he usually cries when he is held by a man, but he seemed to be completely happy when held by Mr. Dzekedzeke. In just two days, he almost became part of our family, and we had fun and valuable experiences. If you are not sure about accepting a homestay, I suggest you try it!





# Emergency Card

Disaster strikes when it is least expected.

We recommend that you make your own Emergency Card using the format below for reference  
All you have to do is fill in the blanks (either in Japanese or rōmaji), fold the sheet in six, and  
keep it in your commuter pass holder or bag.

Emergency Card	Phone Number	Dial <b>119</b>
	● Mine: - -	for Fire Engine/Ambulance
Name: _____	● Emergency contact person's: - - (Name: _____ )	Dial <b>110</b>
Address in Japan: _____	● Workplace's - - (Name: _____ )	for the Police
		Dial <b>117</b>
		for Disaster Emergency Message Service
Number: _____	My Doctor/Hospital: _____	
Alien Registration Card Residence Card Number/ _____	Food to which I'm allergic: _____	(Map of the Site) _____
Passport Number: _____	Medicine(s) I always take: _____	Designated Evacuation Site: _____
Blood Type: _____		
Nationality: _____		



# 방재 카드

재해는 언제 일어날지 모릅니다. 방재 카드를 만들어서 정기권 케이스나 가방에 넣어 두세요.  
항목을 채워서 검은 선을 따라 잘라서 방재 카드를 만드세요.

방재 카드	일본 주소: _____	소방서 <b>119</b>
	_____	경찰서 <b>110</b>
성명 _____	핸드폰 번호: 본인: _____ 가족: _____ 가족 이름: _____	재해용 전연 다이얼 <b>171</b>
_____	_____	
후급 응급의료기관/후급 의료기관	_____	
_____	_____	
연락처	_____	
_____	_____	
_____	_____	(지도)
_____	_____	주요 교통요지



# Beware of Hay Fever



With spring just around the corner, your eyes start to itch or your nose becomes runny or stuffy. These may be signs of allergic rhinitis, a.k.a. hay fever.

It happens when the body's immune system overreacts to the allergens in the air. Symptoms include a runny or stuffy nose; sneezing; red, itchy, and watery eyes, and swelling around the eyes.

Hay fever is typically triggered by environmental allergens such as pollen, pet hair, dust, or mold. And in Japan, many people develop symptoms only during specific times of the year, often as a result of pollen exposure.

We have cedar pollen from February to April, cypress pollen from April to May, and Gramineae grass pollen from June to August in Japan. There are many Japanese cedars planted in Japan as a result of the reforestation projects after WWII, and those trees produce large amounts of pollen.



This photo shows cedar sprinkling pollen

The following measures are said to be effective in controlling hay fever symptoms:

1. Mask: Wearing a mask can reduce the amount of pollen intake.
2. Gargle: Rinsing out your mouth and throat can remove pollen. Gargle when you return from the outdoors.
3. Eyewear: Wearing eyeglasses can reduce the amount of pollen that gets into your eyes. Pollinosis prevention glasses are also available nowadays.
4. Clothes: Pollen gets into your house by sticking onto your clothes. Choose the fabric carefully so that you can remove pollen easily by dusting off before going inside the room. Smooth fabric made with synthetic fibers is a better choice for your outer layer.

If you have severe symptoms, you should see your doctor. Although it is difficult to completely cure hay fever, symptoms can be improved with medicine.

It is said that exposure to animals early in life might reduce the risk of developing these specific allergies. So if you have a baby or small children, it may be a good idea to take a walk in a zoo with kids on a nice day!

## Our Neighbors

Lee Yong-Hwa, 이 영화, is from Suwon in Korea. I visited his home. In spite of it being a holiday, he and his wife Naomi welcomed me with a smile.

Naomi and I met when she was working in Korea 15 years ago. I never expected to live in Japan at all, but I didn't worry about that, because she spoke Korean fluently.

My first impression of Ichinomiya was that it was a quiet town, the road was clean, and it was hard to find people! I had no acquaintances here, but I willingly tried to talk to neighbors with broken Japanese, and I actively participated in children's gatherings and local events. And then I kept friendly relations with people close to me, and I enjoyed interacting with them.

A nearby farmer gives us many Chinese cabbages to make kimchi every year. Naomi is good at cooking Korean food too, so I can have good kimchi in Japan. Without my noticing it, the number of people I know in Ichinomiya has increased.

Fishing is my favorite amusement. When I was in Korea, I enjoyed going fishing in the sea on a fishing boat all day. I could easily do such a way of fishing there, but it's not easy to go fishing by boat here. So, I began easier fishing for small sweetfish or gobies at the first time. However, I wanted to catch more big fish later. Recently, I try to go fishing for sea bream. It's good to be able to catch big fish on the bank in Japan, too.

Two years since meeting Akita who runs a fishing tackles shop, I feel that my outlook on fishing has broadened. We sometimes couldn't make ourselves understood in our own languages, but Akita and I have come to understand each other.

