

# PLAZA NEWSLETTER (June, 2023)

The "rainy season" is the early summer in Japan when there is a lot of rain. The "rainy season" lasts from early June to mid-July. It is the same time of year that plums ripen, and thus this season is called "ume no ame" (plum rain). Only Hokkaido, in the north of Japan, is almost entirely unaffected by the rainy season. It begins in Okinawa Prefecture in the south, and gradually comes to all of Japan. A lot of rain could cause severe disasters. Gather information by watching the news and the Internet.

The Plaza received 51 consultations in April. We share some of them with advice from the Plaza.

Q : I plan to marry a Japanese national. Please tell me about the necessary documents and procedures for an international marriage.

A : The documents required will vary depending on whether you live in Japan and will go through the procedures in Japan, or if each of you is going through the procedures in your own country. For more information, you can consult with an immigration counselor (an administrative scrivener) at the Plaza.

Q : I would like to learn something. Where can I find what I can learn?

A : We provided information on classes close to where he lives.

Q : We are looking for a weekly apartment as we plan to invite a foreign researcher to stay with us for a month. Can you introduce a place to stay?

A : We can introduce property information through the Plaza's "Housing Consultation", but we do not introduce weekly apartments. You can search for properties on the Internet, and we have introduced several websites.

Q : I received a payment form for long-term care insurance premiums, but I don't understand the enclosed document. Also, the premium amount is different from last year (200 yen lower), is this correct?

A : We translated the enclosed document. We also advised that the amount of the premiums seems to vary depending on income and age.

Q : I came to Japan on a tourist visa, but circumstances have forced me to extend my stay. However, I am concerned about my visa status and other issues and wonder how long I will be able to stay in Japan. Also, I am stressed and troubled by life in Japan, which I am not accustomed to.

A : We introduced the Mental counseling at the plaza, suggesting to talk directly with a counselor."

If you have any problems, please contact the Kumamoto Consultation and Support Plaza for Foreign Residents.



## 「Rainy season」

This month's topic is the "rainy season".

June brings a lot of rain, and the rainy days continue from around May to July. This is called the "rainy season". The gradual onset of the rainy season is called "entering the rainy season". Okinawa will be the first to enter followed by the rest of Japan, apart from Hokkaido.

Be careful when it rains a lot, as mountains can collapse, and rivers can overflow.

Next, we introduce flowers that are beautiful during the rainy season.

The first is the hydrangea.

It comes in blue, purple, pink and so on.

In Kumamoto, there're famous hydrangea spots in Uto city, Amakusa city etc.



The second is a flower called "HANASHOBU(iris)".

There are several types, including the Edo, Ise, and Higo. Especially, the Higo type of iris is one of the "Six flowers of

Higo" which have been cherished in Kumamoto.

There are famous iris spots in Tamana City, Yatsushiro City, Amakusa City and so on.

Go and take a look.



## About COVID-19

From March 13, 2023, you are allowed to decide for yourself whether or not to wear a mask as a measure against infection with COVID-19. Then, on May 8, its treatment was changed. Here are some of the main points that have changed.

- Whether or not infected persons and ones in close contact with them to go out or not is now up to the individual to decide
- Number of medical institutions that patients tested positive can go, has increased
- Medical expenses co-payment (health coverage) for examinations and medical treatment are 10-30%, but there is no co-payment for medication.



Stay prepared for the spread of infection after May 8

### When you feel unwell

How to examine yourself, recuperate quickly, and get medical care

**If you think you could have been infected with the COVID-19?**

Before going to a medical institution

- Don't panic, check symptoms and stock medications
- Check using a kit secured by the government

**[If positive]**  
If symptoms are mild, begin recuperation at home or elsewhere

**[If negative]**  
Continue to take basic infection prevention measures, such as wearing a mask if you have symptoms and washing your hands

Contact your doctor if you are at high risk of serious illness (eg. Elderly, people with underlying medical conditions, pregnant women etc) or if you have severe symptoms and wish to receive medical attention

**Contact your health care provider before going to see a doctor**

Take infection control measures when visiting medical institutions, pharmacies, and facilities for the elderly and such

Because the new coronavirus is highly contagious, **masks should be worn** to protect the elderly and those with underlying medical conditions

**Be prepared in case of fever or other health problems**

- New corona antigen qualitative kit\*
- antipyretic and analgesic

Feel free to consult your family pharmacist/pharmacy  
\*Please select "in vitro diagnostic products" approved by the government.

