

Bridging the Gap

我住的城市 一窩 내가 살고 있는 一窩



家族に、新型コロナウイルスに感染したかもしれない人がいるとき、家の中で気をつけること（8つのポイント）

- その人と違う部屋にしましょう
- その人のお世話はできるだけ1人で
- マスクをつけましょう
- とときどき手を洗いましょう
- 部屋に外の空気を入れましょう
- みんなが手で触るところを消毒しましょう
- 汚れたタオルやシーツ、洋服を洗濯しましょう
- ごみは袋に入れてよくしばって、外から触れないようにしましょう

家族や、一緒に住んでいる人は、もう感染しているかもしれない。体温を計るなど、健康かどうか気をつけてください。急いでなかったり、必要がなかったりするときは外に出るのを止め、特に咳や熱があるときは、職場や学校に行かないでください。

8 Precautions to take at home when a family member is suspected of being infected with Covid-19

- Isolate those who are suspected of being infected in a separate room.
- If possible, only one family member should look after that person.
- Put on a mask.
- Wash your hands diligently.
- Ventilate the room.
- Disinfect common areas that you touch.
- Wash dirty linen and clothes.
- Seal the garbage and throw it away.

Family members and those living together may already be infected. Continue to observe your health, such as measuring your body temperature. Please avoid going out unnecessarily. Do not go to work or school especially if you have symptoms such as coughing or fever.



家人中有疑似感染新型冠状病毒时，家庭内的注意事项（8个要点）

- 分开房间
- 照顾感染者尽量指定一个人
- 要戴上口罩
- 要勤洗手
- 要勤通风
- 用手接触的共用部分要消毒
- 脏了的日用品、衣服要洗
- 扔垃圾时要把垃圾封口

您的家人和同居者有被感染的可能性。请继续测量体温等健康观察。避免不必要的外出，特别是出现咳嗽或发烧等症状时，不要去公司、学校。

가족 중에 신형 코로나바이러스 감염이 의심되는 사람이 있을 경우, 가정 내에서의 주의 사항(8 항목의 포인트)

- 방을 따로 씁시다
- 감염자의 간병은 가능한 한 제한된 인원으로
- 마스크를 씁시다
- 꼼꼼하게 손을 씻읍시다
- 환기를 시킵시다
- 여러 사람의 손이 닿는 곳은 소독합시다
- 오염된 시트나 의복을 세탁합시다
- 쓰레기는 밀폐시킨 후 버립시다

가족 분이나 동거하시는 분은 이미 감염되었을 가능성이 있습니다. 체온 측정 등의 건강 관찰을 지속해 주세요. 불필요한 외출은 삼가 주시고, 특히 기침이나 발열 등의 증상이 있을 때는 직장이나 학교에는 가지 마십시오.

Ichinomiya After-hours Emergency Clinic

Outline: If the citizens of Ichinomiya suddenly fall sick on a Sunday, a national holiday, or on a weeknight, they can be assured that they can be treated by a doctor in the clinic.

The clinic has been closed on weeknights for a while, since Thursday, October 1st, 2020 (or the 2nd year of Reiwa), to prevent the spread of Covid-19 in the clinic. In case of an emergency, the "Emergency Medical Care Information Center" (Tel.: 0586-72-1133; Open 24 hours a day, 7 days a week) can guide you to other medical institutions.

Address: 3-2, Kifune-cho, Ichinomiya.

(Ichinomiya Medical Association building, Naka Health Center 1st floor) Tel.: 0586- 71-2766

Clinical Departments, Reception Times and Dates, Treatment hours, Holidays, etc.

Clinical Departments: Internal Medicine, Pediatrics

Reception times and dates: Sundays, national holidays, and the New Year's holiday period (December 30th to January 3rd)

From 9:15 a.m. to 11:30 a.m. From 1:00 p.m. to 4:30 p.m.

Consultations open from 9:30 a.m.

Ichinomiya After-hours Emergency Clinic doesn't conduct Covid-19 tests or treatments.