He taught me a lot of things about fishing, and thanks to him, I came to be able to catch bigger fish. I hope to visit the Goto Islands with my family someday, and I'd like to fish black sea bream about 70 centimeters long.

Lee Yong-Hwa looked gentle the whole time. I found out that his family, including his son who is in the 4th grade of elementary school and who joined us partway, are enjoying their lives to the fullest every day.

I learned that their son talked to his father in Korean. I felt that it was wonderful for the son to cherish his parents' languages.

### 我们的邻居

拜访了韩国水原市出身的李容和家。虽然是休息日但是直美女士（妻子）也笑脸迎接了我们。15年前直美在韩国工作的时候两个人相识了。做梦也没有想到自己居然会住在日本。虽然当时自己基本上不会说日语，但是直美女士的韩语很流畅，所以没有担心。

一宫的印象是寂静、道路又干净、没有人。

虽然连熟人都没有，但是没有畏惧就用生硬的日语和邻居们搭话。积极参加儿童会和地区活动，非常珍惜身边的人，喜欢交流。附近的农家每年都会给很多白菜说：“拿去做泡菜吧！”直美女士的韩国菜做得很好，所以在日本也能吃到好吃的泡菜。不知什么时候一宫变成了亲切人很多的城镇。

我的爱好是钓鱼，在韩国的時候乘船出海钓鱼，可以一整天都享受钓鱼的乐趣。在韩国能轻松享受这样的乐趣，但是在日本乘船出海钓鱼并不简单，刚到日本时只能钓一些小鲈鱼和蝦虎鱼。毕竟还是想钓大鱼！现在在挑战钓斑鲷鱼和黑鲷鱼。在堤坝上能钓到大鱼是日本的好地方。2年前左右认识了渔具店的秋田，觉得世界变得更广阔了。虽然语言不通，但是比起语言心灵的沟通更合得来。他教给我很多钓鱼的技巧，托他的福我能钓到大鱼了。想什么时候和家人去五岛列岛尝试着钓一条70cm左右的黑鲷鱼。

始终和蔼可亲的李先生。中途小学4年級的儿子过来一起接受了我们的采访。能感觉到李先生和儿子每天都过得很充实。儿子能用韩语和父亲说话。我觉得珍惜父母双方的语言是件很了不起的事情。



## Information about free Japanese classes for foreigners

### 只提供给外国人免费学习日语教室的通知 / 외국인을 위한 무료 일본어 교실

Ichinomiya International Association (iia) is offering Japanese lessons free of charge to foreigners living in Japan.

一宮市国際交流協会, 义务工作者们(简称义工)免费教在住一宮市的外国人日语。

#### Nihongo Hiroba / 日语广场一宮 / 일본어 광장

**Date and time:** Every Sunday, 10:00am – 12:15pm  
(Except the third Sunday of each month and public holidays)

**Venue:** Mukaiyama Kouminkan 3rd Floor (1-12-1, Koganemachi, Ichinomiya-shi)

#### **Participants:**

Non-Japanese residents who want to learn Japanese language and culture.

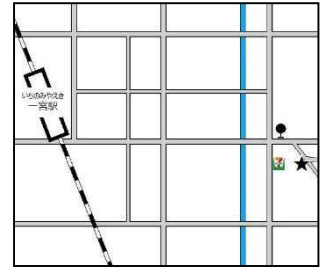
**时间:** 每周星期日(第三个星期日.红日子除外)上午 10:00-12:15

**场所:** 向山公民馆 3 楼(一宮市古金町 1-12-1)

**对象:** 想学习日语及日本文化的在住外国人。

**일시:** 매주 일요일 (셋째 주 일요일·공휴일 제외) 오전 10시~오후 12시 15분

**장소:** 무카이야마 공민관 3층 (이치노미야시 코가네마치 1-12-1)



#### Nihongo Hiroba Bisai / 日语广场尾西 / 일본어 광장 비사이

**Date and time:** Every Sunday, 2:00pm – 3:45pm  
(Except the first Sunday of each month and public holidays)

**Venue:** Sanjo Tsudoi-no-Sato (In Bisai Park) (Ga, 11-1, Sanjo, Ichinomiya-shi)

#### **Participants:**

Non-Japanese residents who want to learn Japanese language and culture.

**时间:** 每周星期日(第一个星期日.红日子除外)下午 2:00-3:45

**场所:** 三条つどいの里 (三条集会所) (一宮市三条字賀 11-1 尾西公園内)

**对象:** 想学习日语及日本文化的在住外国人。

**일시:** 매주 일요일 (첫째 주 일요일·공휴일 제외) 오후 2시~오후 3시 반

**장소:** 산조츠도이노사토 (비사이 공원내) (이치노미야시 산조야자가 11-1)



#### Nihongo Hiroba Junior / 日语广场少年组 / 일본어 광장 주니어

**Date and time:** Every Saturday, 10:00am – 11:30am (Except public holidays)

**Venue:** Kikyo Kaikan 3rd Floor, Daiichi Koushuushitsu (1-5-17, Otowa, Ichinomiya-shi)

#### **Participants:**

Foreign students who need support in learning the Japanese Language  
(As a principle, elementary and junior high school students are eligible)