"For Research" is not approved by the government.

- Telephone consultation service and other contact information

Consultation services in your area, such as medical examination and consultation centers [Ambulance Use Manual]

# 7 1 1 9 (Emergency Request Consultation)  
# 8 0 0 (Children's Medical Consultation)

Be prepared with daily necessities (Thermometer, daily food, etc.)

Over-the-counter antipyretic and analgesic

Medical examination and consultation center

Ambulance Use Manual

厚生労働省  
Ministry of Health, Labor and Welfare

If you have a fever or other symptoms, consult your physician.

For those with no family doctor : 0570-096-567  
(Dedicated consultation number for medical consultation)

In the event of a sudden change in health during medical treatment :  
050-3385-9120 (Dedicated Health Consultation Dial)

Foreign Language Numbers : 092-687-7962

For more information, check the website of  
the Ministry of Health, Labor and Welfare.



## Information on Kumamoto Consultation and Support Plaza for Foreign Residents

The Plaza offers professional consultations including legal affairs, residence status issues, job hunting, housing and life affairs support in multiple languages. Consultants who speak English, Chinese, Vietnamese, Tagalog, Spanish and Nepali are available at the Plaza as the schedule below.

### June Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	01 ·Korean Consultation	02 ·Spanish Consultation ·Life Consultation in Chinese ·English Consultation	03	04 ·Vietnamin Consultation ·Life Consultation in Chinese ·Educational Consultation
05	06 ·Chinese Consultation	07 ·Immigrational Consultation ·Vietnamin Consultation ·Life Consultation in Chinese ·German Consultation	08 ·Korean Consultation	09 ·Life Consultation in Chinese ·English Consultation	10	11 ·Life Consultation in Chinese ·Educational Consultation
12 closed	13 ·Chinese Consultation	14 ·Job Consultation ·Mental Counseling ·Tagalog Consultation ·Life Consultation in Chinese ·German Consultation	15 ·Korean Consultation	16 ·Life Consultation in Chinese ·English Consultation	17 ·Life Consultation in Chinese ·Free Legal Consultation	18 ·Immigrational Consultation ·Vietnamese Consultation ·Nepal Consultation ·Educational Consultation
19	20 ·Chinese Consultation	21 ·Housing Consultation ·Vietnamin Consultation ·Life Consultation in Chinese ·German Consultation	22 ·Korean Consultation	23 ·Life Consultation in Chinese ·English Consultation	24	25 ·Life Consultation in Chinese ·Educational Consultation ·Orugatta Kids
26 closed	27 ·Chinese Consultation	28 ·Life Consultation in Chinese ·German Consultation ·One-stop Consultation Service for International Students	29 ·Korean Consultation	30 ·Life Consultation in Chinese ·English Consultation	01	02
03	04	note:Consultations 1:00p.m~5:00p.m(apart from the ones below) ·Life Consultation in Chinese 1:00pm ~ 6:00pm ·Immigrational Consultation 1:00pm~4:00pm    ·Job Consultation 10:00am~6:00pm ·Free Legal Consultation 2:00pm~4:00pm (Reservation required) ·Educational Consultation 1:00pm~3:00pm (Reservation required) ·Orugatta Kids 10:30am~12:00pm (Reservation required) ·One-stop Consultation Service for International Students 1:00pm~4:00pm ·Mental Counseling 3:30pm~5:30pm				

※Consultation service could be cancelled due to consultant's personal reasons. Please e-mail or call us beforehand to check if the consultant is available.

### Kumamoto Consultation and Support Plaza for Foreign Residents' Facebook

We regularly update information useful to you.

Follow us and be one of the first one to be informed!



Plaza's FB

We are offering variety of information useful to your life. Please check us!



Our website



Our Life affairs guidance

### Kumamoto Consultation and Support Plaza for Foreign Residents

**Location:** 2<sup>nd</sup> floor of Kumamoto City International Center

**Address:** 4-18 Hanabata-Cho, Chuo-Ku, Kumamoto City, 860-0806

**Tel:** 096-359-4995

**E-mail:** [soudan@kumamoto-if.or.jp](mailto:soudan@kumamoto-if.or.jp)

**Opening hours:** Between 10 am and 6 pm

**Closed** on second and fourth Mondays and between December 29 and January 3

★If second or fourth Monday is a national holiday, the plaza will be closed the following day instead.