Ichinomiya After-hours Emergency Clinic doesn't issue a medical certificate for influenza.



假日・夜间急诊所

概要：休息日（周日、节假日等）或昼夜急病时，可以安心接受医生的治疗。

为了防止新型冠状病毒感染症的扩大、院内感染，令和2年10月1日（周四）起暂时停止平日夜间诊疗。紧急情况时请使用「急诊医疗信息中心电话 0586-72-1133（24小时365天体制）」，负责介绍医疗机关。

所在地—一宫市贵船町3丁目2（一宫市医生会馆中保健中心1楼）电话号码 0586-71-2766

诊疗科目、受理日期时间、诊疗开始时间：休息日等 诊疗科目：内科，小儿科

受理日期和时间：周日、节假日、年末年初（12月30日~1月3日）

上午9点15分~11点30分，下午1点~4点30分 诊疗开始时间上午9点30分~

假日、夜间急病诊疗所中，不实施新型冠状病毒感染症的检查、诊疗。

在假日、夜间急诊所，不出具流行感冒罹患证明书。



휴일·야간 응급 진료소

개요

휴일(일요일, 국경일 등)이나 평일 야간에 긴급히 병원에 가야 할 때, 안심하고 의사에게 치료를 받을 수 있습니다.

신형 코로나바이러스 감염의 확대로 병원내 감염을 방지하기 위해 2020년 10월 1일(목요일)부터 당분간은 평일의 야간 진료를 휴진합니다. 긴급 상황 발생시에는 '응급의료정보센터 -전화 0586-72-1133(24시간 365일 체제)'에서 의료기관 안내를 해 드리고 있습니다.

주소：一宮市貴船町3丁目2（一宮市医師會館・中保健センター 1階）電話番号 0586-71-2766

진료 과목 ▪ 접수 날짜 ▪ 진료 개시 시간

휴일 등

진료 과목：내과 소아과

접수 날짜：일요일, 국경일, 연말연시(12월 30일~1월 3일)

오전 9시 15분~11시 30분, 오후 1시~4시 30분 진료 개시 시간：오전 9시 30분~

휴일 ▪ 야간 응급 진료소에서는 신형 코로나바이러스 감염증의 검사 진료는 실시하지 않습니다.

휴일 야간 응급 진료소에서는 독감의 이환(발병)증명서는 발행하지 않습니다.



New Smartphone App “Avoid-the-Three-Cs Checker”



The application, developed by Ichinomiya resident Hayato Sakaida, analyzes how often you are exposed to what passes for the “Three Cs.” This comes about when you are placed in any of these three conditions: in “closed” spaces, between “crowded” places, and in “close-contact” interactions with others.

We recommend using the app to all the city residents who are eager to find a safer style of living during the Covid-19 pandemic. The app works as well as COCOA, which is now widely used since its introduction by MHLW.

After installing the app on your phone, the “Avoid-the-Three-Cs Checker” will start to stack up the data of how often you have encountered such conditions every 15 minutes, and the app also shows you analytic figures and charts with graphs and maps on an hourly/daily basis. The data can be saved up to a maximum of three weeks. In addition, the app can count how many COCOA users exist around you.

All you have to do is search Google Play for “三密チェッカー” to install the app.

Note: The app can operate with Android only. Downloading it is free of charge, but it offers some in-app purchases.

**The “三密チェッカー” app is currently suspended.



新智能手机软件「三密检查器」

智能手机软件「三密检查」是判断自己是否处于密闭、密集、密接所谓「三密」的环境，是由住在一宫市坂井田逸斗开发的。

对于市民，为了实践日常生活中的「新生活方式」，请务必与厚生劳动省的接触确认软件「COCOA」结合使用。

三密检查是

以测定数据为基础、每天接触的人数或「密」比例图、危险度分布图功能可确认什么时候、在哪里「密度」的软件（免费、软件内有购买）。

下载后利用 GPS 或 Bluetooth 的方法，每隔 15 分钟自动测定、记录「密」的状态。除了了解 1 日接触的人数之外，还可以将日期、时间、状况图表化或测绘定位地图。数据保存当日+过去 20 天的量，之后可以确认详细内容。