**时间:** 每周星期六(处红日子)上午 10:00-11:30

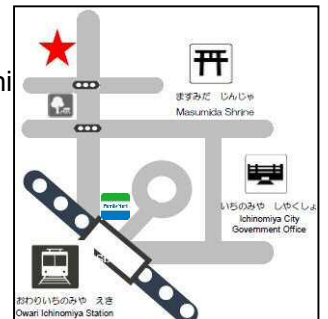
**场所:** ききょう(桔梗)会馆 3 楼 第一讲习室 (一宮市音羽 1-5-17)

**对象:** 有必要接受日语辅导的外国人学生(原则上为小学生)。

**일시:** 매주 토요일 (공휴일 제외) 오전 10시~오전 11시 반

**장소:** 키쿄회관 3층 제1 강습실 (이치노미야시 오토와 1-5-17)

**대상:** 일본어 지도가 필요한 외국인 학생 (원칙적으로 초중생)



#### Terakoya Ichimin / 私塾一宮 / 서당 이치민

**Date and time:** Every Monday & Thursday, 5:00pm – 7:00pm  
(Elementary school students until 6:30pm)

**Venue:** Kisogawa Kouminkan (2nd Floor Kenshuushitsu)  
(Ichinotoori 27, Uchiwariden, Kisogawa-cho, Ichinomiya-shi)

#### **Participants:**

Foreign students who need Japanese support in school study  
(From third grade of elementary school up to senior high school students)  
Consultation is necessary before first and second graders of elementary school can participate

**时间:** 每周星期一·星期四下午 5:00-7:00(小学生到 6:30)

**场所:** 木曾川公民馆 2 楼 (一宮市木曾川町内割田一の通り 27)

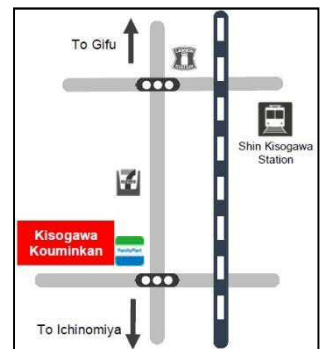
**对象:** 有必要接受日语辅导的外国人学生(小学三年开始到高中生)。

\*小学 1~2 年级的需要咨询

**일시:** 매주 월요일·목요일 오후 5시~오후 7시 (초등학생은 오후 6시 반까지)

**장소:** 기소가와 공민관 2층 연수실 B (이치노미야시 기소가와초 우치와리덴 이치노토오리 27)

**대상:** 일본어 지도가 필요한 외국인 학생 (초등학교 3학년부터 고등학생) \*초등학생 1~2학년생은 상담 필요



Please come to our

## Welcome Hiroba

# 欢迎参加

## 国际交流广场!

We hold a Welcome Hiroba every first Sunday of each month, in the Ichinomiya Station Building(i-biru).

The Welcome Hiroba is a place where Japanese and non-Japanese people in Ichinomiya can gather, talk, and make friends. There are staff who speak English, and guidance counselors from China and the Philippines, so if you are a foreign resident having trouble with life in Ichinomiya, please come and talk to us at any time.

There is no need for a reservation, and it costs nothing to come in any time during the opening hours of the Welcome Hiroba and join in, so please feel free to drop in and have a chat whenever you are free.

### Time:

Every first Sunday of each month  
9:30 a.m. ~ 10:30 a.m.

### Place:

Ichinomiya Station Building (i-biru)  
3rd Floor, Ichinomiya Civic Activities  
Support Center (市民活動支援センター)  
しみんかつどうしえん

在一宫车站大楼里 (i-大楼), 每个月的第一个星期天的上午将举行

「国际交流欢迎广场」的活动。

在这里,不论日本人还是外国人,不分国籍谁都可以自由参加,你可以得到一次愉快地交流。除了会说英语的工作人员之外,还有中国和菲律宾的相谈人员,如果你在一宫的生活遇到了什么麻烦也可以和他们进行相谈。

参加活动之前不需要提前申请,没有任何费用,并且可以自由出入,所以当天就轻松愉快地来玩吧。

### 时间:

每月第一个星期日 上午 9:30 ~ 10:30

### 地点:

一宫站前大楼 (i-大楼) 3 楼  
市民活动支援中心里

Welcome!



### 一宫市国際交流協会 Ichinomiya International Association

住所 : 491-8501 一宮市本町 2-5-6 ADDRESS : Honmachi 2-5-6, Ichinomiya City, Aichi

TEL : 0586-85-7076 FAX : 0586-73-9213 MAIL : kokusai@city.ichinomiya.lg.jp

WEB : <https://www.city.ichinomiya.aichi.jp/iia/> FB : <https://www.facebook.com/iia138>

翻訳 : 一宮市国際交流協会 通訳・翻訳 G ボランティア 翻译编者 : 一宫市国际交流协会友好志愿者翻译小组

Translated / Edited by : iia Translation-Interpretation Volunteer Group