另外，还有测定周围安装的「COCOA」末端数据的功能。

在 Google Play 上搜索「三密チェッカー」并下载。

※ 仅作为 Android 软件的应用。现在「三密检查器」的送信已经被停止



스마트폰 앱<3 密チェッカー>

스마트폰 앱<3 密チェッカー>는 자신이 어느 정도 밀폐·밀집·밀접 상태인지, 즉 <3 밀>의 환경에 있는가를 판단하는 앱으로 이치노미야시에 거주하는 坂井田逸斗씨가 개발한 앱입니다.

시민 여러분께서는 일상 생활에 있어서 <새로운 생활 양식>의 실천을 위해 후생노동성(厚生労働省)의 접촉 확인 앱<COCOA>와 함께 꼭 활용해 주시기를 부탁드립니다.

3密チェッカー(3 밀 체커)는

측정 데이터를 기본으로 하루에 접촉한 인원수와 <3 밀>비율 그래프, 위험도 분포맵 기능을 사용하여, 언제 ▪ 어디서 <3 밀>이었는지를 확인할 수 있는 앱(무료, 앱 안에 유료 구입이 있음)입니다.

다운받은 후에는 GPS や Bluetooth 의 기능을 이용하는 방법으로, 15 분마다 <3 밀>상태가 자동으로 측정 ▪ 기록됩니다. 하루에 접촉한 인원수를 알 수 있는 것 외에도 날짜별 ▪ 시간별 <3 밀>의 상황을 그래프화하거나, 지도에 매핑하거나 하는 것이 가능합니다.

데이터는 당일과 과거 20 일 동안의 분량이 보존되어 나중에 상세히 확인할 수도 있습니다.

또, 주위의 <COCOA>를 다운받은 단말 수를 측정하는 기능도 있습니다.

Google Play 에서<3 密チェッカー>라고 검색해서 다운로드해 주세요.

※Android에서만 동작하는 앱입니다.<현재,<3 密チェッカー>는 정보 전송이 정지되어 있습니다>



The “English Free Talk,” which was held every month at the restaurant on the 11th floor of the city hall, has been cancelled until further notice due to concerns about the spread of COVID-19. Instead, “English Free Talk Online” was held through the internet by using the Zoom app.

This was our first trial, and this time eight volunteers who belong to the Ichinomiya International Association (iia) were recruited. The participants appeared online 10 minutes before the session started. After the opening remarks from the office staff, the members were divided into two virtual rooms and started a conversation in English. Two Coordinators for International Relations (CIRs) supported them as a facilitator in each room. They joined the conversation and set the mood for the event by facilitating the conversation and prompting the members. “How do you spend your time during the Covid-19 pandemic?” was one of the topics discussed in English. One of the participants said, “I joined this event because I’d like to have an opportunity to speak English. I wanted to interact with various people and had a good time even in this situation. Talking with the CIRs and other members inspired me a lot. It was a good idea to divide the room. The small number of people made it easier to talk. We are now facing a new normal so we could share information about the changes in our daily lives and the things bothering us.” It was a very meaningful feedback.

This was the first time, and we had few participants. By separating into smaller rooms, we could also talk with the CIRs without hesitation. The meeting was short, lasting only thirty minutes, but it was fun. iia announced the next meeting. They are now preparing for on making this a monthly event. (Sano)



Let's cook at home! Cuisines from Around the World South Africa Edition

This time we'd like to introduce how to cook Bobotie (meatloaf), which we made at the South African cooking seminar in 2019. It's a very flavorful and popular national dish in South Africa. (iia)

Ingredients (Serves 5 people)

500 g minced meat (beef) 500 g minced meat (mutton)
1 small onion (finely chopped) 1 tsp grated garlic
1 tsp grated ginger 1/2 apple (cut in small pieces - 5 mm)
50 g almonds (crushed) 50 g raisins (lightly chopped)
30 g butter 30 g curry powder
5 g garam masala 10 g turmeric
15 g salt 100 g panko breadcrumbs
4 eggs 100 cc milk
Laurel or sweet basil as needed

Instructions

(Preheat the oven to 356°F/180°C)

- ① Heat the butter in a frypan and add onions
- ② Add the garlic and ginger after the onions turn a little golden brown
- ③ Add minced beef and 90 g panko breadcrumbs and stir it well
- ④ Add the curry powder, turmeric, salt, apple, raisins and almonds
- ⑤ Transfer the mixture into an ovenproof plate and press tightly onto the plate
- ⑥ Beat the eggs and milk and pour it over the mixture
Put the laurels or sweet basil on the top of the mixture
- ⑦ Sprinkle 10 g panko breadcrumbs and garam masala over the mixture
- ⑧ Bake in the oven at 356°F/180°C for about 20 minutes while keeping an eye on how the egg cooks (Take care not to overcook the egg)
- ⑨ Remove the plate from the oven and pour the sauce over the bobotie



Bobotie

Introduction to the Ichinomiya International Association YouTube Channel

Live from June 2020

Hello, everyone! Did you know the iia has a YouTube channel?

iia's Coordinators for International Relations (CIRs)—Kassandra Lotivio (a.k.a. Dora-san) from New Zealand and Alessio Vignera (a.k.a. Ale-san) from Italy—are making videos for the channel.



They both studied Japanese at university before coming to Japan, and they say that they are still learning, but they are very good at speaking Japanese.

Usually, they visit all the elementary schools in Ichinomiya City between them, but the visits were cancelled during the first term because of Covid-19.

Additionally, all annual events such as the Global Summer Seminar and Friendship Festival were cancelled. The events that everyone was anticipating were all cancelled, so Ale and Dora introduce things about their home countries in their YouTube videos.



The videos they create overflow with their personal touches, and they make them from scratch. They do everything—from brainstorming ideas to recording the videos to video editing, etc. Dora introduces Kiwi slang, which Japanese are unfamiliar with. Ale introduces Italian culture and customs.

Among the videos uploaded on the channel is a video consisting of their bloopers from the Dora and Ale 3-minute English conversation class video series (which can be found on the official Ichinomiya City channel). Watching the bloopers video, viewers can tell that they had fun making the videos and that they get along well. Viewers can also get a glimpse of their personalities.

Dora and Ale have so many good ideas, so they will upload more videos in the future. We can't wait!

Disappointingly, there are only a few subscribers to the channel.

Please subscribe to the iia channel!

And after watching the videos, please give a thumbs up!



Ichinomiya International Association is holding a "Parent and Child International Exchange Bowling," which is a bowling tournament where foreigners living in the area and Japanese parent-and-child pairs team up and compete against each other. Please join us!

Date and time: January 17, 2021 (Sun.) 1:00 PM – 3:00 PM
Venue: Asobix Bisai Bowling Center
(3-9-1 Kagoya, Ichinomiya City, Aichi)



※Shuttle bus from and to Ichinomiya City Hall is available

Participants: Foreigners living in the vicinity of Ichinomiya City
(We will not ask for your age.)

Maximum number of participants : 6 (In the event that there are more than 6 applicants, we will regulate the number.)

Participation fee: 500 yen per person (includes fees for 2 games and for borrowing bowling shoes)

Description: 2 foreigners living in the vicinity of Ichinomiya City forms a 4-member team with a Japanese parent-and-child pair.

Each team competes for the highest overall score.

Prizes will be given to the top teams. Consolation prizes and special prizes will also be awarded. Please do join us.

<Contact details>

Ichinomiya International Association Person-in-charge: Kouno
Tel: 0586-85-7076

Or access the Google form by scanning
the QR code on the right



*Please apply by November 20, 2020 (Fri.).

一宮市国際交流協会 Ichinomiya International Association

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